

**Walking/Running**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>1.0 Mile</b>		<b>1.1 Miles</b>		<b>1.2 Miles</b>	
over 20:01	0	over 33:01	0	over 36:01	0
20:00-15:01	1.0	33:00-22:01	0.1	36:00-24:01	0.2
15:00-12:01	2.0	22:00-16:31	1.2	14:24-12:01	3.8
12:00-10:01	3.0	16:30-13:13	2.3	18:00-14:25	2.6
10:00-8:01	4.0	13:12-11:01	3.4	14:24-12:01	3.8
8:00-6:41	5.0	11:00-8:49	4.5	12:00-9:37	5.0
6:40-5:44	6.0	8:48-7:21	5.6	9:36-8:01	6.2
under 5:43	7.0	7:20-6:19	6.7	8:00-6:53	7.4
		under 6:18	7.8	under 6:52	8.6
<b>1.3 Miles</b>		<b>1.4 Miles</b>		<b>1.5 Miles</b>	
over 39:01	0	over 42:01	0	over 45:01	0
39:00-26:01	0.3	42:00-28:01	0.4	45:00-30:01	0.5
26:00-19:31	1.6	28:00-21:01	1.8	30:00-22:31	2.0
19:30-15:37	2.9	21:00-16:49	3.2	22:30-18:01	3.5
15:36-13:01	4.2	16:48-14:01	4.6	18:00-15:01	5.0
13:00-10:25	5.5	14:00-11:13	6.0	15:00-12:01	6.5
10:24-8:41	6.8	11:12-9:21	7.4	12:00-10:01	8.0
8:40-7:27	8.1	9:20-8:01	8.8	10:00-8:35	9.5
under 7:26	9.4	under 8:00	10.2	under 8:34	11.0
<b>1.6 Miles</b>		<b>1.7 Miles</b>		<b>1.8 Miles</b>	
over 48:01	0	over 51:01	0	over 54:01	0
48:00-32:01	0.6	51:00-34:01	0.7	54:00-36:01	0.8
32:00-24:01	2.2	34:00-25:31	2.4	36:00-27:01	2.6
24:00-19:13	3.8	25:30-20:25	4.1	27:00-21:37	4.4
19:12-16:01	5.4	20:24-17:01	5.8	21:36-18:01	6.2
16:00-12:49	7.0	17:00-13:37	7.5	18:00-14:25	8.0
12:48-10:41	8.6	13:36-11:21	9.2	14:24-12:01	9.8
10:40-9:10	10.2	11:20-9:44	10.9	12:00-10:19	11.6
under 9:09	11.8	under 9:43	12.6	under 10:18	13.4

**Walking/Running (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>1.9 Miles</b>		<b>2.0 Miles</b>		<b>2.1 Miles</b>	
over 57:01	0	over 40:01	1.0	over 42:01	1.1
57:00-38:01	0.9	40:00-30:01	3.0	42:00-31:31	3.2
38:00-28:31	2.8	30:00-24:01	5.0	31:30-25:13	5.3
28:30-22:49	4.7	24:00-20:01	7.0	25:12-21:01	7.4
22:48-19:01	6.6	20:00-16:01	9.0	21:00-16:49	9.5
19:00-15:13	8.5	16:00-13:21	11.0	16:48-14:01	11.6
15:12-12:41	10.4	13:20-11:27	13.0	14:00-12:01	13.7
12:40-10:53	12.3	under 11:26	15.0	under 12:00	15.8
under 10:52	14.2				

<b>2.2 Miles</b>		<b>2.3 Miles</b>		<b>2.4 Miles</b>	
over 44:01	1.2	over 46:01	1.3	over 48:01	1.4
44:00-33:01	3.4	46:00-34:31	3.6	48:00-36:01	3.8
33:00-26:25	5.6	34:30-27:37	5.9	36:00-28:49	6.2
26:24-22:01	7.8	27:36-23:01	8.2	28:48-24:01	8.6
22:00-17:37	10.0	23:00-18:25	10.5	24:00-19:13	11.0
17:36-14:41	12.2	18:24-15:21	12.8	19:12-16:01	13.4
14:40-12:35	14.4	15:20-13:10	15.1	16:00-13:44	15.8
under 12:34	16.6	under 13:09	17.4	under 13:43	18.2

<b>2.5 Miles</b>		<b>2.6 Miles</b>		<b>2.7 Miles</b>	
over 50:01	1.5	over 52:01	1.6	over 54:01	1.7
50:00-37:31	4.0	52:00-39:01	4.2	54:00-40:31	4.4
37:30-30:01	6.5	39:00-31:13	6.8	40:30-32:25	7.1
30:00-25:01	9.0	31:12-26:01	9.4	32:24-27:01	9.8
25:00-20:01	11.5	26:00-20:49	12.0	27:00-21:37	12.5
20:00-16:41	14.0	20:48-17:21	14.6	21:36-18:01	15.2
16:40-14:19	16.5	17:20-14:53	17.2	18:00-15:27	17.9
under 14:18	19.0	under 14:52	19.8	under 15:26	20.6

**Walking/Running (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>2.8 Miles</b>		<b>2.9 Miles</b>		<b>3.0 Miles</b>	
over 56:01	1.8	over 58:01	1.9	over 1:00:01	2.0
56:00-42:01	4.6	58:00-43:31	4.8	1:00:00-45:01	5.0
42:00-33:37	7.4	43:30-34:49	7.7	45:00-36:01	8.0
33:36-28:01	10.2	34:48-29:01	10.6	36:00-30:01	11.0
28:00-22:25	13.0	29:00-23:13	13.5	30:00-24:01	14.0
22:24-18:41	15.8	23:12-19:21	16.4	24:00-20:01	17.0
18:40-16:01	18.6	19:20-16:35	9.3	20:00-17:10	20.0
under 16:00	21.4	under 16:34	22.2	under 17:09	23.0
<b>3.1 Miles</b>		<b>3.2 Miles</b>		<b>3.3 Miles</b>	
over 1:02:01	2.1	over 1:04:01	2.2	over 1:06:01	2.3
1:02:00-46:31	5.2	1:04:00-48:01	5.4	1:06:00-49:31	5.6
46:30-37:13	8.3	48:00-38:25	8.6	49:30-39:37	8.9
37:12-31:01	11.4	38:24-32:01	11.8	39:36-33:01	12.2
31:00-24:49	14.5	32:00-25:37	15.0	33:00-26:25	15.5
24:48-20:41	17.6	25:36-21:21	18.2	26:24-22:01	18.8
20:40-17:44	20.7	21:20-18:19	21.4	22:00-18:53	22.1
under 17:43	23.8	under 18:18	24.6	under 18:52	25.4
<b>3.4 Miles</b>		<b>3.5 Miles</b>		<b>3.6 Miles</b>	
over 1:08:01	2.4	over 1:10:01	2.5	over 1:12:01	2.6
1:08:00-51:01	5.8	1:10:00-52:31	6.0	1:12:00-54:01	6.2
51:00-40:49	9.2	52:30-42:01	9.5	54:00-43:13	9.8
40:48-34:01	12.6	42:00-35:01	13.0	43:12-36:01	13.4
34:00-27:13	16.0	35:00-28:01	16.5	36:00-28:49	17.0
27:12-22:41	19.4	28:00-23:21	20.0	28:48-24:01	20.6
22:40-19:27	22.8	23:20-20:01	23.5	24:00-20:35	24.2
under 19:26	26.2	under 20:00	27.0	under 20:34	27.8

