	L1	L2	L3	L4	L5	L6	L7
	ms	ms	ms	ms			
10	< 00 m 10 s 400 ms to 00 m 10 s 0 ms	< 00 m 10 s 0 ms to 00 m 09 s 500 ms	< 00 m 09 s 500 ms to 00 m 09 s 100 ms	< 00 m 09 s 100 ms to 00 m 08 s 900 ms	< 00 m 08 s 900 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms
11	< 00 m 10 s 100 ms to 00 m 09 s 700 ms	< 00 m 09 s 700 ms to 00 m 09 s 200 ms	< 00 m 09 s 200 ms to 00 m 08 s 800 ms	< 00 m 08 s 800 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms
12	< 00 m 09 s 800 ms to 00 m 09 s 400 ms	< 00 m 09 s 400 ms to 00 m 08 s 900 ms	< 00 m 08 s 900 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms
13	< 00 m 09 s 400 ms to 00 m 09 s 100 ms	< 00 m 09 s 100 ms to 00 m 08 s 700 ms	< 00 m 08 s 700 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms
14	< 00 m 09 s 100 ms to 00 m 08 s 900 ms	< 00 m 08 s 900 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms
15	< 00 m 08 s 900 ms to 00 m 08 s 700 ms	< 00 m 08 s 700 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 07 s 400 ms	< 00 m 07 s 400 ms
16	< 00 m 08 s 700 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 200 ms	< 00 m 07 s 200 ms to 00 m 07 s 200 ms	< 00 m 07 s 200 ms
17	< 00 m 08 s 500 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 100 ms	< 00 m 07 s 100 ms to 00 m 07 s 100 ms	< 00 m 07 s 100 ms
18	< 00 m 08 s 300 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 07 s 0 ms	< 00 m 07 s 0 ms to 00 m 07 s 0 ms	< 00 m 07 s 0 ms

7.16 Speed Test - 50 m Dash - Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	< 00 m 11 s 100 ms to 00 m 10 s 600 ms	< 00 m 10 s 600 ms to 00 m 09 s 900 ms	< 00 m 09 s 900 ms to 00 m 09 s 500 ms	< 00 m 09 s 500 ms to 00 m 09 s 300 ms	< 00 m 09 s 300 ms to 00 m 09 s 100 ms	< 00 m 09 s 100 ms to 00 m 08 s 800 ms	< 00 m 08 s 800 ms
10	< 00 m 10 s	< 00 m 10 s	< 00 m 09 s	< 00 m 09 s	< 00 m 09 s	< 00 m 08 s	< 00 m 08 s