

As of March 23, 2022

Standing Power Throw (SPT) (Distance - meters and centimeters)																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
100	12.6	8.4	13.0	8.5	13.1	8.7	12.9	8.6	12.8	8.2	12.3	8.1	11.6	7.8	10.6	7.4	9.9	6.6	9.0	6.6	100
99	12.4	8.2	12.9	8.4	12.9	8.5	12.6	8.4	12.6	8.0	12.1	7.9	11.4	7.6	10.4	7.1	9.7	6.4	8.8	6.4	99
98	12.0	7.7	12.5	7.9	12.6	8.2	12.4	8.0	12.2	7.5	11.7	7.4	11.0	7.1	10.2	6.6	9.5	6.3	---	6.3	98
97	11.7	7.5	12.2	7.7	12.4	8.0	12.2	7.8	12.0	7.3	11.4	7.2	10.7	6.8	10.0	6.5	9.4	6.2	8.7	6.2	97
96	11.5	7.3	12.0	7.5	12.2	7.7	12.0	7.6	11.8	7.2	11.3	7.1	10.6	6.5	9.8	6.3	9.3	6.1	---	6.1	96
95	11.3	7.2	11.8	7.4	12.0	7.5	11.8	7.4	11.6	7.0	11.1	6.9	10.4	6.4	9.6	6.2	9.1	6.0	8.6	6.0	95
94	11.0	7.0	11.5	7.2	11.7	7.3	11.6	7.3	11.4	6.8	10.8	6.8	10.2	6.2	9.5	6.1	9.0	5.9	8.5	5.9	94
93	10.9	6.9	11.4	7.1	11.6	7.2	11.4	7.1	11.2	6.7	10.7	6.7	10.1	---	9.3	6.0	8.9	5.8	8.3	5.8	93
92	10.7	6.8	11.3	7.0	11.4	7.1	11.3	7.0	11.1	---	10.6	6.6	10.0	---	9.2	5.9	8.8	5.7	8.2	5.7	92
91	10.6	6.6	11.1	6.9	11.3	7.0	11.2	6.9	10.9	6.6	10.5	6.5	9.9	6.1	9.1	5.8	8.7	5.6	8.1	5.6	91
90	10.5	6.5	11.0	6.8	11.1	6.9	11.0	6.8	10.7	6.4	10.4	6.4	9.7	6.0	9.0	5.7	8.5	5.5	8.0	5.5	90
89	10.4	---	10.7	6.7	11.0	6.8	10.8	6.7	10.6	---	10.3	6.3	9.6	5.9	8.9	5.6	---	5.4	---	---	89
88	10.3	6.4	10.6	6.6	10.9	6.7	10.7	6.5	10.5	6.3	10.1	6.2	9.5	---	8.8	---	8.4	---	7.9	5.4	88
87	10.0	6.3	10.4	6.5	10.7	6.6	10.5	6.4	10.4	6.2	9.9	6.1	9.4	5.8	8.7	5.5	8.3	5.3	---	---	87
86	9.9	6.2	10.3	6.4	10.6	6.5	10.4	---	10.3	6.1	9.8	6.0	9.3	5.7	8.6	---	8.2	---	7.8	5.3	86
85	9.8	6.1	10.2	6.3	10.5	---	10.3	6.3	10.2	---	9.7	---	9.2	5.6	---	5.4	8.1	---	---	---	85
84	9.7	---	10.1	6.2	10.4	6.4	10.2	---	10.1	6.0	9.6	5.9	9.1	---	8.5	---	---	5.2	7.7	---	84
83	9.6	6.0	10.0	6.1	10.2	6.3	10.1	6.2	9.9	5.9	9.5	5.8	9.0	5.5	8.4	5.3	8.0	---	7.6	5.2	83
82	9.5	---	9.9	---	10.1	---	10.0	6.1	9.8	5.8	9.4	---	8.9	---	8.3	5.2	7.9	---	---	---	82
