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THE POINT SYSTEM

Walking/Running

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
1.0 Mile		*1.1Miles*		*1.2 Miles*	
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	24:00–18:01	1.4
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
1.3 Miles		*1.4 Miles*		*1.5 Miles*	
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
1.6 Miles		*1.7 Miles*		*1.8 Miles*	
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
1.9 Miles		*2.0 Miles*		*2.1 Miles*	
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				
2.2 Miles		*2.3 Miles*		*2.4 Miles*	
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
2.5 Miles		*2.6 Miles*		*2.7 Miles*	
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
2.8 Miles		*2.9 Miles*		*3.0 Miles*	
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	19.3	20:00– 17:10	20.0
under 16:00	21.4	under 16:34	22.2	under 17:09	23.0

Walking/Running (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
3.1 Miles		*3.2 Miles*		*3.3 Miles*	
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
3.4 Miles		*3.5 Miles*		*3.6 Miles*	
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
3.7 Miles		*3.8 Miles*		*3.9 Miles*	
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
4.0 Miles		*4.1 Miles*		*4.2 Miles*	
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

Walking/Running (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
4.3 Miles		*4.4 Miles*		*4.5 Miles*	
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
4.6 Miles		*4.7 Miles*		*4.8 Miles*	
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
4.9 Miles		*5.0 Miles*		*5.5 Miles*	
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
6.0 Miles		*6.5 Miles*		*7.0 Miles*	
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
7.5 Miles		*8.0 Miles*		*8.5 Miles*	
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
9.0 Miles		*9.5 Miles*		*10.0 Miles*	
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
11.0 Miles		*12.0 Miles*		*13.0 Miles*	
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	1:36:00–1:20:01	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
14.0 Miles		*15.0 Miles*		*16.0 Miles*	
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

Walking / Running (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
17.0 Miles		*18.0 Miles*		*19.0 Miles*	
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	71.0	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
20.0 Miles		*21.0 Miles*		*22.0 Miles*	
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
3:20:00–2:40:01	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
23.0 Miles		*24.0 Miles*		*25.0 Miles*	
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

26.22 Miles	
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
2.0 Miles		*3.0 Miles*		*4.0 Miles*	
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
5.0 Miles		*6.0 Miles*		*7.0 Miles*	
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
8.0 Miles		*9.0 Miles*		*10.0 Miles*	
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
11.0 Miles		*12.0 Miles*		*13.0 Miles*	
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
14.0 Miles		*15.0 Miles*		*16.0 Miles*	
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
17.0 Miles		*18.0 Miles*		*19.0 Miles*	
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
20.0 Miles		*21.0 Miles*		*22.0 Miles*	
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
23.0 Miles		*24.0 Miles*		*25.0 Miles*	
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
26.0 Miles		*27.0 Miles*		*28.0 Miles*	
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
29.0 Miles		*30.0 Miles*		*35.0 Miles*	
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
40.0 Miles		*45.0 Miles*		*50.0 Miles*	
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
55.0 Miles		*60.0 Miles*		*65.0 Miles*	
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
70.0 Miles		*75.0 Miles*		*80.0 Miles*	
over 7:00:01	47.5	over 7:30:01	51.0	over 8:00:01	54.5
7:00:00–4:40:01	68.5	7:30:00–5:00:01	73.5	8:00:00–5:20:01	78.5
4:40:00–3:30:01	103.5	5:00:00–3:45:01	111.0	5:20:00–4:00:01	118.5
under 3:30:00	138.5	under 3:45:00	148.5	under 4:00:00	158.5
85.0 Miles		*90.0 Miles*		*95.0 Miles*	
over 8:30:01	58.0	over 9:00:01	61.5	over 9:30:01	65.0
8:30:00–5:40:01	83.5	9:00:00–6:00:01	88.5	9:30:00–6:20:01	93.5
5:40:00–4:15:01	126.0	6:00:00–4:30:01	133.5	6:20:00–4:45:01	141.0
under 4:15:00	168.5	under 4:30:00	178.5	under 4:45:00	188.5
100.0 Miles					
over 10:00:01	68.5				
10:00:00–6:40:01	98.5				
6:40:00–5:00:01	148.5				
under 5:00:00	198.5				

Note: Points are determined considering an equal uphill and downhill course, and considering 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.

Swimming

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
200 Yards		*250 Yards*		*300 Yards*	
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
350 Yards		*400 Yards*		*450 Yards*	
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

Swimming (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
500 Yards		*550 Yards*		*600 Yards*	
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
650 Yards		*700 Yards*		*750 Yards*	
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
800 Yards		*850 Yards*		*900 Yards*	
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
950 Yards		*1000 Yards*		*1050 Yards*	
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
1100 Yards		*1150 Yards*		*1200 Yards*	
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
1250 Yards		*1300 Yards*		*1350 Yards*	
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

