

MILE RUNS TIMES AND POINT VALUES

BOYS

7 Minutes or Less 100 pts.

7:01 – 8:00	90 pts	13:01 – 14:00	40 pts
8:01 – 10:00	80 pts	14:01 – 15:00	30 pts
10:01 – 11:00	70 pts	15:01 – 16:00	20 pts
11:01 – 12:00	60 pts	16:01 – 18:00	10 pts
12:01 – 13:00	50 pts	18:01 – DNF	5 pts

GIRLS

8:00 Minutes or Less 100 pts

8:01 – 9:00	90 pts	13:01 – 14:00	50 pts
9:01 – 11:00	80 pts	14:01 – 15:00	40 pts
11:01 – 12:00	70 pts	15:01 – 16:00	30 pts
12:01 – 13:00	60 pts	16:01 – 17:00	20 pts
		17:01 – 18:00	10 pts
		18:01 – DNF	5 pts