**Walking/Running (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>3.7 Miles</b>		<b>3.8 Miles</b>		<b>3.9 Miles</b>	
over 1:14:01	2.7	over 1:16:01	2.8	over 1:18:01	2.9
1:14:00-55:31	6.4	1:16:00-57:01	6.6	1:18:00-58:31	6.8
55:30-44:25	10.1	57:00-45:37	10.4	58:30-46:49	10.7
44:24-37:01	13.8	45:36-38:01	14.2	46:48-39:01	14.6
37:00-29:37	17.5	38:00-30:25	18.0	39:00-31:13	18.5
29:36-24:41	21.2	30:24-25:21	21.8	31:12-26:01	22.4
24:40-21:10	24.9	25:20-21:44	25.6	26:00-22:19	26.3
under 21:09	28.6	under 21:43	29.4	under 22:18	30.2
<b>4.0 Miles</b>		<b>4.1 Miles</b>		<b>4.2 Miles</b>	
over 1:20:01	3.0	over 1:22:01	3.1	over 1:24:01	3.2
1:20:00-1:00:01	7.0	1:22:00-1:01:31	7.2	1:24:00-1:03:01	7.4
1:00:00-48:01	11.0	1:01:30-49:13	11.3	1:03:00-50:25	11.6
48:00-40:01	15.0	49:12-41:01	15.4	50:24-42:01	15.8
40:00-32:01	19.0	41:00-32:49	19.5	42:00-33:37	20.0
32:00-26:41	23.0	32:48-27:21	23.6	33:36-28:01	24.2
26:40-22:53	27.0	27:20-23:27	27.7	28:00-24:01	28.4
under 22:52	31.0	under 23:26	31.8	under 24:00	32.6
<b>4.3 Miles</b>		<b>4.4 Miles</b>		<b>4.5 Miles</b>	
over 1:26:01	3.3	over 1:28:01	3.4	over 1:30:01	3.5
1:26:00-1:04:31	7.6	1:28:00-1:06:01	7.8	1:30:00-1:07:31	8.0
1:04:30-51:37	11.9	1:06:00-52:49	12.2	1:07:30-54:01	12.5
51:36-43:01	16.2	52:48-44:01	16.6	54:00-45:01	17.0
43:00-34:25	20.5	44:00-35:13	21.0	45:00-36:01	21.5
34:24-28:41	24.8	35:12-29:21	25.4	36:00-30:01	26.0
28:40-24:35	29.1	29:20-25:10	29.8	30:00-25:44	30.5
under 24:34	33.4	under 25:09	34.2	under 25:43	35.0

**Walking/Running (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>4.6 Miles</b>		<b>4.7 Miles</b>		<b>4.8 Miles</b>	
over 1:32:01	3.6	over 1:34:01	3.7	over 1:36:01	3.8
1:32:00-1:09:01	8.2	1:34:00-1:10:31	8.4	1:36:00-1:12:01	8.6
1:09:00-55:13	12.8	1:10:30-56:25	13.1	1:12:00-57:37	13.4
55:12-46:01	17.4	56:24-47:01	17.8	57:36-48:01	18.2
46:00-36:49	22.0	47:00-37:37	22.5	48:00-38:25	23.0
36:48-30:41	26.6	37:36-31:21	27.2	38:24-32:01	27.8
30:40-26:19	31.2	31:20-26:53	31.9	32:00-27:27	32.6
under 26:18	35.8	under 26:52	36.6	under 27:26	37.4
<b>4.9 Miles</b>		<b>5.0 Miles</b>		<b>5.5 Miles</b>	
over 1:38:01	3.9	over 1:40:01	4.0	over 1:50:01	4.5
1:38:00-1:13:31	8.8	1:40:00-1:15:01	9.0	1:50:00-1:22:31	10.0
1:13:30-58:49	13.7	1:15:00-1:00:01	14.0	1:22:30-1:06:01	15.5
58:48-49:01	18.6	1:00:00-50:01	19.0	1:06:00-55:01	21.0
49:00-39:13	23.5	50:00-40:01	24.0	55:00-44:01	26.5
39:12-32:41	28.4	40:00-33:21	29.0	44:00-36:41	32.0
32:40-28:01	33.3	33:20-28:35	34.0	36:40-31:27	37.5
under 28:00	38.2	under 28:34	39.0	under 31:26	43.0
<b>6.0 Miles</b>		<b>6.5 Miles</b>		<b>7.0 Miles</b>	
over 2:00:01	5.0	over 2:10:01	5.5	over 2:20:01	6.0
2:00:00-1:30:01	11.0	2:10:00-1:37:31	12.0	2:20:00-1:45:01	13.0
1:30:00-1:12:01	17.0	1:37:30-1:18:01	18.5	1:45:00-1:24:01	20.0
1:12:00-1:00:01	23.0	1:18:00-1:05:01	25.0	1:24:00-1:10:01	27.0
1:00:00-48:01	29.0	1:05:00-52:01	31.5	1:10:00-56:01	34.0
48:00-40:01	35.0	52:00-43:21	38.0	56:00-46:41	41.0
40:00-34:19	41.0	43:20-37:10	44.5	46:40-40:01	48.0
under 34:18	47.0	under 37:09	51.0	under 40:00	55.0

