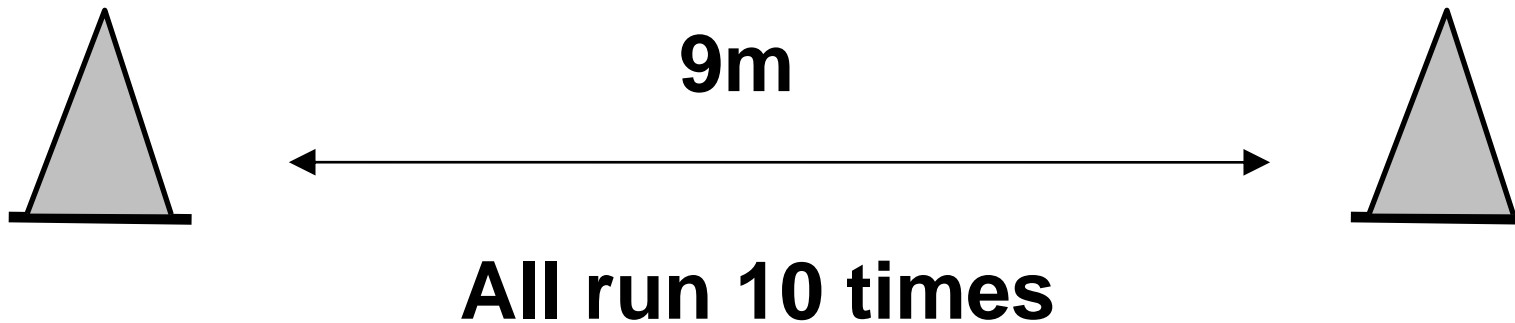


SPEED TEST

SCORING:- Time taken to complete, 10 times.

Males and Females will cross ten times, between two lines marked on the ground or floor 9 meters apart. Each line must be crossed or touched by one foot.



	Points	1	2	3	4	5
Male	Time in sec	28	26	25	24	23
Female	Time in sec	32	28	27	26	25