

Scoring Matrix

300 Meter Run Scoring Matrix

Seconds	Total	Seconds	Total
56	50	63.5	40
56.5	49.3	64	39.33
57	48.67	64.5	38.66
57.5	48	65	38
58	47.34	65.5	37.33
58.5	46.67	66	36.66
59	46	66.5	36
59.5	45.33	67	35.33
60	44.67	67.5	34.66
60.5	44	68	34
61	43.33	68.5	33.33
61.5	42.67	69	32.66
62	42	69.5	32
62.5	41.33	70	31.33
63	40.67	70.5	30.66
	71	30	

PUSH-UPS SCORING

Reps	Total	Reps	Total
35	50	28	40.04
34	48.62	27	38.61
33	47.19	26	37.18
32	45.76	25	35.75
31	44.33	24	34.32
30	42.9	23	32.89
29	41.47	22	31.46
	21	30	

1.5 MILE SCORING

Seconds	Total	Seconds	Total
13:35	50	14:03	39.996
13:36	49.635	14:04	3.639
13:37	49.278	14:05	39.282
13:38	48.921	14:06	38.925
13:39	48.564	14:07	38.568
13:40	48.207	14:08	38.211
13:41	47.85	14:09	37.854
13:42	47.493	14:10	37.497
13:43	47.136	14:11	37.14
13:44	46.779	14:12	36.783
13:45	46.422	14:13	36.426
13:46	46.065	14:14	36.069
13:47	45.708	14:15	35.712
13:48	45.351	14:16	35.355
13:49	44.994	14:17	34.998
13:50	44.637	14:18	34.641
13:51	44.28	14:19	34.284
13:52	43.923	14:20	33.927
13:53	43.566	14:21	33.57
13:54	43.209	14:22	33.213
13:55	42.852	14:23	32.856
13:56	42.495	14:24	32.499
13:57	42.138	14:25	32.142
13:58	41.781	14:26	31.785
13:59	41.424	14:27	31.428
14:00	41.067	14:28	31.071
14:01	40.71	14:29	30.714
14:02	40.353	14:30	30.357
	14:31	30	

SIT-UPS SCORING

Reps	Total	Reps	Total
38	50	34	40.5
37	47.625	33	38.125
36	45.25	32	35.75
35	42.875	31	33.375
	30	30	