**Walking/Running (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>7.5 Miles</b>		<b>8.0 Miles</b>		<b>8.5 Miles</b>	
over 2:30:01	6.5	over 2:40:01	7.0	over 2:50:01	7.5
2:30:00-1:52:31	14.0	2:40:00-2:00:01	15.0	2:50:00-2:07:31	16.0
1:52:30-1:30:01	21.5	2:00:00-1:36:01	23.0	2:07:30-1:42:01	24.5
1:30:00-1:15:01	29.0	1:36:00-1:20:01	31.0	1:42:00-1:25:01	33.0
1:15:00-1:00:01	36.5	1:20:00-1:04:01	39.0	1:25:00-1:08:01	41.5
1:00:00-50:01	44.0	1:04:00-53:21	47.0	1:08:00-56:41	50.0
50:00-42:53	51.5	53:20-45:44	55.0	56:40-48:35	58.5
under 42:52	59.0	under 45:43	63.0	under 48:34	67.0
<b>9.0 Miles</b>		<b>9.5 Miles</b>		<b>10.0 Miles</b>	
over 3:00:01	8.0	over 3:10:01	8.5	over 3:20:01	9.0
3:00:00-2:15:01	17.0	3:10:00-2:22:31	18.0	3:20:00-2:30:01	19.0
2:15:00-1:48:01	26.0	2:22:30-1:54:01	27.5	2:30:00-2:00:01	29.0
1:48:00-1:30:01	35.0	1:54:00-1:35:01	37.0	2:00:00-1:40:01	39.0
1:30:00-1:12:01	44.0	1:35:00-1:16:01	46.5	1:40:00-1:20:01	49.0
1:12:00-1:00:01	53.0	1:16:00-1:03:21	56.0	1:20:00-1:06:41	59.0
1:00:00-51:27	62.0	1:03:20-54:19	65.5	1:06:40-57:10	69.0
under 51:26	71.0	under 54:18	75.0	under 57:09	79.0
<b>11.0 Miles</b>		<b>12.0 Miles</b>		<b>13.0 Miles</b>	
over 3:40:01	10.0	over 4:00:01	11.0	over 4:20:01	12.0
3:40:00-2:45:01	21.0	4:00:00-3:00:01	23.0	4:20:00-3:15:01	25.0
2:45:00-2:12:01	32.0	3:00:00-2:24:01	35.0	3:15:00-2:36:01	38.0
2:12:00-1:50:01	43.0	2:24:00-2:00:01	47.0	2:36:00-2:10:01	51.0
1:50:00-1:28:01	54.0	2:00:00-1:36:01	59.0	2:10:00-1:44:01	64.0
1:28:00-1:13:21	65.0	1:36:00-1:20:00	71.0	1:44:00-1:26:41	77.0
1:13:20-1:02:53	76.0	1:20:00-1:08:35	83.0	1:26:40-1:14:19	90.0
under 1:02:52	87.0	under 1:08:34	95.0	under 1:14:18	103.0

**Walking/Running (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>14 Miles</b>		<b>15 Miles</b>		<b>16 Miles</b>	
over 4:40:01	13.0	over 5:00:01	14.0	over 5:20:01	15.0
4:40:00-3:30:01	27.0	5:00:00-3:45:01	29.0	5:20:00-4:00:01	31.0
3:30:00-2:48:01	41.0	3:45:00-3:00:01	44.0	4:00:00-3:12:01	47.0
2:48:00-2:20:01	55.0	3:00:00-2:30:01	59.0	3:12:00-2:40:01	63.0
2:20:00-1:52:01	69.0	2:30:00-2:00:01	74.0	2:40:00-2:08:01	79.0
1:52:00-1:33:21	83.0	2:00:00-1:40:01	89.0	2:08:00-1:46:41	95.0
1:33:20-1:20:01	97.0	1:40:00-1:25:44	104.0	1:46:40-1:31:27	111.0
under 1:20:00	111.0	under 1:25:43	119.0	under 1:31:26	127.0
<b>17 Miles</b>		<b>18 Miles</b>		<b>19 Miles</b>	
over 5:40:01	16.0	over 6:00:01	17.0	over 6:20:01	18.0
5:40:00-4:15:01	33.0	6:00:00-4:30:01	35.0	6:20:00-4:45:01	37.0
4:15:00-3:24:01	50.0	4:30:00-3:36:01	53.0	4:45:00-3:48:01	56.0
3:24:00-2:50:01	67.0	3:36:00-3:00:01	1.0	3:48:00-3:10:01	75.0
2:50:00-2:16:01	84.0	3:00:00-2:24:01	89.0	3:10:00-2:32:01	94.0
2:16:00-1:53:21	101.0	2:24:00-2:00:01	107.0	2:32:00-2:06:41	113.0
1:53:20-1:37:10	118.0	2:00:00-1:42:53	125.0	2:06:40-1:48:35	132.0
under 1:37:09	135.0	under 1:42:52	143.0	under 1:48:34	151.0
<b>20 Miles</b>		<b>21 Miles</b>		<b>22 Miles</b>	
over 6:40:01	19.0	over 7:00:01	20.0	over 7:20:01	21.0
6:40:00-5:00:01	39.0	7:00:00-5:15:01	41.0	7:20:00-5:30:01	43.0
5:00:00-4:00:01	59.0	5:15:00-4:12:01	62.0	5:30:00-4:24:01	65.0
4:00:00-3:20:01	79.0	4:12:00-3:30:01	83.0	4:24:00-3:40:01	87.0
3:20:00-2:40:00	99.0	3:30:00-2:48:01	104.0	3:40:00-2:56:01	109.0
2:40:00-2:13:21	119.0	2:48:00-2:20:01	125.0	2:56:00-2:26:41	131.0
2:13:20-1:54:19	139.0	2:20:00-2:00:01	146.0	2:26:40-2:05:44	153.0
under 1:54:18	159.0	under 2:00:00	167.0	under 2:05:43	175.0

