VFT Point Scale

MEN				WOMEN			
Scaled Score	Pull ups	Sit ups	2400 Meter Run	Scaled Score	Pull ups	Sit ups	2400 Meter Run
New scaled score highlighted in yellow	Add 3 pts for each add'l p/u	Scaled in groups of 4	Add 1 pt for each 6 second decrease	New scaled score highlighted in yellow	Add 5 pts for each add'l p/u	Scaled in groups of 4	Add 1 pt for each 7 second decrease
133	31	119	5:12	133		119	5:55
132		118	5:18	132		118	6:02
131		117	5:24	131		117	6:09
130	30	116	5:30	130	14	116	6:16
129			5:36	129			6:23
128		115	5:42	128		115	6:30
127	29	114	5:48	127		114	6:37
126		113	5:54	126		113	6:44
125		112	6:00	125	13	112	6:51
124	28		6:06	124			6:58
123		111	6:12	123		111	7:05
122		110	6:18	122		110	7:12
121	27	109	6:24	121		109	7:19
120		108	6:30	120	12	108	7:26
119			6:36	119			7:33
118	26	107	6:42	118		107	7:40
117		106	6:48	117		106	7:47
116		105	6:54	116		105	7:54
115	25	104	7:00	115	11	104	8:01
114			7:06	114			8:08
113		103	7:12	113		103	8:15
112	24	102	7:18	112		102	8:22
111		101	7:24	111		101	8:29
110		100	7:30	110	10	100	8:36
109	23		7:36	109			8:43
108		99	7:42	108		99	8:50
107		98	7:48	107		98	8:57
106	22	97	7:54	106		97	9:04
105		96	8:00	105	9	96	9:11
104			8:06	104			9:18
103	21	95	8:12	103		95	9:25
102		94	8:18	102		94	9:32
101		93	8:24	101		93	9:39

ANNEX A: VFT Point Scale (Continued)

MEN				WOMEN			
Scaled Score	**Pull ups**	**Sit ups**	**2400 Meter Run**	**Scaled Score**	**Pull ups**	**Sit ups**	**2400 Meter Run**
100	20	92	8:30	100	8	92	9:46
99			8:36	99			9:53
98		91	8:42	98		91	10:00
97	19	90	8:48	97		90	10:07
96		89	8:54	96		89	10:14
95	18	88	9:00	95	7	88	10:21
94			9:06	94			10:28
93	17	87	9:12	93		87	10:35
92		86	9:18	92		86	10:42
91		85	9:24	91		85	10:49
90		84	9:30	90		84	10:54
89	16		9:36	89	6		11:03
88		83	9:42	88		83	11:10
87		82	9:48	87		82	11:17
86	15	81	9:54	86		81	11:24
85		80	10:00	85		80	11:31
84			10:06	84			11:38
83	14	79	10:12	83	5	79	11:45
82		78	10:18	82		78	11:52
81	13	77	10:24	81		77	11:59
80		76	10:30	80		76	12:06
79	12		10:36	79			12:13
78		75	10:42	78		75	12:20
77	11	74	10:48	77	4	74	12:27
76		73	10:54	76		73	12:34
75		72	11:00	75		72	12:41
74	10		11:06	74			12:48
73		71	11:12	73		71	12:55
72		70	11:18	72		70	13:02
71	9	69	11:24	71	3	69	13:09
70		68	11:30	70		68	13:16
69			11:36	69			13:23
68	8	67	11:42	68		67	13:30
67		66	11:48	67		66	13:37
66		65	11:54	66		65	13:44
65	7	64	12:00	65	2	64	13:51

ANNEX A: VFT Point Scale (Continued)

MEN				WOMEN			
Scaled Score	**Pull ups**	**Sit ups**	**2400 Meter Run**	**Scaled Score**	**Pull ups**	**Sit ups**	**2400 Meter Run**
64			12:06	64			13:58
63		63	12:12	63		63	14:05
62	6	62	12:18	62		62	14:12
61		61	12:24	61		61	14:16
60	5	60	12:30	60	1	60	14:20
59		59	12:33	59		59	14:24
58		58	12:36	58		58	14:28
57		57	12:39	57		57	14:32
56		56	12:42	56		56	14:36
55		55	12:45	55		55	14:40
54		54	12:48	54		54	14:44
53		53	12:51	53		53	14:48
52		52	12:54	52		52	14:52
51		51	12:57	51		51	14:56
50		50	13:00	50		50	15:00
49		49	13:03	49		49	15:04
48	4	48	13:09	48		48	15:08
47		47	13:12	47		47	15:12
46		46	13:15	46		46	15:16
45		45	13:18	45		45	15:20
44		44	13:21	44		44	15:24
43		43	13:24	43		43	15:28
42		42	13:27	42		42	15:32
41		41	13:30	41		41	15:36
40		40	13:33	40		40	15:40
39		39	13:36	39		39	15:44
38		38	13:39	38		38	15:48
37		37	13:42	37		37	15:52
36	3	36	13:45	36		36	15:56
35		35	13:48	35		35	16:00
34		34	13:51	34		34	16:04
33		33	13:54	33		33	16:08
32		32	13:57	32		32	16:12
31		31	14:00	31		31	16:16
30		30	14:03	30		30	16:20
29		29	14:06	29		29	16:24
28		28	14:09	28		28	16:28
27		27	14:12	27		27	16:32
26		26	14:15	26		26	16:36

ANNEX A: VFT Point Scale (Continued)

MEN				WOMEN			
Scaled Score	**Pull ups**	**Sit ups**	**2400 Meter Run**	**Scaled Score**	**Pull ups**	**Sit ups**	**2400 Meter Run**
25		25	14:18	25		25	16:40
24	2	24	14:21	24		24	16:44
23		23	14:24	23		23	16:48
22		22	14:27	22		22	16:52
21		21	14:30	21		21	16:56
20		20	14:33	20		20	17:00
19		19	14:36	19		19	17:04
18		18	14:39	18		18	17:08
17		17	14:42	17		17	17:12
16		16	14:45	16		16	17:16
15		15	14:48	15		15	17:20
14		14	14:51	14		14	17:24
13		13	14:54	13		13	17:30
12	1	12	14:57	12		12	17:34
11		11	15:00	11		11	17:36
10		10	15:03	10		10	17:40
9		9	15:06	9		9	17:44
8		8	15:09	8		8	17:48
7		7	15:12	7		7	17:52
6		6	15:15	6		6	17:56
5		5	15:18	5		5	18:00
4		4	15:21	4		4	18:04
3		3	15:24	3		3	18:12
2		2	15:27	2		2	18:16
1		1	15:30	1		1	18:20
0		0		0		0	