Swimming (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
1400 Yards		*1450 Yards*		*1500 Yards*	
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
1550 Yards		*1600 Yards*		*1650 Yards*	
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
1700 Yards		*1750 Yards*		*1800 Yards*	
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
1850 Yards		*1900 Yards*		*2000 Yards*	
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
2100 Yards		*2200 Yards*		*2300 Yards*	
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
2400 Yards		*2500 Yards*		*2600 Yards*	
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

Swimming (continued)

Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value	Time (hr:min:sec)	Point Value
2700 Yards		*2800 Yards*		*2900 Yards*	
over 1:30:01	0	over 1:33:21	0	over 1:36:41	0
1:30:00–1:07:31	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
3000 Yards					
over 1:40:01	0				
1:40:00–1:15:01	30.75				
1:15:00– 50:01	37.00				
under 50:00	49.50				

Note: Points are calculated on overhand crawl, considering average skill in swimming, i.e., 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, i.e., 12.0 kcal per minute.

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
25:00	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	90–100* Steps/Min	Point Value	100–110* Steps/Min	Point Value
2:30			175–200	.88	200–225	1.13	225–250	1.38	250–275	1.63
5:00	300–350	1.25	350–400	1.75	400–450	2.25	450–500	2.75	500–550	3.25
7:30		1.88	525–600	2.63	600–675	3.38	675–750	4.13	750–825	4.88
10:00	600–700	2.50	700–800	3.50	800–900	4.50	900–1000	5.50	1000–1100	6.50
12:30		3.63	875–1000	4.88	1000–1125	6.13	1125–1250	7.38	1250–1375	8.63
15:00	900–1050	4.75	1050–1200	6.25	1200–1350	7.75	1350–1500	9.25	1500–1650	10.75
17:30		5.88	1225–1400	7.63	1400–1575	9.38	1575–1750	11.13	1750–1925	12.88
20:00	1200–1400	7.00	1400–1600	9.00	1600–1800	11.00	1800–2000	13.00	2000–2200	15.00
22:30		8.13	1575–1800	10.38	1800–2025	12.63	2025–2250	14.88	2250–2475	17.13
25:00	1500–1750	9.25	1750–2000	11.75	2000–2250	14.25	2250–2500	16.75	2500–2750	19.25
27:30		10.38	1925–2200	13.13	2200–2475	15.88	2475–2750	18.63	2750–3025	21.38
30:00	1800–2100	11.50	2100–2400	14.50	2400–2700	17.50	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)

	POINT VALUE				
Time (min:sec)	*15 Mph/ 55 Rpm*	*17.5 Mph/ 65 Rpm*	*20 Mph/ 75 Rpm*	*25 Mph/ 90 Rpm*	*30 Mph/ 105 Rpm*
3:00	—	—	—	—	1
4:00	.5	—	1	—	—
5:00	—	—	1.25	2	2.5
6:00	.75	—	1.5	2.13	2.75
7:00	—	1	1.75	2.25	3
8:00	1	1.25	2	2.5	3.33
9:00	—	1.38	2.25	2.75	3.66
10:00	1.25	—	2.5	3	4
11:00	—	1.5	2.63	3.25	4.25
12:00	1.38	1.63	2.75	3.5	4.5
13:00	1.63	1.88	2.88	3.75	4.75
14:00	1.75	2	3	4	5
15:00	1.88	2.13	3.13	4.25	5.5
16:00	2	2.25	3.25	4.5	6
17:00	2.13	2.38	3.38	4.75	6.5
18:00	2.25	2.63	3.63	5	7
19:00	2.38	2.75	3.75	5.33	7.5
20:00	2.5	2.88	3.88	5.66	8
22:30	3	3.18	4.5	6.63	9
25:00	3.25	3.75	5	7.5	10
27:30	3.5	4.5	5.75	8.5	11.5
30:00	3.75	5	6.5	9.5	12.5
35:00	4.75	6	8	11	14.5
40:00	5.75	7.25	9.5	13	17
45:00	6.75	8.5	11	15	19.5
50:00	7.75	9.75	12.5	17	22.5
55:00	8.75	11	14	19	25
60:00	9.75	12.5	16	22	28

Note: Add enough resistance so that 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.

Stationary Cycling

(Adjusted for weight and resistance using the Schwinn Calibrated Resistance Ergometer)

Load:	*1.0*	*2.0*	*3.0*	*4.0*
Weight (lbs)				
15:00 Minutes	*POINT VALUE*			
100	3.20	8.72	18.79	—
120	2.18	5.60	12.03	20.44
140	1.48	4.09	8.18	14.39
160	1.13	3.20	5.94	8.37
180	0.77	2.58	4.54	7.05
200	0.37	2.01	3.76	6.13
220	—	1.56	3.19	4.91
240	—	1.30	2.67	4.12
30:00 Minutes	*POINT VALUE*			
100	6.40	17.44	37.58	—
120	4.35	11.19	24.05	40.88
140	2.96	8.18	16.36	28.79
160	2.27	6.40	11.87	16.74
180	1.53	5.15	9.09	14.09
200	0.73	4.01	7.57	12.26
220	—	3.13	6.38	9.82
240	—	2.60	5.34	8.24
45:00 Minutes	*POINT VALUE*			
100	9.60	26.16	56.36	—
120	6.53	16.79	36.08	61.31
140	4.43	12.26	24.54	43.18
160	3.40	9.60	17.81	25.10
180	2.30	7.73	13.63	21.14
200	1.10	6.02	11.27	18.38
220	—	4.69	9.56	14.72
240	—	3.89	8.01	12.36
60:00 Minutes	*POINT VALUE*			
100	12.80	34.88	75.15	—
120	8.70	22.38	48.10	81.75
140	5.91	16.35	32.72	57.57
160	4.53	12.80	23.74	33.47
180	3.06	10.30	18.17	28.18
200	1.46	8.02	15.02	24.51
220	—	6.25	12.75	19.63
240	—	5.19	10.68	16.48

