|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BOYS** | **LAPS** | **GYM = 70m = 1 LAP** | **LAPS** | **GIRLS** |
| 20% | 8 | 560 | 8 | 20% |
| 20% | 9 | 630 | 9 | 20% |
| 20% | 10 | 700 | 10 | 20% |
| 20% | 11 | 770 | 11 | 40% |
| 35% | 12 | 840 | 12 | 50% |
| 40% | 13 | 910 | 13 | 52% |
| 45% | 14 | 980 | 14 | 54% |
| 50% | 15 | 1050 | 15 | 56% |
| 52% | 16 | 1120 | 16 | 58% |
| 54% | 17 | 1190 | 17 | 60% |
| 56% | 18 | 1260 | 18 | 62% |
| 58% | 19 | 1330 | 19 | 64% |
| 60% | 20 | 1400 | 20 | 67% |
| 62% | 21 | 1470 | 21 | 70% |
| 64% | 22 | 1540 | 22 | 72% |
| 68% | 23 | 1610 | 23 | 74% |
| 70% | 24 | 1680 | 24 | 76% |
| 72% | 25 | 1750 | 25 | 78% |
| 74% | 26 | 1820 | 26 | 80% |
| 76% | 27 | 1890 | 27 | 82% |
| 78% | 28 | 1960 | 28 | 84% |
| 80% | 29 | 2030 | 29 | 85% |
| 82% | 30 | 2100 | 30 | 87% |
| 84% | 31 | 2170 | 31 | 88% |
| 86% | 32 | 2240 | 32 | 90% |
| 88% | 33 | 2310 | 33 | 92% |
| 90% | 34 | 2380 | 34 | 95% |
| 93% | 35 | 2450 | 35 | 98% |
| 95% | 36 | 2520 | 36 + | 100% |
| 97% | 37 | 2590 |  |  |
| 100% | 38 + | 2660 |  |  |

**SYMMES 12 MIN. RUN STANDARDS**

|  |  |  |
| --- | --- | --- |
| **BOYS** | **LEVEL** | **GIRLS** |
| 10% | 1 – 1.4 | 10% |
| 10% | 1.5-1.7 | 20% |
| 20% | 2-2.4 | 30% |
| 30% | 2.5-2.8 | 40% |
| 40% | 3-3.4 | 56% |
| 56% | 3.5-3.8 | 58% |
| 58% | 4-4.5 | 60% |
| 60% | 4.6-4.9 | 65% |
| 64% | 5-5.5 | 70% |
| 68% | 5.6-5.9 | 75% |
| 70% | 6-6.5 | 80% |
| 75% | 6.6-6.10 | 85% |
| 80% | 7-7.6 | 90% |
| 85% | 7.7-7.10 | 95% |
| 90% | 8-8.4 | 100% |
| 93% | 8.5-8.8 | 100% |
| 96% | 8.9-8.11 | 100% |
| 100% | 9-9.4 | 100% |
| 100% | 9.5-9.8 | 100% |
| 100% | 9.9-9.11 | 100% |
| 100% | 10-10.4 | 100% |
| 100% | 10.5-10.8 | 100% |
| 100% | 10.9-10.11 | 100% |
| 100% | 11-11.3 | 100% |
| 100% | 11.4-11.8 | 100% |
| 100% | 11.9-11.12 | 100% |
| 100% | 12-12.3 | 100% |
| 100% | 12.4-12.8 | 100% |
| 100% | 12.9-12.12 | 100% |

**SYMMES BEEP TEST STANDARDS**