

Name

Boy Girl

School/Team

Age

TEST	TRIALS						POINTS	
BALANCE TEST (4 x 15 secs)	Left Leg	Right Leg	Left Leg	Right Leg	Total			
STANDING LONG JUMP	Trials					Best		
	1	2	3					
SPEED BOUNCE (20 seconds)	10	20	30	40	50	60	Total	
TARGET THROW	Targets					Total		
	1	2	3	4				
HI-STEPPER	Time Taken (secs)		Faults		Adjusted Time			
1Kg CHEST PUSH	Trials					Best		
	1	2	3					
VERTICAL JUMP	Trials					Best		
	1	2	3					
SHUTTLE RUN 10 x 10m	Time Trial					Seconds		
SOFT JAVELIN	Trials					Best		
	1	2	3					
STANDING TRIPLE JUMP	Trials					Best		
	1	2	3					
TOTAL POINTS								

Examiners Signature



Agility Challenge

PERSONAL SCORE CARD

TRIATHLON

AWARD	AGE IN YEARS ON DAY			
	7 & 8 & 9	10 & 11	12 & 13	14 & 15
GOLD	136	152	163	172
SILVER	125	140	150	158
BRONZE	115	128	137	145
BLUE	93	104	112	118
GREEN	72	80	86	91
YELLOW	45	55	64	70
ORANGE	10	25	-	-

PENTATHLON

AWARD	AGE IN YEARS ON DAY			
	7 & 8 & 9	10 & 11	12 & 13	14 & 15
GOLD	215	240	257	272
SILVER	198	221	237	251
BRONZE	181	202	216	229
BLUE	147	164	176	186
GREEN	113	126	135	143
YELLOW	78	87	93	99
ORANGE	16	54	-	-

DECATHLON

AWARD	AGE IN YEARS ON DAY			
	7 & 8 & 9	10 & 11	12 & 13	14 & 15
GOLD	422	472	506	534
SILVER	389	435	466	492
BRONZE	355	397	426	450
BLUE	289	323	346	365
GREEN	222	248	266	281
YELLOW	152	171	183	193
ORANGE	30	75	-	-

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