

## RECORD OF SALUTING AND SWIMMING

S NO	EVENT	TERM-P				TERM_____				TERM_____				TERM_____			
1	MILE TIME	6:12	6:12	5:50	5:50												
2	ROPE CLASS	Alpha		Alpha													
3	BEAM WORK	10		12													
4	PUSH UPS	10		13													
5	100M SPRINT TIME																
6	TOTAL PET SCORE																
7	MINI CROSS COUNTRY ____ KM	qualified		2													
8	CROSS COUNTRY _____KM	qualified		1													
9	ASSAULT COURSES TIME	qualified		1													

### PHYSICAL EFFECIENCY INDEX