Note: Resistance is consistent, regardless of speed.

Stair Climbing

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

	Round Trips—Average Number Per Minute					
Time (min:sec)	*5*	*6*	*7*	*8*	*9*	*10*
	POINT VALUE					
3:00	.43	.69	1.00	1.36	1.80	2.33
3:30	.5	.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	10.5
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)

Stepping Rate (per min)	*Time (min:sec)*	*Point Value*
30	6:30	1.5
	9:45	2.25
	13:00	3.0
35	6:00	2.0
	9:00	3.0
	12:00	4.0
40	5:00	2.5
	7:30	3.75
	10:00	5.0

Rope Skipping

Time (min:sec)	70–90 Steps/Min	90–110 Steps/Min	110–130 Steps/Min
	POINT VALUE		
5:00	1.5	2.0	2.5
7:30	2.25	3.0	3.75
10:00	3.0	4.0	5.0
12:30	4.25	5.5	6.75
15:00	5.5	7.0	8.5
17:30	6.75	8.5	10.25
20:00	8.0	10.0	12.0
22:30	9.25	11.5	13.75
25:00	10.5	13.0	15.5
27:30	11.75	14.5	17.25
30:00	13.0	16.0	19.0

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

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!

Rowing

Time (min)	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.

Tennis/Badminton/Aerial Tennis

(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.

Water or Downhill Snow Skiing

Time (hr:min:sec)	*Point Value*
under 4:59	0
5:00	0.5
10:00	1.0
15:00	1.5
20:00	2.0
25:00	2.5
30:00	3.0
35:00	3.5
40:00	4.0
45:00	4.5
50:00	5.0
55:00	5.5
1:00:00	6.0
1:05:00	6.5
1:10:00	7.0
1:15:00	7.5
1:20:00	8.0
1:25:00	8.5
1:30:00	9.0
1:35:00	9.5
1:40:00	10.0
1:45:00	10.5
1:50:00	11.0
1:55:00	11.5
2:00:00	12.0

Note: Water or downhill snow skiing. Remember, for downhill skiing, it requires 3 hours on the slopes to accumulate 1 hour of actual skiing.

Cross-Country Skiing

Time (min:sec)	*Point Value*
15:00	4.5
20:00	6.0
25:00	7.5
30:00	9.0
35:00	10.5
40:00	12.0
45:00	13.5
50:00	15.0
55:00	16.5
60:00	18.0

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, figure points at a rate of 1 point/15 minutes.

Fencing

Time (hr:min:sec)	Point Value
10:00	1
20:00	2
30:00	3
40:00	4
50:00	5
1:00:00	6
1:10:00	7
1:20:00	8
1:30:00	9
1:40:00	10
1:50:00	11
2:00:00	12

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

Football

Time (hr:min:sec)	Point Value
under 4:59	0
5:00	0.5
10:00	1.0
15:00	1.5
20:00	2.0
25:00	2.5
30:00	3.0
35:00	3.5
40:00	4.0
45:00	4.5
50:00	5.0
55:00	5.5
1:00:00	6.0
1:05:00	6.5
1:10:00	7.0
1:15:00	7.5
1:20:00	8.0
1:25:00	8.5
1:30:00	9.0
1:35:00	9.5
1:40:00	10.0
1:45:00	10.5
1:50:00	11.0
1:55:00	11.5
2:00:00	12.0

Note: Count only the time you are actively participating.

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, figure points at a rate of 4 points/10 minutes.

Calisthenics

Time (min)	Point Value
10:00	0.25
20:00	0.50
30:00	0.75
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.

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

Speed (mph)	*Time (Min)*	*0%*	*5%*	*10%*	*15%*	*20%*
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)		Point Value
Standard	5,000 Feet	
19:59–14:30	20:29–15:00	1
14:29–12:00	14:59–12:30	2
11:59–10:00	12:29–10:30	3
9:59– 8:00	10:29– 8:30	4
7:59– 6:30	8:29– 7:00	5
under 6:30	under 7:00	6

		Point Value
8,000 Feet	12,000 Feet	
20:59–15:30	21:29–16:30	1
15:29–13:00	16:29–14:00	2
12:59–11:00	13:59–12:00	3
10:59– 9:00	11:59–10:00	4
8:59– 7:30	9:59– 8:30	5
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