

PACER

BOYS	A	B	C	NI	GIRLS	A	B	C	NI
10 yrs.	50+	34-49	23-33	22-	10 yrs.	34+	16-33	7-15	6-
11 yrs.	55+	36-54	23-35	22-	11 yrs.	37+	23-36	15-22	14-
12 yrs.	60+	43-59	32-42	31-	12 yrs.	41+	26-40	15-25	14-
13 yrs.	65+	51-64	41-50	40-	13 yrs.	46+	31-45	23-30	22-
14 yrs.	70+	53-69	41-52	40-	14 yrs.	52+	35-51	23-34	22-

MILE RUN

BOYS	A	B	C	NI	GIRLS	A	B	C	NI
10 yrs.	9:36-	9:37- 10:52	10:53- 11:30	11:31+	10 yrs.	10:13-	10:14- 11:44	11:45- 12:30	12:31+
11 yrs.	9:06-	9:07- 10:22	10:23- 11:00	11:01+	11 yrs.	9:43-	9:44- 11:14	11:15- 12:00	12:01+
12 yrs.	8:36-	8:37- 9:52	9:53- 10:30	10:31+	12 yrs.	9:43-	9:44- 11:14	11:15- 12:00	12:01+
13 yrs.	8:06-	8:07- 9:22	9:23- 10:00	10:01+	13 yrs.	9:36-	9:37- 10:52	10:53- 11:30	11:31+
14 yrs.	7:36-	7:37- 8:52	8:53- 9:30	9:31+	14 yrs.	9:06-	9:07- 10:22	10:23- 11:00	11:01+

PUSHUPS

BOYS	A	B	C	NI	GIRLS	A	B	C	NI
10 yrs.	16+	12-15	8-11	7-	10 yrs.	14+	10-13	7-9	6-
11 yrs.	16+	12-15	8-11	7-	11 yrs.	14+	10-13	7-9	6-
12 yrs.	19+	15-18	10-14	9-	12 yrs.	15+	10-14	7-9	6-
13 yrs.	22+	17-21	12-16	11-	13 yrs.	16+	11-15	7-10	6-
14 yrs.	25+	20-24	14-19	13-	14 yrs.	17+	11-16	7-10	6-

CURLUPS

BOYS	A	B	C	NI	GIRLS	A	B	C	NI
10 yrs.	22+	16-21	12-15	11-	10 yrs.	24+	17-23	12-16	11-
11 yrs.	26+	20-25	15-19	14-	11 yrs.	27+	20-26	15-19	14-
12 yrs.	31+	24-30	18-23	17-	12 yrs.	31+	24-30	18-23	17-
13 yrs.	37+	27-36	21-26	20-	13 yrs.	36+	27-35	21-26	20-
14 yrs.	44+	31-43	24-30	23-	14 yrs.	42+	31-41	24-30	23-