### Walking/Running (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>23 Miles</b>		<b>24 Miles</b>		<b>25 Miles</b>	
over 7:40:01	22.0	over 8:00:01	23.0	over 8:20:01	24.0
7:40:00-5:45:01	45.0	8:00:00-6:00:01	47.0	8:20:00-6:15:01	49.0
5:45:00-4:36:01	68.0	6:00:00-4:48:01	71.0	6:15:00-5:00:01	74.0
4:36:00-3:50:01	91.0	4:48:00-4:00:01	95.0	5:00:00-4:10:01	99.0
3:50:00-3:04:01	114.0	4:00:00-3:12:01	119.0	4:10:00-3:20:01	124.0
3:04:00-2:33:21	137.0	3:12:00-2:40:01	143.0	3:20:00-2:46:41	149.0
2:33:20-2:11:27	160.0	2:40:00-2:17:10	167.0	2:46:40-2:22:53	174.0
under 2:11:26	183.0	under 2:17:09	191.0	under 2:22:52	199.0
<b>26.22 Miles</b>					
over 8:44:25	25.22				
8:44:24-6:33:19	51.44				
6:33:18-5:14:40	77.66				
5:14:39-4:22:13	103.88				
4:22:12-3:29:47	130.10				
3:29:46-2:54:49	156.32				
2:54:48-2:29:51	182.54				
under 2:29:50	208.76				

**Cycling**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>2.0 Miles</b>		<b>3.0 Miles</b>		<b>4.0 Miles</b>	
over 12:01	0	over 18:01	0	over 24:01	0
12:00-8:01	0.5	18:00-12:01	1.5	24:00-16:01	2.5
8:00-6:01	1.5	12:00-9:01	3.0	16:00-12:01	4.5
under 6:00	2.5	under 9:00	4.5	under 12:00	6.5
<b>5.0 Miles</b>		<b>6.0 Miles</b>		<b>7.0 Miles</b>	
over 30:01	2.0	over 36:01	2.7	over 42:01	3.4
30:00-20:01	3.5	36:00-24:01	4.5	42:00-28:01	5.5
20:00-15:01	6.0	24:00-18:01	7.5	28:00-21:01	9.0
under 15:00	8.5	under 18:00	10.5	under 21:00	12.5
<b>8.0 Miles</b>		<b>9.0 Miles</b>		<b>10.0 Miles</b>	
over 48:01	4.1	over 54:01	4.8	over 1:00:01	5.5
48:00-32:01	6.5	54:00-36:01	7.5	1:00:00-40:01	8.5
32:00-24:01	10.5	36:00-27:01	12.0	40:00-30:01	13.5
under 24:00	14.5	under 27:00	16.5	under 30:00	18.5
<b>11.0 Miles</b>		<b>12.0 Miles</b>		<b>13.0 Miles</b>	
over 1:06:01	6.2	over 1:12:01	6.9	over 1:18:01	7.6
1:06:00-44:01	9.5	1:12:00-48:01	10.5	1:18:00-52:01	11.5
44:00-33:01	15.0	48:00-36:01	16.5	52:00-39:01	18.0
under 33:00	20.5	under 36:00	22.5	under 39:00	24.5
<b>14.0 Miles</b>		<b>15.0 Miles</b>		<b>16.0 Miles</b>	
over 1:24:01	8.3	over 1:30:01	9.0	over 1:36:01	9.7
1:24:00-56:01	12.5	1:30:00-1:00:01	13.5	1:36:00-1:04:01	14.5
56:00-42:01	19.5	1:00:00-45:01	21.0	1:04:00-48:01	22.5
under 42:00	26.5	under 45:00	28.5	under 48:00	30.5
<b>17.0 Miles</b>		<b>18.0 Miles</b>		<b>19.0 Miles</b>	
over 1:42:01	10.4	over 1:48:01	11.1	over 1:54:01	11.8
1:42:00-1:08:01	15.5	1:48:00-1:12:01	16.5	1:54:00-1:16:01	17.5
1:08:00-51:01	24.0	1:12:00-54:01	25.5	1:16:00-57:01	27.0
under 51:00	32.5	under 54:00	34.5	under 57:00	36.5

**Cycling (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>20.0 Miles</b>		<b>21.0 Miles</b>		<b>22.0 Miles</b>	
over 2:00:01	12.5	over 2:06:01	13.2	over 2:12:01	13.9
2:00:00-1:20:01	18.5	2:06:00-1:24:01	19.5	2:12:00-1:28:01	20.5
1:20:00-1:00:01	28.5	1:24:00-1:03:01	30.0	1:28:00-1:06:01	31.5
under 1:00:00	38.5	under 1:03:00	40.5	under 1:06:00	42.5
<b>23.0 Miles</b>		<b>24.0 Miles</b>		<b>25.0 Miles</b>	
over 2:18:01	14.6	over 2:24:01	15.3	over 2:30:01	16.0
2:18:00-1:32:01	21.5	2:24:00-1:36:01	22.5	2:30:00-1:40:01	23.5
1:32:00-1:09:01	33.0	1:36:00-1:12:01	34.5	1:40:00-1:15:01	36.0
under 1:09:00	44.5	under 1:12:00	46.5	under 1:15:00	48.5
<b>26.0 Miles</b>		<b>27.0 Miles</b>		<b>28.0 Miles</b>	
over 2:36:01	16.7	over 2:42:01	17.4	over 2:48:01	18.1
2:36:00-1:44:01	24.5	2:42:00-1:48:01	25.5	2:48:00-1:52:01	26.5
1:44:00-1:18:01	37.5	1:48:00-1:21:01	39.0	1:52:00-1:24:01	40.5
under 1:18:00	50.5	under 1:21:00	52.5	under 1:24:00	54.5
<b>29.0 Miles</b>		<b>30.0 Miles</b>		<b>35.0 Miles</b>	
over 2:54:01	18.8	over 3:00:01	19.5	over 3:30:01	23.0
2:54:00-1:56:01	27.5	3:00:00-2:00:01	28.5	3:30:00-2:20:01	33.5
1:56:00-1:27:01	42.0	2:00:00-1:30:01	43.5	2:20:00-1:45:01	51.0
under 1:27:00	56.5	under 1:30:00	58.5	under 1:45:00	68.5
<b>40.0 Miles</b>		<b>45.0 Miles</b>		<b>50.0 Miles</b>	
over 4:00:01	26.5	over 4:30:01	30.0	over 5:00:01	33.5
4:00:00-2:40:01	38.5	4:30:00-3:00:01	43.5	5:00:00-3:20:01	48.5
2:40:00-2:00:01	58.5	3:00:00-2:15:01	66.0	3:20:00-2:30:01	73.5
under 2:00:00	78.5	under 2:15:00	88.5	under 2:30:00	98.5
<b>55.0 Miles</b>		<b>60.0 Miles</b>		<b>65.0 Miles</b>	
over 5:30:01	37.0	over 6:00:01	40.5	over 6:30:01	44.0
5:30:00-3:40:01	53.5	6:00:00-4:00:01	58.5	6:30:00-4:20:01	63.5
3:40:00-2:45:01	81.0	4:00:00-3:00:01	88.5	4:20:00-3:15:01	96.0
under 2:45:00	108.5	under 3:00:00	118.5	under 3:15:00	128.5

