Appendix A: Points Chart

National Fire Operations Fitness Challenge

Notes on using chart: For the callisthenic events, find the number of repetitions and award the highest point value allowable. Example, 32 push-ups equals 42 points. For the run, find the time and award the points the value reaches. Examples, in the three mile run, 22:19 equals 51 points while 22:16 equals 52 points.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 3 Mile | 1.5 mi | Pull ups | Push ups | Sit ups | Points |
| 32.00 | 15.00 | 1 | 15 | 20 | 1 |
| 31.43 | 14.50 | 1 | 15 | 21 | 2 |
| 31.27 | 14.40 | 1 | 16 | 22 | 3 |
| 31.10 | 14.30 | 1 | 16 | 22 | 4 |
| 30.53 | 14.20 | 2 | 17 | 23 | 5 |
| 30.37 | 14.10 | 2 | 17 | 24 | 6 |
| 30.20 | 14.00 | 2 | 17 | 25 | 7 |
| 30.03 | 13.50 | 3 | 18 | 26 | 8 |
| 29.47 | 13.40 | 3 | 18 | 27 | 9 |
| 29.30 | 13.30 | 3 | 19 | 27 | 10 |
| 29.13 | 13.20 | 3 | 19 | 28 | 11 |
| 28.57 | 13.10 | 4 | 20 | 29 | 12 |
| 28.40 | 13.00 | 4 | 20 | 30 | 13 |
| 28.23 | 12.50 | 4 | 20 | 31 | 14 |
| 28.06 | 12.40 | 5 | 21 | 32 | 15 |
| 27.50 | 12.30 | 5 | 21 | 32 | 16 |
| 27.33 | 12.20 | 5 | 22 | 33 | 17 |
| 27.16 | 12.10 | 5 | 22 | 34 | 18 |
| 27.00 | 12.00 | 6 | 22 | 35 | 19 |
| 26.43 | 11.50 | 6 | 23 | 36 | 20 |
| 26.26 | 11.40 | 6 | 23 | 37 | 21 |
| 26.10 | 11.30 | 7 | 24 | 37 | 22 |
| 25.53 | 11.20 | 7 | 24 | 38 | 23 |
| 25.36 | 11.10 | 7 | 25 | 39 | 24 |
| 25.20 | 11.00 | 7 | 25 | 40 | 25 |
| 25.12 | 10.56 | 8 | 26 | 41 | 26 |
| 25.05 | 10.53 | 8 | 26 | 42 | 27 |
| 24.58 | 10.49 | 8 | 27 | 42 | 28 |
| 24.51 | 10.46 | 8 | 27 | 43 | 29 |
| 24.44 | 10.42 | 8 | 28 | 44 | 30 |
| 24.27 | 10.38 | 8 | 28 | 45 | 31 |
| 24.30 | 10.35 | 8 | 28 | 46 | 32 |
| 24.23 | 10.31 | 8 | 29 | 46 | 33 |
| 24.15 | 10.28 | 8 | 29 | 47 | 34 |
| 24.08 | 10.24 | 9 | 30 | 48 | 35 |
| 24.01 | 10.20 | 9 | 30 | 49 | 36 |
| 23.54 | 10.17 | 9 | 30 | 50 | 37 |
| 23.47 | 10.13 | 9 | 31 | 50 | 38 |
| 23.40 | 10.10 | 9 | 31 | 51 | 39 |
| 23.33 | 10.06 | 9 | 32 | 52 | 40 |
| 23.26 | 10.02 | 9 | 32 | 53 | 41 |
| 23.18 | 9.59 | 9 | 32 | 54 | 42 |
| 23.11 | 9.55 | 10 | 33 | 54 | 43 |
| 23.04 | 9.52 | 10 | 33 | 55 | 44 |
