

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	35	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