**Cycling (continued)**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>70.0 Miles</b>		<b>75.0 Miles</b>		<b>80.0 Miles</b>	
over 2:00:01	12.5	over 2:06:01	13.2	over 2:12:01	13.9
2:00:00-1:20:01	18.5	2:06:00-1:24:01	19.5	2:12:00-1:28:01	20.5
1:20:00-1:00:01	28.5	1:24:00-1:03:01	30.0	1:28:00-1:06:01	31.5
under 1:00:00	38.5	under 1:03:00	40.5	under 1:06:00	42.5
<b>85.0 Miles</b>		<b>90.0 Miles</b>		<b>95.0 Miles</b>	
over 2:18:01	14.6	over 2:24:01	15.3	over 2:30:01	16.0
2:18:00-1:32:01	21.5	2:24:00-1:36:01	22.5	2:30:00-1:40:01	23.5
1:32:00-1:09:01	33.0	1:36:00-1:12:01	34.5	1:40:00-1:15:01	36.0
under 1:09:00	44.5	under 1:12:00	46.5	under 1:15:00	48.5
<b>100.0 Miles</b>					
over 2:36:01	16.7	Note: Points are determined considering an equal uphill and downhill course and an equal time with and against the wind. For cycling a one-way course against a wind exceeding 5 mph, add ½ point per mile to the total point value.			
2:36:00-1:44:01	24.5				
1:44:00-1:18:01	37.5				
under 1:18:00	50.5				

**Swimming**

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>200 Yards</b>		<b>250 Yards</b>		<b>300 Yards</b>	
over 6:41	0	over 8:21	0	over 10:01	0
6:40-5:01	1.25	8:20-6:16	1.56	10:00-7:31	1.88
5:00-3:21	1.67	6:15-4:11	2.08	7:30-5:01	2.50
under 3:20	2.50	under 4:10	3.12	under 5:00	3.75
<b>350 Yards</b>		<b>400 Yards</b>		<b>450 Yards</b>	
over 11:41	0	over 13:21	0	over 15:01	0
11:40-8:46	2.19	13:20-10:01	2.50	15:00-11:16	2.81
8:45-5:51	2.92	10:00-6:41	3.33	11:15-7:31	3.75
under 5:50	4.38	under 6:40	5.00	under 7:30	5.63
<b>500 Yards</b>		<b>550 Yards</b>		<b>600 Yards</b>	
over 16:41	0	over 18:21	0	over 20:01	0
16:40-12:31	3.12	18:20-13:46	3.44	20:00-15:01	3.75
12:30-8:21	4.17	13:45-9:11	4.58	15:00-10:01	5.00
under 8:20	6.25	under 9:10	6.87	under 10:00	7.50
<b>650 Yards</b>		<b>700 Yards</b>		<b>750 Yards</b>	
over 21:41	0	over 23:21	0	over 25:01	0
21:40-16:16	4.31	23:20-17:31	4.88	25:00-18:46	5.44
16:15-10:51	5.67	17:30-11:41	6.33	18:45-12:31	7.00
under 10:50	8.38	under 11:40	9.25	under 12:30	10.13
<b>800 Yards</b>		<b>850 Yards</b>		<b>900 Yards</b>	
over 26:41	0	over 28:21	0	over 30:01	0
26:40-20:01	6.00	28:20-21:16	6.56	30:00-22:31	7.13
20:00-13:21	7.67	21:15-14:11	8.33	22:30-15:01	9.00
under 13:20	11.00	under 14:10	11.87	under 15:00	12.75

**Swimming (continued)**

<b>950 Yards</b>		<b>1000 Yards</b>		<b>1050 Yards</b>	
over 31:41	0	over 33:21	0	over 35:01	0
31:40-23:46	7.69	33:20-25:01	8.25	35:00-26:16	8.81
23:45-15:51	9.67	25:00-16:41	10.33	26:15-17:31	11.00
under 15:50	13.63	under 16:40	14.50	under 17:30	15.38

<b>1100 Yards</b>		<b>1150 Yards</b>		<b>1200 Yards</b>	
over 36:41	0	over 38:21	0	over 40:01	0
36:40-27:31	9.37	38:20-28:46	9.94	40:00-30:01	10.50
27:30-18:21	11.67	28:45-19:11	12.33	30:00-20:01	13.00
under 18:20	16.25	under 19:10	17.12	under 20:00	18.00

<b>1250 Yards</b>		<b>1300 Yards</b>		<b>1350 Yards</b>	
over 41:41	0	over 43:21	0	over 45:01	0
41:40-31:16	11.06	43:20-32:31	11.63	45:00-33:46	12.19
31:15-20:51	13.67	32:30-21:41	14.33	33:45-22:31	15.00
under 20:50	18.88	under 21:40	19.75	under 22:30	20.63

<b>1400 Yards</b>		<b>1450 Yards</b>		<b>1500 Yards</b>	
over 46:41	0	over 48:21	0	over 50:01	0
46:40-35:01	12.75	48:20-36:16	13.31	50:00-37:31	13.88
35:00-23:21	15.67	36:15-24:11	16.33	37:30-25:01	17.00
under 23:20	21.50	under 24:10	22.37	under 25:00	23.25

<b>1550 Yards</b>		<b>1600 Yards</b>		<b>1650 Yards</b>	
over 51:41	0	over 53:21	0	over 55:01	0
51:40-38:46	14.44	53:20-40:01	15.00	55:00-41:16	15.56
38:45-25:51	17.67	40:00-26:41	18.33	41:15-27:31	19.00
under 25:50	24.13	under 26:40	25.00	under 27:30	25.88

<b>1700 Yards</b>		<b>1750 Yards</b>		<b>1800 Yards</b>	
over 56:41	0	over 58:21	0	over 1:00:01	0
56:40-42:31	16.12	58:20-43:46	16.69	1:00:00-45:01	17.25
42:30-28:21	19.67	43:45-29:11	20.33	45:00-30:01	21.00
under 28:20	26.75	under 29:10	27.62	under 30:00	28.50

### Swimming (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
<b>1850 Yards</b>		<b>1900 Yards</b>		<b>2000 Yards</b>	
over 1:01:41	0	over 1:03:21	0	over 1:06:41	0
1:01:40-46:16	17.81	1:03:20-47:31	18.38	1:06:40-50:01	19.50
46:15-30:51	21.67	47:30-31:41	22.33	50:00-33:21	23.67
under 30:50	29.38	under 31:40	30.25	under 33:20	32.00

<b>2100 Yards</b>		<b>2200 Yards</b>		<b>2300 Yards</b>	
over 1:10:01	0	over 1:13:21	0	over 1:16:41	0
1:10:00-52:31	20.63	1:13:20-55:01	21.75	1:16:40-57:31	22.87
53:30-35:01	25.00	55:00-36:41	26.33	57:30-38:21	27.67
under 35:00	33.75	under 36:40	35.50	under 38:20	37.25

<b>2400 Yards</b>		<b>2500 Yards</b>		<b>2600 Yards</b>	
over 1:20:01	0	over 1:23:21	0	over 1:26:41	0
1:20:00-1:00:01	24.00	1:23:20-1:02:31	25.13	1:26:40-1:05:01	26.25
1:00:00-40:01	29.00	1:02:30-41:41	30.33	1:05:00-43:21	31.67
under 40:00	39.00	under 41:40	40.75	under 43:20	42.50

<b>2700 Yards</b>		<b>2800 Yards</b>		<b>2900 Yards</b>	
over 1:30:01	0	over 1:33:21	0	over 1:36:41	0
1:30:40-1:07:31	27.38	1:33:20-1:10:01	28.50	1:36:40-1:12:31	29.62
1:07:30-45:01	33.00	1:10:00-46:41	34.33	1:12:30-48:21	35.67
under 45:00	44.25	under 46:40	46.00	under 48:20	47.75

<b>3000 Yards</b>		
over 1:40:01	0	Note: Points are calculated on overhand crawl, considering average skill in swimming: 9.0 kcal (kilo calories) per minute. Breaststroke is less demanding: 7.0 kcal per minute. Backstroke, a little more than breaststroke: 8.0 kcal per minute. Butterfly is the most demanding: 12.0 kcal per minute.
1:40:00-1:15:01	30.75	
1:15:00-50:01	37.00	
under 50:00	49.50	

**Handball/Racketball/Squash/Basketball/Soccer/Hockey/  
Lacrosse\***

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
under 4:59	0	1:05:00	9.75
5:00	0.75	1:10:00	10.50
10:00	1.50	1:15:00	11.25
15:00	2.25	1:20:00	12.00
20:00	3.00	1:25:00	12.75
15:00	3.75	1:30:00	13.50
30:00	4.50	1:35:00	14.25
35:00	5.25	1:40:00	15.00
40:00	6.00	1:45:00	15.75
45:00	6.75	1:50:00	16.50
50:00	7.50	1:55:00	17.25
55:00	8.25	over 2:00:00	18.00
1:00:00	9.00		

\*Continuous exercise; do not count breaks, time-outs, etc.

## Stationary Running

Time (min:sec)	60-70* Steps/Min	Point Value	70-80* Steps/Min	Point Value	80-90* Steps/Min	Point Value
2:30	-	0	175-200	.88	200-225	1.13
5:00	300-350	1.25	350-400	1.75	400-450	2.25
7:30		1.88	525-600	2.63	600-675	3.38
10:00	600-700	2.50	700-800	3.50	800-900	4.50
12:30		3.63	875-1000	4.88	1000-1125	6.13
15:00	900-1050	4.75	1050-1200	6.25	1200-1350	7.75
17:30		5.88	1225-1400	7.63	1400-1575	9.38
20:00	1200-1400	7.00	1400-1600	9.00	1600-1800	11.00
22:30		8.13	1575-1800	10.38	1800-2025	12.63
25:00	1500-1750	9.25	1750-2000	11.75	2000-2250	14.25
27:30		10.38	1925-2200	13.13	2200-2475	15.88
30:00	1800-2100	11.50	2100-2400	14.50	2400-2700	17.50

Time (min:sec)	90-100* Steps/Min	Point Value	100-110* Steps/Min	Point Value
2:30	225-250	1.38	250-275	1.63
5:00	450-500	2.75	500-550	3.25
7:30	675-750	4.13	750-825	4.88
10:00	900-1000	5.50	1000-1100	6.50
12:30	1125-1250	7.38	1250-1375	8.63
15:00	1350-1500	9.25	1500-1650	10.75
17:30	1575-1750	11.13	1750-1925	12.88
20:00	1800-2000	13.00	2000-2200	15.00
22:30	2025- 2250	14.88	2250-2475	17.13
25:00	2250-2500	16.75	2500-2750	19.25
27:30	2475-2750	18.63	2750-3025	21.38
30:00	2700-3000	20.50	3000-3300	23.50

\*Count only when the left foot hits the floor. Knees must be brought up in front, raising the feet at least 8 inches from the floor.

**Stationary Cycling\***

(Using a screw-down resistance)

	15 MPH 55 RPM	17.5 MPH 65 RPM	20 MPH 75 RPM	25 MPH 90 RPM	30 MPH 105 RPM
<b>Time (min:sec)</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>
3:00	-	-	-	-	1.00
4:00	.50	-	1.00	-	-
5:00	-	-	1.25	2.00	2.50
6:00	.75	-	1.50	2.13	2.75
7:00	-	1.00	1.75	2.25	3.00
8:00	1.00	1.25	2.00	2.50	3.33
9:00	-	1.38	2.25	2.75	3.66
10:00	1.25	-	2.50	3.00	4.00
11:00	-	1.50	2.63	3.25	4.25
12:00	1.38	1.63	2.75	3.50	4.50
13:00	1.63	1.88	2.88	3.75	4.75
14:00	1.75	2.00	3.00	4.00	5.00
15:00	1.88	2.13	3.13	4.25	5.5
16:00	2.00	2.25	3.25	4.50	6.00
17:00	2.13	2.38	3.38	4.75	6.50
18:00	2.25	2.63	3.63	5.00	7.00
19:00	2.38	2.75	3.75	5.33	7.50
20:00	2.50	2.88	3.88	5.66	8.00
22:30	3.00	3.18	4.50	6.63	9.00
25:00	3.25	3.75	5.00	7.50	10.00
27:30	3.50	4.50	5.75	8.50	11.50
30:00	3.75	5.00	6.50	9.50	12.50
35:00	4.75	6.00	8.00	11.00	14.50
40:00	5.75	7.25	9.50	13.00	17.00
45:00	6.75	8.50	11.00	15.00	19.50
50:00	7.75	9.75	12.50	17.00	22.50
55:00	8.75	11.00	14.00	19.00	25.00
60:00	9.75	12.50	16.00	22.00	28.00

Note: Add enough resistance so the pulse rate counted for 10 seconds immediately after exercise and multiplied by 6 equals or exceeds 140 beats per minute.

