

9	< 04 m 15 s 0 ms to 04 m 06 s 600 ms	< 04 m 06 s 600 ms to 03 m 54 s 600 ms	< 03 m 54 s 600 ms to 03 m 45 s 600 ms	< 03 m 45 s 600 ms to 03 m 41 s 400 ms	< 03 m 41 s 400 ms to 03 m 36 s 0 ms	< 03 m 36 s 0 ms to 03 m 35 s 400 ms	< 03 m 35 s 400 ms
10	< 04 m 06 s 0 ms to 03 m 57 s 0 ms	< 03 m 57 s 0 ms to 03 m 44 s 400 ms	< 03 m 44 s 400 ms to 03 m 34 s 800 ms	< 03 m 34 s 800 ms to 03 m 30 s 600 ms	< 03 m 30 s 600 ms to 03 m 24 s 600 ms	< 03 m 24 s 600 ms to 03 m 24 s 0 ms	< 03 m 24 s 0 ms
11	< 04 m 00 s 600 ms to 03 m 51 s 600 ms	< 03 m 51 s 600 ms to 03 m 38 s 400 ms	< 03 m 38 s 400 ms to 03 m 28 s 800 ms	< 03 m 28 s 800 ms to 03 m 24 s 600 ms	< 03 m 24 s 600 ms to 03 m 18 s 600 ms	< 03 m 18 s 600 ms to 03 m 18 s 0 ms	< 03 m 18 s 0 ms
12	< 03 m 30 s 0 ms to 03 m 24 s 0 ms	< 03 m 24 s 0 ms to 03 m 14 s 400 ms	< 03 m 14 s 400 ms to 03 m 07 s 800 ms	< 03 m 07 s 800 ms to 03 m 04 s 800 ms	< 03 m 04 s 800 ms to 03 m 00 s 600 ms	< 03 m 00 s 600 ms to 03 m 00 s 0 ms	< 03 m 00 s 0 ms
13	< 03 m 00 s 0 ms to 02 m 49 s 800 ms	< 02 m 49 s 800 ms to 02 m 34 s 800 ms	< 02 m 34 s 800 ms to 02 m 24 s 0 ms	< 02 m 24 s 0 ms to 02 m 19 s 200 ms	< 02 m 19 s 200 ms to 02 m 12 s 600 ms	< 02 m 12 s 600 ms to 02 m 12 s 0 ms	< 02 m 12 s 0 ms
14	< 02 m 18 s 0 ms to 02 m 14 s 400 ms	< 02 m 14 s 400 ms to 02 m 08 s 400 ms	< 02 m 08 s 400 ms to 02 m 04 s 800 ms	< 02 m 04 s 800 ms to 02 m 03 s 0 ms	< 02 m 03 s 0 ms to 02 m 04 s 800 ms	< 02 m 04 s 800 ms to 02 m 03 s 0 ms	< 02 m 03 s 0 ms
15	< 02 m 06 s 0 ms to 02 m 08 s 400 ms	< 02 m 08 s 400 ms to 01 m 33 s 600 ms	< 01 m 33 s 600 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms
16	< 02 m 00 s 0 ms to 01 m 34 s 800 ms	< 01 m 34 s 800 ms to 01 m 33 s 0 ms	< 01 m 33 s 0 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms
17	< 01 m 34 s 800 ms to 01 m 34 s 200 ms	< 01 m 34 s 200 ms to 01 m 32 s 400 ms	< 01 m 32 s 400 ms to 01 m 31 s 200 ms	< 01 m 31 s 200 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms to 01 m 31 s 200 ms	< 01 m 31 s 200 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms
18	< 01 m 33 s 600 ms to 01 m 33 s 0 ms	< 01 m 33 s 0 ms to 01 m 31 s 200 ms	< 01 m 31 s 200 ms to 01 m 30 s 0 ms	< 01 m 30 s 0 ms to 01 m 29 s 400 ms	< 01 m 29 s 400 ms to 01 m 30 s 0 ms	< 01 m 30 s 0 ms to 01 m 29 s 400 ms	< 01 m 29 s 400 ms

## 7.15 Speed Test - 50 m Dash - Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	< 00 m 10 s 800 ms to 00 m 10 s 300	< 00 m 10 s 300 ms to 00 m 09 s 800	< 00 m 09 s 800 ms to 00 m 09 s 300	< 00 m 09 s 300 ms to 00 m 09 s 100	< 00 m 09 s 100 ms to 00 m 09 s 0 ms	< 00 m 09 s 0 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms