



**REFEREE FITNESS PROGRAM  
PHYSICAL PERFORMANCE EVENT RESULTS — 2010**

This certifies that \_\_\_\_\_ undertook the NISOA Fitness  
Evaluation on this date \_\_\_\_\_. The test site was \_\_\_\_\_.

**PERFORMANCE EVENT RESULTS**

	<u>Standard</u>	<u>Distance</u>	<u>Time</u>	<u>Score</u>
AEROBIC RUN 12 minutes	3200-2000 m	_____	12 min.	_____
PRO 40 RUN 40 meter	18.0– 26.9 sec.	XXXXXX	_____	_____
50 METER AR 50 meter	10.8 – 14.0 sec.	XXXXXX	_____	_____
SHUTTLE 7 x 30 meter	38.0 – 49.9 sec.	XXXXXX	_____	_____

**TOTAL SCORE** \_\_\_\_\_

**TOTAL SCORE/4 = FINAL AVERAGE SCORE**

\_\_\_\_\_  
ADMINISTRATOR

CONVERSION: RESULTS TO POINTS							
<u>12 min. Run</u>		<u>Pro-40</u>		<u>50 M AR</u>		<u>7 x 30-M Shuttle</u>	
3200-2700 M	5	18.0-21.5 sec	5	10.8-11.3 sec	5	38.0-40.5 sec	5
2699-2500 M	4	21.6-22.5 sec	4	11.4-12.0 sec	4	40.6-42.9 sec	4
2499-2400 M	3	22.6-23.5 sec	3	12.1-12.5 sec	3	43.0-44.0 sec	3
2399-2200 M	2	23.6-25.0 sec	2	12.6-13.0 sec	2	44.1-45.9 sec	2
2199-2000 M	1	25.1-26.9 sec	1	13.1-14.0 sec	1	46.0-49.9 sec	1
Below 2000 M	0	27.0 plus secs	0	14.1 plus secs	0	50 plus secs	0