81	9.4	5.9	9.8	6.0	10.0	6.2	9.9	6.0	9.7	---	9.3	---	8.8	5.4	8.2	---	7.8	---	7.5	---	81
80	9.3	5.8	9.7	5.9	9.8	6.1	9.8	5.9	9.6	5.7	9.2	5.7	8.7	5.3	8.1	---	7.7	5.1	---	5.1	80
79	9.2	---	9.6	5.8	---	5.9	9.7	---	9.5	---	9.1	5.6	---	---	---	5.1	7.6	---	7.4	---	79
78	9.1	5.7	9.5	---	9.7	---	9.6	5.8	9.4	5.6	9.0	---	8.6	5.2	8.0	---	7.5	---	---	---	78
77	9.0	---	9.4	---	9.6	5.8	9.5	---	9.3	---	8.9	5.5	8.5	---	7.9	5.0	---	5.0	7.3	5.0	77
76	8.9	5.6	9.3	5.7	9.4	5.7	9.4	5.7	9.2	5.5	8.8	5.4	8.4	---	7.8	---	7.4	---	7.2	---	76
75	8.8	5.5	9.2	5.6	9.3	---	9.3	---	9.1	5.4	8.7	---	8.3	5.1	---	4.9	7.3	4.9	---	4.9	75
74	8.6	5.4	9.1	5.5	---	5.6	9.2	5.6	9.0	---	---	5.3	8.2	---	7.7	---	7.2	---	7.1	---	74
73	8.5	---	9.0	---	9.2	---	9.1	5.5	8.9	5.3	8.6	---	---	5.0	7.6	4.8	7.1	---	7.0	4.8	73
72	8.4	5.3	8.9	5.4	9.0	5.5	8.9	---	8.8	5.2	8.4	5.2	8.1	---	7.5	4.7	7.0	4.8	6.8	4.7	72
71	8.3	5.2	8.8	5.3	8.9	5.4	8.8	5.4	8.7	---	8.3	---	8.0	4.9	7.4	---	---	4.6	6.7	4.6	71
70	8.2	---	8.6	---	8.8	5.3	8.7	5.3	8.6	---	8.2	5.1	7.9	---	7.3	4.6	6.9	---	6.6	---	70
69	8.1	5.1	8.5	5.2	8.6	---	8.6	---	8.5	5.1	8.1	5.1	7.7	4.8	7.1	---	6.8	4.5	6.4	4.5	69
68	8.0	5.0	8.3	---	8.5	5.2	8.5	5.2	8.3	5.0	8.0	5.0	7.6	4.7	7.0	4.5	6.7	4.4	6.2	4.4	68
67	7.9	---	8.2	5.1	8.4	---	8.3	---	8.2	4.9	7.9	4.9	7.5	4.6	---	4.4	6.6	4.3	---	4.3	67
66	7.7	4.9	8.1	5.0	8.3	5.1	8.2	5.1	8.1	---	7.8	4.8	7.4	---	6.9	---	6.5	4.2	6.1	4.2	66
65	7.5	4.8	7.8	4.9	8.1	5.0	8.1	5.0	7.8	4.8	7.6	4.7	7.2	---	6.7	4.3	6.3	4.1	---	4.1	65
64	7.4	---	7.7	4.8	7.9	4.9	7.9	4.9	7.7	4.7	7.4	---	7.1	4.5	6.6	4.2	6.2	4.0	5.9	---	64
63	7.2	4.7	7.5	4.7	7.7	4.8	7.6	4.8	7.5	4.6	7.3	4.6	6.9	4.4	6.4	---	6.1	3.9	5.7	4.0	63
62	6.9	4.6	7.3	4.6	7.5	4.7	7.4	4.7	7.3	4.5	7.1	4.5	6.7	4.2	6.2	4.1	6.0	3.8	5.4	3.9	62
61	6.6	4.4	6.9	4.4	7.1	4.6	7.1	4.5	7.0	4.4	6.7	4.2	6.4	4.1	6.0	3.9	5.7	3.6	5.1	3.6	61
60	6.0	3.9	6.3	4.0	6.5	4.2	6.5	4.1	6.4	4.1	6.2	3.9	6.0	3.7	5.7	3.5	5.3	3.4	4.9	3.4	60