\*Stationary cycling is awarded approximately half the points for regular cycling.

**Stair Climbing**

(10 steps; 6" - 7" in height; 25°-30° incline)

*Round Trips-Average Number per Minute*

	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Time (min:sec)</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>
3:00	.43	.69	1.00	1.36	1.80	2.33
3:30	.50	.81	1.17	1.59	2.10	2.72
4:00	.57	.92	1.33	1.82	2.40	3.16
4:30	.64	1.04	1.50	2.05	2.70	3.5
5:00	.71	1.15	1.67	2.27	3.00	3.89
5:30	.79	1.27	1.83	2.50	3.30	4.28
6:00	.86	1.38	2.00	2.73	3.60	4.67
6:30	.93	1.50	2.16	2.98	3.90	5.06
7:00	1.00	1.62	2.33	3.18	4.20	5.44
7:30	1.07	1.73	2.50	3.41	4.50	5.83
8:00	1.14	1.85	2.67	3.65	4.80	6.22
8:30	1.21	1.96	2.83	3.86	5.10	6.61
9:00	1.29	2.08	3.00	4.09	5.40	7.00
9:30	1.36	2.19	3.16	4.32	5.70	7.39
10:00	1.43	2.31	3.33	4.55	6.00	7.78
10:30	1.50	2.42	3.50	4.77	6.30	8.17
11:00	1.57	2.54	3.67	5.00	6.60	8.55
11:30	1.64	2.65	3.83	5.23	6.90	8.94
12:00	1.71	2.77	4.00	5.45	7.20	9.33
12:30	1.79	2.88	4.16	5.68	7.50	9.72
13:00	1.86	3.00	4.33	5.91	7.80	10.11
13:30	1.93	3.12	4.50	6.14	8.10	10.50
14:00	2.00	3.23	4.67	6.36	8.40	10.89
14:30	2.07	3.35	4.83	6.59	8.70	11.28
15:00	3.00	3.46	5.00	6.82	9.00	11.67

**Point Value For Using a Single Step**

(approximately 7 inches in height)

<b>Stepping Rate (per min)</b>	<b>Time (min:sec)</b>	<b>Point Value</b>
<b>30</b>	6:30	1.50
	9:45	2.25
	13:00	3.00
<b>35</b>	6:00	2.00
	9:00	3.00
	12:00	4.00
<b>40</b>	5:00	2.50
	7:30	3.75
	10:00	5.00

## Rope Skipping

	70-90 Steps/Min	90-110 Steps/Min	110-130 Steps/Min
<b>Time (min:sec)</b>	<b>Point Value</b>	<b>Point Value</b>	<b>Point Value</b>
5:00	1.50	2.00	2.50
7:30	2.25	3.00	3.75
10:00	3.00	4.00	5.00
12:30	4.25	5.50	6.75
15:00	5.50	7.00	8.50
17:30	6.75	8.50	10.25
20:00	8.00	10.00	12.00
22:30	9.25	11.50	13.75
25:00	10.5	13.00	15.50
27:30	11.75	14.50	17.25
30:00	13.00	16.00	19.00

Note: Skip with both feet together or step over the rope, alternating feet.

## Pickleball (Doubles)

Time (hr:min:sec)	Point Value
Under 14:59	0
15:00	0.38
30:00:00	0.75
45:00:00	1.13
1:00:00	1.50
1:15:00	1.88
1:30:00	2.25
1:45:00	2.63
2:00:00	3.00

Note: Points are awarded to players of equal ability.

## Tennis/Badminton (Doubles)

Time (hr:min:sec)	Point Value
under 14:59	0
15:00	0.38
30:00	0.75
45:00	1.13
1:00:00	1.50
1:15:00	1.88
1:30:00	2.25
1:45:00	2.63
2:00:00	3.00

Note: Points are awarded to players of equal ability.

## (Singles)

Time (min:sec)	Point Value
under 4:59	0
5:00	0.33
10:00	0.67
15:00	1.00
20:00	1.33
25:00	1.67
30:00	2.00
35:00	2.33
40:00	2.67
45:00	3.00
50:00	3.33
55:00	3.67
60:00	4.00

Note: Points are awarded to players of equal ability.

## Rowing

Time (min:sec)	Point Value
15:00	3.5
30:00	7.0
45:00	10.5
60:00	14.0

Note: 2 oars, 20 strokes a minute, continuous rowing.

## Water or Downhill Skiing

Time (hr:min:sec)	Point Value
under 4:59	0
5:00	0.50
10:00	1.00
15:00	1.50
20:00	2.00
25:00	2.50
30:00	3.00
35:00	3.50
40:00	4.00
45:00	4.50
50:00	5.00
55:00	5.50
1:00:00	6.00
1:05:00	6.50
1:10:00	7.00
1:15:00	7.50
1:20:00	8.00
1:25:00	8.50
1:30:00	9.00
1:35:00	9.50
1:40:00	10.00
1:45:00	10.50
1:50:00	11.00
1:55:00	11.50
2:00:00	12.00

## Cross-Country Skiing

Time (min:sec)	Point Value
15:00	4.50
20:00	6.00
25:00	7.50
30:00	9.00
35:00	10.50
40:00	12.00
45:00	13.50
50:00	15.00
55:00	16.50
60:00	18.00

## Ice or Roller Skating

Time (hr:min:sec)	Point Value
15:00	1.13
30:00	2.25
45:00	3.38
1:00:00	4.50
1:15:00	5.63
1:30:00	6.75
1:45:00	7.88
2:00:00	9.00

Note: For speed skating, triple the point value.

## Volleyball

Time (min:sec)	Point Value
under 4:59	0
5:00	0.33
10:00	0.67
15:00	1.00
20:00	1.33
25:00	1.67
30:00	2.00
35:00	2.33
40:00	2.67
45:00	3.00
50:00	3.33
55:00	3.67
60:00	4.00

Note: For times greater than 1 hour, calculate points at a rate of 1 point/15 minutes.

