

Fitness Run Grading-Starts Fresh Each Quarter

Times: Girls	Grade
Under 10 minutes	19/20
12 minutes and under	18/20
Between 12-13 minutes	17/20
Between 13-14 minutes	16/20
Between 14-15 minutes	15/20
Over 15 minutes	14/20

Times: Boys	Grade
Under 10 minutes	19/20
11 minutes and under	18/20
Between 11-12 minutes	17/20
Between 12-13 minutes	16/20
Between 13-14 minutes	15/20
Over 14 minutes	14/20

To get a 20/20 your time must be under 10 min. and you must improve your run time by an appreciable amount (Note: It is MUCH tougher to improve once your mile time is down under 7-8 minutes as compared to 13-14 minutes)