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As of March 23, 2022

Standing Power Throw (SPT) (Distance - meters and centimeters)																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
60	6.0	3.9	6.3	4.0	6.5	4.2	6.5	4.1	6.4	4.1	6.2	3.9	6.0	3.7	5.7	3.5	5.3	3.4	4.9	3.4	60
59	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	59
58	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	58
57	5.9	---	6.2	---	6.4	4.1	6.4	---	6.3	---	6.1	---	5.9	---	5.6	---	---	---	---	---	57
56	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	56
55	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	55
54	---	3.8	---	3.9	---	---	---	4.0	---	4.0	---	3.8	---	3.6	---	3.4	5.2	---	4.8	---	54
53	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	53
52	5.8	---	6.1	---	6.3	4.0	6.3	---	6.2	---	6.0	---	5.8	---	5.5	---	---	---	---	---	52
51	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	51
50	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	50
49	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	49
48	---	---	---	---	6.2	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	48
47	5.7	---	---	---	---	---	6.2	---	6.1	---	---	3.7	5.7	---	5.4	---	5.1	---	---	---	47
46	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	46
45	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	45
44	---	3.7	6.0	3.8	6.1	3.9	---	3.9	---	3.9	5.9	---	---	3.5	---	3.3	---	3.3	4.7	3.3	44
43	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	43
42	5.6	---	---	---	---	---	6.1	---	6.0	---	---	3.6	5.6	---	5.3	---	5.0	---	---	---	42
41	---	---	---	---	6.0	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	41
40	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	40
39	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	39
38	5.5	---	5.9	---	---	---	---	---	---	---	5.8	---	---	---	5.2	---	---	---	---	---	38
37	---	3.6	---	---	5.9	---	6.0	---	5.9	3.8	---	---	5.5	---	---	3.2	---	---	4.6	---	37
36	---	---	5.8	---	---	---	---	---	---	---	5.7	---	---	---	---	---	---	---	---	---	36
35	---	---	---	3.8	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	35
34	5.4	---	---	---	---	3.8	---	3.8	---	---	---	3.5	---	3.4	5.1	---	---	3.2	---	3.2	34
33	---	---	5.7	---	---	---	---	---	---	---	5.6	---	---	---	---	---	---	---	---	---	33
32	---	3.5	---	---	5.8	---	5.9	---	5.8	3.7	---	---	5.4	---	---	3.1	---	---	4.5	---	32
31	5.3	---	5.6	---	---	---	---	---	---	---	5.5	---	---	---	5.0	---	---	---	---	---	31
30	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	30
29	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	29
28	5.2	---	5.5	---	5.7	---	5.8	---	5.7	---	5.4	---	5.3	3.3	---	---	---	---	---	---	28
27	---	---	---	3.6	---	3.7	---	3.7	---	---	---	3.4	---	---	---	---	---	---	---	---	27
26	---	---	5.4	---	5.6	---	5.7	---	5.6	---	5.3	---	5.2	---	---	---	---	---	---	---	26
25	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	25
24	5.1	3.4	---	---	---	---	5.6	---	---	3.6	---	---	---	3.2	4.9	3.0	4.9	3.1	4.4	3.1	24
23	---	---	5.3	---	5.5	---	---	---	5.5	---	5.2	---	5.1	---	---	---	---	---	---	---	23
22	---	---	---	3.5	---	3.6	5.5	3.6	---	---	---	3.3	---	---	---	---	---	---	---	---	22
21	5.0	---	5.2	---	5.4	---	---	---	5.4	---	5.1	---	5.0	3.1	---	---	---	---	---	---	21
20	---	---	---	---	---	---	5.4	---	---	---	---	---	---	---	---	---	---	---	---	---	20
19	---	---	---	---	5.3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	19
18	4.9	3.3	5.1	3.4	---	3.5	5.3	3.5	5.3	3.5	5.0	3.2	4.9	3.0	4.8	---	4.8	3.0	---	3.0	18
17	---	---	---	---	5.2	---	---	---	---	---	---	---	---	---	---	2.9	---	---	4.3	---	17
16	4.8	---	5.0	---	---	---	5.2	---	5.2	---	---	---	4.8	---	4.7	---	4.7	---	---	---	16
15	---	---	---	---	5.1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	15
14	4.7	3.2	4.9	3.3	5.0	3.4	5.1	3.4	5.1	3.4	4.9	3.1	---	2.9	---	---	---	2.9	---	2.9	14
13	---	---	---	---	---	---	---	---	---	---	---	---	4.7	---	4.6	---	4.6	---	---	---	13
12	4.6	---	4.8	---	4.9	---	5.0	---	5.0	---	---	---	---	---	---	2.8	---	---	4.2	---	12
11	---	3.1	---	3.2	---	3.3	---	3.3	---	3.3	4.8	3.0	4.6	2.8	4.5	---	4.5	2.8	---	2.8	11
10	4.5	---	4.7	---	4.8	---	4.9	---	4.9	---	---	---	---	---	---	---	---	---	---	---	10
9	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	9
8	4.4	3.0	4.6	3.1	4.7	3.2	4.8	3.2	4.8	3.2	4.7	2.9	4.5	2.7	4.4	2.7	4.4	2.7	4.1	2.7	8
7	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	7
6	4.3	2.9	4.5	3.0	4.6	3.1	4.7	3.1	4.7	3.1	4.6	2.8	4.4	2.6	4.3	2.6	4.3	2.6	4.0	2.6	6
5	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	5
4	4.2	2.8	4.4	2.9	4.5	3.0	4.6	3.0	4.6	3.0	4.5	2.7	4.3	2.5	4.2	2.5	4.2	2.5	3.9	2.5	4
3	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	3
2	4.1	2.7	4.3	2.8	4.4	2.9	4.5	2.9	4.5	2.9	4.4	2.6	4.2	2.4	4.1	2.4	4.1	2.4	3.8	2.4	2
1	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	1
0	4.0	2.6	4.2	2.7	4.3	2.8	4.4	2.8	4.4	2.8	4.3	2.5	4.1	2.3	4.0	2.3	4.0	2.3	3.7	2.3	0

