

## RECORD OF SALUTING AND SWIMMING

| S NO | EVENT                         | TERM-P |  |  |  | TERM _____ |  |  |  | TERM _____ |  |  |  | TERM _____ |  |  |  |
|------|-------------------------------|--------|--|--|--|------------|--|--|--|------------|--|--|--|------------|--|--|--|
| 1    | MILE TIME                     |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 2    | ROPE CLASS                    |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 3    | BEAM WORK                     |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 4    | PUSH UPS                      |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 5    | 100M SPRINT TIME              |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 6    | TOTAL PET SCORE               |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 7    | MINI CROSS<br>COUNTRY ____ KM |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 8    | CROSS COUNTRY<br>_____ KM     |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |
| 9    | ASSAULT COURSES<br>TIME       |        |  |  |  |            |  |  |  |            |  |  |  |            |  |  |  |

### PHYSICAL EFFECIENCY INDEX