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→→→ TIME →→→→	10:00						

6th Grade Mile									
7 mins. $\downarrow$	100%								
8 - 9 mins.	90%								
10 mins.	85%								
11 - 12 mins.	75%								
13 mins.	65%								
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15 mins. 个	50%								

7th/8th Grade Mile								
6 mins. ↓	100%							
7 mins.	95%							
8 mins.	90%							
9 mins.	85%							
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Pacer	· Gra	ph							
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DΑ	\TE →						
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6th Grade 1 1/	6th Grade 1 1/2 Mile								
12 mins.	100%								
13 - 14 mins	90%								
15 - 16 mins.	85%								
17 - 19 mins.	75%								
20 - 22 mins.	65%								
23 mins.	55%								
24 mins. ↑	50%								

7th/8th Grade	1 1/2 Mile
11 mins.	100%
12 mins.	95%
13 mins.	90%
14 mins.	85%
15 mins.	80%
16 - 17 mins.	75%
18 - 19 mins.	70%
20 -21 mins.	65%
22 - 23 mins.	55%
24 mins. 个	50%

Push ups				
Curl ups				