As of March 23, 2022

Sprint / Drag / Carry (SDC) (Overall Time: minutes and seconds)																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
100	01:29	01:55	01:30	01:55	01:30	01:55	01:33	01:59	01:36	02:02	01:40	02:09	01:45	02:11	01:52	02:18	01:58	02:26	02:09	02:26	100
99	01:31	01:59	01:32	01:56	01:31	01:57	01:34	02:01	01:37	02:04	01:42	02:10	01:46	02:13	01:55	02:21	02:02	02:28	02:12	02:28	99
98	01:34	02:02	01:33	02:00	01:34	02:01	01:37	02:05	01:40	02:10	01:44	02:15	01:50	02:22	01:57	02:28	02:03	02:34	---	02:34	98
97	01:35	02:05	01:34	02:02	01:35	02:04	01:38	02:08	01:42	02:11	01:46	02:17	01:52	02:24	02:00	02:30	02:06	02:39	02:13	02:39	97
96	01:36	02:06	01:36	02:05	01:37	02:06	01:40	02:10	01:43	02:14	01:48	02:18	01:54	02:26	02:01	02:32	02:08	02:41	---	02:41	96
95	01:37	02:08	01:37	02:06	01:38	02:08	01:41	02:11	01:45	02:15	01:49	02:20	01:55	02:28	02:03	02:35	02:09	02:44	02:14	02:44	95
94	01:39	02:10	01:39	02:09	01:40	02:10	01:43	02:14	01:47	02:18	01:51	02:23	01:57	02:30	02:05	02:38	02:11	02:45	02:15	02:45	94
93	01:40	02:12	01:40	02:10	01:41	02:12	01:44	02:15	01:48	02:20	01:52	02:25	01:59	02:31	02:06	02:40	02:13	02:46	02:16	02:46	93
92	01:41	02:13	01:41	02:12	01:42	02:13	01:45	02:17	01:49	02:21	01:53	02:27	02:00	02:33	02:07	02:41	02:15	02:48	---	02:48	92
91	01:42	02:14	01:42	02:13	01:43	02:15	01:46	02:18	01:50	02:23	01:54	02:28	02:01	02:35	02:09	02:42	02:16	02:52	---	02:52	91
90	01:43	02:16	01:43	02:15	01:45	02:16	01:48	02:20	01:52	02:25	01:56	02:30	02:02	02:37	02:10	02:44	02:17	02:54	---	02:54	90
89	01:44	02:17	01:44	02:16	01:46	02:18	01:49	02:21	01:53	02:26	01:57	02:31	02:03	02:38	02:11	02:45	02:19	02:55	02:17	02:55	89
88	01:45	02:18	01:45	02:18	01:47	02:19	01:50	02:23	01:54	02:27	01:58	02:33	02:05	02:40	02:13	02:46	02:20	02:57	02:18	02:57	88
87	01:46	02:20	01:46	02:20	01:48	02:20	01:51	02:24	01:55	02:29	01:59	02:35	02:06	02:41	02:14	02:48	02:21	02:58	02:19	02:58	87
86	01:47	02:21	01:47	02:21	01:49	02:22	01:52	02:26	01:56	02:30	02:00	02:36	02:07	02:42	02:15	02:50	02:22	02:59	02:20	02:59	86
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81	01:52	02:26	01:52	02:27	01:54	02:28	01:57	02:32	02:01	02:36	02:06	02:42	02:13	02:48	02:21	02:57	02:28	03:04	02:27	03:04	81
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78	01:55	02:30	01:55	02:31	01:57	02:31	02:00	02:36	02:04	02:40	02:09	02:46	02:16	02:52	02:25	03:00	02:31	03:09	02:35	03:09	78
77	01:56	02:31	01:56	02:32	01:58	02:32	02:01	02:37	02:05	02:42	02:10	02:47	02:17	02:54	02:26	03:02	02:33	03:11	02:36	03:11	77
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60	02:28	03:15	02:31	03:15	02:32	03:15	02:36	03:22	02:41	03:27	02:45	03:42	02:53	03:51	03:00	04:03	03:12	04:48	03:16	04:48	60