## Fencing

Time (hr:min:sec)	Point Value
10:00	1.00
20:00	2.00
30:00	3.00
40:00	4.00
50:00	5.00
1:00:00	6.00
1:10:00	7.00
1:20:00	8.00
1:30:00	9.00
1:40:00	10.00
1:50:00	11.00
2:00:00	12.00

Note: For times greater than 2 hours, calculate points at a rate of 1 point/10 minutes.

## Wrestling and Boxing

Time (min:sec)	Point Value
under 4:59	0
5:00	2.0
10:00	4.0
15:00	6.0
20:00	8.0
25:00	10.0
30:00	12.0
35:00	14.0
40:00	16.0
45:00	18.0
50:00	20.0
55:00	22.0
60:00	24.0

Note: For times greater than 1 hour, calculate points at a rate of 4 points/10 minutes.

## Football

Time (hr:min:sec)	Point Value
under 4:59	0
5:00	.50
10:00	1.00
15:00	1.50
20:00	2.00
25:00	2.50
30:00	3.00
35:00	3.50
40:00	4.00
45:00	4.50
50:00	5.00
55:00	5.50
1:00:00	6.00
1:05:00	6.50
1:10:00	7.00
1:15:00	7.50
1:20:00	8.00
1:25:00	8.50
1:30:00	9.00
1:35:00	9.50
1:40:00	10.00
1:45:00	10.50
1:50:00	11.00
1:55:00	11.50
2:00:00	12.00

Note: Count only the time you are actively participating.

## Calisthenics

Time (min:sec)	Point Value
10:00	.25
20:00	.50
30:00	.75
40:00	1.00
50:00	1.25
60:00	1.50

Note: These are continuous, repetitive calisthenics that are more stretching than muscle-strengthening.

## Golf

Holes	Point Value
under 4	0
4	0.6
6	1.0
9	1.5
12	2.0
15	2.5
18	3.0
21	3.5
24	4.0
27	4.5
30	5.0
33	5.5
36	6.0

Note: No motorized carts

## Walking or Running on a Treadmill Set at Various Speeds and Inclines

Speed (mph)	Time (min:sec)	Incline				
		0%	5%	10%	15%	20%
		Point Value	Point Value	Point Value	Point Value	Point Value
3 mph	10:00	0.50	0.55	0.70	1.00	1.50
	15:00	0.75	0.82	1.05	1.50	2.25
	20:00	1.00	1.10	1.40	2.00	3.00
	25:00	1.50	1.65	2.10	3.00	4.50
	30:00	2.00	2.20	2.80	4.00	6.00
	45:00	3.50	3.85	4.90	7.00	10.50
	60:00	5.00	5.50	7.00	10.00	15.00
4 mph	10:00	1.32	1.45	1.88	2.64	3.96
	15:00	2.00	2.20	2.80	4.00	6.00
	20:00	2.99	3.29	4.19	5.98	8.97
	25:00	3.98	4.38	5.57	7.96	11.94
	30:00	5.00	5.50	7.00	10.00	15.00
	45:00	8.00	8.80	11.20	16.00	24.00
	60:00	11.00	12.10	15.40	22.00	33.00
5 mph	10:00	2.49	2.74	3.49	4.98	7.74
	15:00	4.00	4.40	5.60	8.00	12.00
	20:00	5.64	6.20	7.90	11.28	16.92
	25:00	7.32	8.05	10.25	14.64	21.96
	30:00	9.00	9.90	12.60	18.00	27.00
	45:00	14.00	15.40	19.60	28.00	42.00
	60:00	19.00	20.90	26.60	38.00	57.00
6 mph	10:00	4.00	4.40	5.60	8.00	—
	15:00	6.50	7.15	9.10	13.00	—
	20:00	9.00	9.90	12.60	18.00	—
	25:00	11.50	12.65	16.10	23.00	—
	30:00	14.00	15.40	19.60	28.00	—
	45:00	21.50	23.65	30.10	43.00	—
	60:00	29.00	31.90	40.60	58.00	—
7.5 mph	10:00	6.50	7.15	9.10	—	—
	15:00	10.28	11.31	14.39	—	—
	20:00	14.00	15.40	19.60	—	—
	25:00	17.78	19.56	24.89	—	—
	30:00	21.50	23.65	30.10	—	—
	45:00	32.75	36.02	45.85	—	—
	60:00	44.00	48.40	61.60	—	—

## Walking or Running One Mile at Various Altitudes

Time (min:sec)			Time (min:sec)		
Standard	5,000 Feet	Point Value	8,000 Feet	12,000 Feet	Point Value
19:59-14:30	20:29-15:00	1	20:59-15:30	21:29-16:30	1
14:29-12:00	14:59-12:30	2	15:29-13:00	16:29-14:00	2
11:59-10:00	12:29-10:30	3	12:59-11:00	13:59-12:00	3
9:59-8:00	10:29-8:30	4	10:59-9:00	11:59-10:00	4
7:59-6:30	8:29-7:00	5	8:59-7:30	9:59-8:30	5
under 6:30	under 7:00	6	under 7:30	under 8:30	6

## Circuit Weight Training

Time (min:sec)	Point Value
5:00	.84
10:00	1.68
15:00	2.52
20:00	3.36
25:00	4.20
30:00	5.04
35:00	5.88
40:00	6.72
45:00	7.56
50:00	8.40
55:00	9.23
60:00	10.07

## Super Circuit Weight Training

Time (min:sec)	Point Value
5:00	1.30
10:00	2.60
15:00	3.90
20:00	5.21
25:00	6.51
30:00	7.82
35:00	9.12
40:00	10.42
45:00	11.72

## Minitrampoline

Time (min:sec)	Point Value
5:00	1.25
10:00	2.50
15:00	3.75
20:00	5.00
25:00	6.25
30:00	7.50
35:00	8.75
40:00	10.00
45:00	11.25
50:00	12.50
55:00	13.75
60:00	15.00

## Aerobic Dancing and Other Exercise Programs Conducted to Music

Time (min:sec)	Point Value
5:00	1.0
10:00	2.0
15:00	3.0
20:00	4.0
25:00	5.0
30:00	6.0
35:00	7.0
40:00	8.0
45:00	9.0
50:00	10.0
55:00	11.0
60:00	12.0