| 22.57 | 9.48 | 10 | 34 | 56 | 45 |
| 22.50 | 9.44 | 10 | 34 | 57 | 46 |
| 22.43 | 9.41 | 10 | 34 | 58 | 47 |
| 22.36 | 9.37 | 10 | 35 | 58 | 48 |
| 22.47 | 9.33 | 10 | 34 | 58 | 49 |
| 22.30 | 9.30 | 10 | 35 | 60 | 50 |
| 22.23 | 9.28 | 11 | 37 | 62 | 51 |
| 22.16 | 9.26 | 11 | 38 | 64 | 52 |
| 22.09 | 9.25 | 11 | 40 | 65 | 53 |
| 22.02 | 9.23 | 11 | 42 | 67 | 54 |
| 21.56 | 9.21 | 12 | 44 | 69 | 55 |
| 21.49 | 9.19 | 12 | 45 | 71 | 56 |
| 21.42 | 9.17 | 12 | 47 | 73 | 57 |
| 21.35 | 9.16 | 12 | 49 | 74 | 58 |
| 21.28 | 9.14 | 13 | 50 | 76 | 59 |
| 21.21 | 9.12 | 13 | 52 | 78 | 60 |
| 21.14 | 9.10 | 13 | 54 | 80 | 61 |
| 21.07 | 9.08 | 14 | 55 | 82 | 62 |
| 21.00 | 9.07 | 14 | 57 | 83 | 63 |
| 20.53 | 9.05 | 14 | 59 | 85 | 64 |
| 20.47 | 9.03 | 15 | 61 | 87 | 65 |
| 20.40 | 9.01 | 15 | 62 | 89 | 66 |
| 20.33 | 8.59 | 15 | 64 | 91 | 67 |
| 20.26 | 8.58 | 15 | 66 | 92 | 68 |
| 20.19 | 8.56 | 16 | 67 | 94 | 69 |
| 20.12 | 8.54 | 16 | 69 | 96 | 70 |
| 20.05 | 8.52 | 16 | 71 | 98 | 71 |
| 19.58 | 8.50 | 17 | 72 | 100 | 72 |
| 19.51 | 8.49 | 17 | 74 | 101 | 73 |
| 19.44 | 8.47 | 17 | 76 | 103 | 74 |
| 19.38 | 8.45 | 18 | 78 | 105 | 75 |
| 19.31 | 8.43 | 18 | 79 | 107 | 76 |
| 19.24 | 8.41 | 18 | 81 | 109 | 77 |
| 19.17 | 8.40 | 18 | 83 | 110 | 78 |
| 19.10 | 8.38 | 19 | 84 | 112 | 79 |
| 19.03 | 8.36 | 19 | 86 | 114 | 80 |
| 18.56 | 8.34 | 19 | 88 | 116 | 81 |
| 18.49 | 8.32 | 20 | 89 | 118 | 82 |
| 18.42 | 8.31 | 20 | 91 | 119 | 83 |
| 18.35 | 8.29 | 20 | 93 | 121 | 84 |
| 18.29 | 8.27 | 21 | 95 | 123 | 85 |
| 18.22 | 8.25 | 21 | 96 | 125 | 86 |
| 18.15 | 8.23 | 21 | 98 | 127 | 87 |
| 18.08 | 8.22 | 21 | 100 | 128 | 88 |
| 18.01 | 8.20 | 22 | 101 | 130 | 89 |
| 17.54 | 8.18 | 22 | 103 | 132 | 90 |
| 17.47 | 8.16 | 22 | 105 | 134 | 91 |
| 17.40 | 8.14 | 23 | 106 | 136 | 92 |
| 17.33 | 8.13 | 23 | 108 | 137 | 93 |
| 17.26 | 8.11 | 23 | 110 | 139 | 94 |
| 17.20 | 8.09 | 24 | 112 | 141 | 95 |
| 17.13 | 8.07 | 24 | 113 | 143 | 96 |
| 17.06 | 8.05 | 24 | 115 | 145 | 97 |
| 16.59 | 8.04 | 24 | 117 | 146 | 98 |
| 16.52 | 8.02 | 25 | 118 | 148 | 99 |
| 16.45 | 8.00 | 25 | 120 | 150 | 100 |