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Sprint / Drag / Carry (SDC) (Overall Time: minutes and seconds)																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
60	02:28	03:15	02:31	03:15	02:32	03:15	02:36	03:22	02:41	03:27	02:45	03:42	02:53	03:51	03:00	04:03	03:12	04:48	03:16	04:48	60
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58	02:30	03:17	02:33	03:17	02:34	03:17	02:38	03:24	02:43	03:29	02:47	03:44	02:55	03:53	03:02	04:05	03:14	04:50	03:18	04:50	58
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56	02:32	03:19	02:35	03:19	02:36	03:19	02:40	03:26	02:45	03:31	02:49	03:46	02:57	03:55	03:04	04:07	03:16	04:52	03:20	04:52	56
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6	03:22	04:09	03:25	04:09	03:26	04:09	03:30	04:16	03:35	04:21	03:39	04:36	03:47	04							

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Plank (PLK) (maintain proper straightline position (Time: minutes and seconds))																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
100	03:40	03:40	03:35	03:35	03:30	03:30	03:25	03:25	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	03:20	100
99	03:37	03:37	03:32	03:32	03:27	03:27	03:22	03:22	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	03:17	99
98	03:34	03:34	03:29	03:29	03:24	03:24	03:19	03:19	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	03:14	98
97	03:30	03:30	03:25	03:25	03:20	03:20	03:15	03:15	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	03:10	97
96	03:27	03:27	03:22	03:22	03:17	03:17	03:12	03:12	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	03:07	96
95	03:24	03:24	03:19	03:19	03:14	03:14	03:09	03:09	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	03:04	95
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93	03:17	03:17	03:12	03:12	03:07	03:07	03:02	03:02	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	02:57	93
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71	02:06	02:06	02:01	02:01	01:56	01:56	01:51	01:51	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	01:46	71
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	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F			
100	13:22	15:29	13:27	15:00	13:31	15:00	13:42	15:18	13:58	15:30	14:05	15:49	14:30	15:58	15:09	16:29	15:28	17:18	15:28	17:18	100
99	13:42	15:55	13:50	15:30	13:58	15:30	14:06	15:46	14:20	15:56	14:29	16:12	14:54	16:14	15:34	17:01	15:55	17:47	15:55	17:47	99
98	14:00	16:16	14:08	15:51	14:15	15:53	14:25	16:07	14:37	16:18	14:48	16:35	15:14	16:36	15:55	17:22	16:22	17:56	16:22	17:56	98
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96	14:28	16:48	14:38	16:26	14:45	16:26	14:54	16:43	15:06	16:51	15:20	17:07	15:48	17:15	16:28	17:50	16:58	18:25	16:58	18:25	96
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91	15:20	17:47	15:32	17:28	15:39	17:27	15:49	17:41	16:00	17:52	16:18	18:06	16:46	18:12	17:26	18:40	18:07	18:56	18:07	18:56	91
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6	23:48	25:10	23:48	25:03	23:48	25:01	23:48	25:07	23:59	25:11	24:20	25:30	24:43	25:48</							

As of March 23, 2022

TABLES FOR PERMANENT PROFILE BASED ALTERNATE AEROBIC EVENTS ARE AS FOLLOWS:

Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds)																				
Event	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
2.5-mile Walk	31:00	34:00	30:45	33:30	30:30	33:00	30:45	33:30	31:00	34:00	31:00	34:00	32:00	35:00	32:00	35:00	33:00	36:00	33:00	36:00
12 km Bike	26:25	28:58	26:12	28:31	26:00	28:07	26:12	28:31	26:25	28:58	26:25	28:58	27:16	29:50	27:16	29:50	28:07	30:41	28:07	30:41
1 km Swim	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48
5 km Row	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48