

## Shuttle Run (來回跑)

Time	Score	Time	Score
30.00" ↑	<b>10</b>	24.50" - 24.99"	<b>21</b>
29.50" - 29.99"	<b>11</b>	24.00" - 24.49"	<b>22</b>
29.00" - 29.49"	<b>12</b>	23.50" - 23.99"	<b>23</b>
28.50" - 28.99"	<b>13</b>	23.00" - 23.49"	<b>24</b>
28.00" - 28.49"	<b>14</b>	22.50" - 22.99"	<b>25</b>
27.50" - 27.99"	<b>15</b>	22.00" - 22.49"	<b>26</b>
27.00" - 27.49"	<b>16</b>	21.50" - 21.99"	<b>27</b>
26.50" - 26.99"	<b>17</b>	21.00" - 21.49"	<b>28</b>
26.00" - 26.49"	<b>18</b>	20.50" - 20.99"	<b>29</b>
25.50" - 25.99"	<b>19</b>	20.00" - 20.49"	<b>30</b>
25.00" - 25.49"	<b>20</b>	19.50" - 19.99"	<b>31</b>

## Sit and Reach (屈體前伸)

cm	Score	cm	Score
1 - 5	<b>11</b>	26 - 30	<b>16</b>
6 - 10	<b>12</b>	31 - 35	<b>17</b>
11 - 15	<b>13</b>	36 - 40	<b>18</b>
16 - 20	<b>14</b>	41 - 45	<b>19</b>
21 - 25	<b>15</b>	46 ↑	<b>20</b>

## Sit Up (仰臥起坐)

No. of times	Score	No. of times	Score	No. of times	Score
0	<b>0</b>	32	<b>16</b>	61	<b>31</b>
2	<b>1</b>	34	<b>17</b>	62	<b>32</b>
4	<b>2</b>	36	<b>18</b>	63	<b>33</b>
6	<b>3</b>	38	<b>19</b>	64	<b>34</b>
8	<b>4</b>	40	<b>20</b>	65	<b>35</b>
10	<b>5</b>	42	<b>21</b>	66	<b>36</b>
12	<b>6</b>	44	<b>22</b>	67	<b>37</b>
14	<b>7</b>	46	<b>23</b>	68	<b>38</b>
16	<b>8</b>	48	<b>24</b>	69	<b>39</b>
18	<b>9</b>	50	<b>25</b>	70 ↑	<b>40</b>
20	<b>10</b>	52	<b>26</b>		
22	<b>11</b>	54	<b>27</b>		
24	<b>12</b>	56	<b>28</b>		
26	<b>13</b>	58	<b>29</b>		
28	<b>14</b>	60	<b>30</b>		
30	<b>15</b>				

# Squat Thrust (俯蹲後撐)

No. of times	Score	No. of times	Score	No. of times	Score
0	<b>0</b>	31	<b>16</b>	46	<b>31</b>
2	<b>1</b>	32	<b>17</b>	47	<b>32</b>
4	<b>2</b>	33	<b>18</b>	48	<b>33</b>
6	<b>3</b>	34	<b>19</b>	49	<b>34</b>
8	<b>4</b>	35	<b>20</b>	50	<b>35</b>
10	<b>5</b>	36	<b>21</b>	51	<b>36</b>
12	<b>6</b>	37	<b>22</b>	52	<b>37</b>
14	<b>7</b>	38	<b>23</b>	53	<b>38</b>
16	<b>8</b>	39	<b>24</b>	54	<b>39</b>
18	<b>9</b>	40	<b>25</b>	55	<b>40</b>
20	<b>10</b>	41	<b>26</b>	56	<b>41</b>
22	<b>11</b>	42	<b>27</b>	57	<b>42</b>
24	<b>12</b>	43	<b>28</b>	58	<b>43</b>
26	<b>13</b>	44	<b>29</b>	59	<b>44</b>
28	<b>14</b>	45	<b>30</b>	60 ↑	<b>45</b>
30	<b>15</b>				

## 9 minutes Run (九分鐘跑)

1 lap = 86m

No. of laps	<b>Score</b>	No. of laps	<b>Score</b>	No. of laps	<b>Score</b>
0	<b>0</b>	14	<b>14</b>	23.5	<b>27</b>
1	<b>1</b>	15	<b>15</b>	24	<b>28</b>
2	<b>2</b>	16	<b>16</b>	24.5	<b>29</b>
3	<b>3</b>	17	<b>17</b>	25	<b>30</b>
4	<b>4</b>	18	<b>18</b>	25.5	<b>31</b>
5	<b>5</b>	19	<b>19</b>	26	<b>32</b>
6	<b>6</b>	20	<b>20</b>	26.5	<b>33</b>
7	<b>7</b>			27	<b>34</b>
8	<b>8</b>	20.5	<b>21</b>	27.5	<b>35</b>
9	<b>9</b>	21	<b>22</b>	28	<b>36</b>
10	<b>10</b>	21.5	<b>23</b>	28.5	<b>37</b>
11	<b>11</b>	22	<b>24</b>	29	<b>38</b>
12	<b>12</b>	22.5	<b>25</b>	29.5	<b>39</b>
13	<b>13</b>	23	<b>26</b>	30 ↑	<b>40</b>

# Shing Mun River Running (城門河長跑)

## Boys

Time	Score	Time	Score
26'00" ↑	<b>1</b>	16'01" - 16'59"	<b>11</b>
25'01" - 25'59"	<b>2</b>	15'01" - 15'59"	<b>12</b>
24'01" - 24'59"	<b>3</b>	14'01" - 14'59"	<b>13</b>
23'01" - 23'59"	<b>4</b>	13'01" - 13'59"	<b>14</b>
22'01" - 22'59"	<b>5</b>	12'01" - 12'59"	<b>15</b>
21'01" - 21'59"	<b>6</b>	11'01" - 11'59"	<b>16</b>
20'01" - 20'59"	<b>7</b>	10'01" - 10'59"	<b>17</b>
19'01" - 19'59"	<b>8</b>	9'01" - 9'59"	<b>18</b>
18'01" - 18'59"	<b>9</b>	8'01" - 8'59"	<b>19</b>
17'01" - 17'59"	<b>10</b>	7'01" - 7'59"	<b>20</b>

## Girls

Time	Score	Time	Score
22'00" ↑	<b>1</b>	14'01" - 14'59"	<b>9</b>
21'01" - 21'59"	<b>2</b>	13'01" - 13'59"	<b>10</b>
20'01" - 20'59"	<b>3</b>	12'01" - 12'59"	<b>11</b>
19'01" - 19'59"	<b>4</b>	11'01" - 11'59"	<b>12</b>
18'01" - 18'59"	<b>5</b>	10'01" - 10'59"	<b>13</b>
17'01" - 17'59"	<b>6</b>	9'01" - 9'59"	<b>14</b>
16'01" - 16'59"	<b>7</b>	8'01" - 8'59"	<b>15</b>
15'01" - 15'59"	<b>8</b>	7'01" - 7'59"	<b>16</b>