

Jump Rope				Pullups		PFT Scorecard							
Time	Points	Time	Points	Reps	Points	Name							
3:00	100	1:15	16	100	20	Date							
2:55	96	1:10	12	95	19	Event	Score						
2:50	92	1:05	8	90	18								
2:45	88	1:00	4	85	17	Jump Rope							
2:40	84			80	16	Pullups							
2:35	80			75	15	Sit Ups							
2:30	76			70	14	Pushups							
2:25	72			65	13	3 Mile Run							
2:20	68			60	12	Total Score							
2:15	64			55	11	Generally speaking, you want to make the 3 mile run the last event. Start with Jump Rope, then move on to the other events with the run being what you use to finish up. <table border="0" style="margin-left: 20px;"> <tr> <td>Gold Medal</td> <td>451-500 points</td> </tr> <tr> <td>Silver Medal</td> <td>401-450 points</td> </tr> <tr> <td>Bronze Medal</td> <td>350-400 points</td> </tr> </table>		Gold Medal	451-500 points	Silver Medal	401-450 points	Bronze Medal	350-400 points
Gold Medal	451-500 points												
Silver Medal	401-450 points												
Bronze Medal	350-400 points												
2:10	60			50	10								
2:05	56			45	9								
2:00	52			40	8								
1:55	48			35	7								
1:50	44			30	6								
1:45	40			25	5								
1:40	36			20	4								
1:35	32			15	3								
1:30	28			10	2								
1:25	24			5	1								
1:20	20			0	0								