



Standards	U38	Grade 7	Grade 6/5
12 Minute Run	38-45	2200m/2400y	2400m/2624y
	O45	2000m/2190y	2200m/2400y
		1800m/1970y	2000m/2190y
50m/55y time	U46	9.0s	9.0s
	O45	9.5s	9.0s
200m/220y time	All	40.0s	40.0s

Instructions:

1. Print Name neatly
2. Age to closest birthday
3. Enter the current grade if recertifying, the grade being attempted if upgrading (please circle the grade if upgrading)
4. Although laps may be tallied as part of the "12 minute run," report the final results in terms of distance (yards or meters). Do not record portions of the final lap smaller than 1/4.
5. **MEDICAL LIABILITY WAIVERS MUST BE SIGNED AND DATED BY THE PARTICIPANT BEFORE (NOT DURING OR AFTER) THE START OF THE FIELD TEST. A WAIVER MUST BE SIGNED BY EVERY PARTICIPANT, EVEN IF THEY HAVE ALREADY SIGNED ONE AS PART OF AN EARLIER FIELD TEST ELSEWHERE. ALL WAIVERS MUST BE ATTACHED TO THE APPROPRIATE RESULTS REPORT FORM.**