

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

MALE

Run Time	POINTS	Run Time	POINTS
4:46	100	7:07	49
4:56	99	7:09	48
5:06	97	7:12	46
5:16	96	7:14	45
5:26	94	7:17	43
5:36	93	7:20	42
5:46	92	7:23	41
5:57	90	7:26	39
5:59	89	7:29	38
6:01	88	7:32	37
6:04	86	7:35	35
6:06	85	7:38	34
6:09	83	7:44	32
6:11	82	7:50	31
6:14	81	7:52	30
6:17	79	8:00	28
6:19	78	8:04	27
6:21	77	8:08	26
6:23	75	8:13	24
6:25	74	8:17	23
6:28	72	8:21	21
6:30	71	8:25	20
6:32	70	8:34	19
6:35	68	8:42	18
6:37	67	8:50	17
6:39	66	8:58	14
6:42	64	9:06	13
6:44	63	9:14	12
6:47	61	9:23	10
6:50	60	9:36	9
6:52	59	9:49	8
6:54	57	10:02	6
6:56	56	10:15	5
6:58	54	12:34	3
7:00	53	14:00	2
7:02	52	15:30	1
7:04	50	16:49	0

FEMALE

Run Time	POINTS	Run Time	POINTS
6:20	100	10:28	49
6:31	99	10:34	48
6:42	98	10:41	47
7:03	96	10:48	45
7:14	95	10:52	44
7:25	94	10:56	43
7:36	93	11:00	42
7:47	92	11:05	41
7:58	90	11:08	39
8:02	89	11:11	38
8:06	88	11:14	37
8:10	87	11:17	36
8:15	85	11:20	35
8:20	84	11:30	33
8:25	83	11:40	32
8:29	82	11:50	31
8:34	81	12:00	30
8:37	79	12:03	28
8:41	78	12:05	27
8:45	77	12:08	26
8:49	76	12:11	25
8:52	75	12:18	24
8:58	73	12:25	22
9:04	72	12:32	21
9:10	71	12:40	20
9:15	70	12:46	19
9:20	68	12:52	18
9:24	67	12:58	16
9:28	66	13:03	15
9:33	65	13:17	14
9:37	64	13:31	13
9:42	62	13:45	12
9:46	61	14:01	10
9:51	60	14:19	9
9:55	59	14:38	8
9:59	58	14:56	7
10:03	56	15:14	5
10:08	55	17:44	4
10:11	54	20:14	3
10:15	53	22:44	2
10:19	52	25:14	1
10:22	50	28:50	0

ANNEX A TO 4TH BRIGADE RAIDER SOP DTD 12 Sep 16
Core Event - Modified Army Physical Fitness Test (MAPFT)

PUSH-UPS

	MALES 17-21	FEMALES 17 – 21
71	100	
70	99	
69	97	
68	96	
67	94	
66	93	
65	92	
64	90	
63	89	
62	88	
61	86	
60	85	
59	83	
58	82	
57	81	
56	79	
55	78	
54	77	
53	75	
52	74	
51	72	
50	71	
49	70	
48	68	
47	67	
46	66	
45	64	
44	63	
43	61	
42	60	100
41	59	98
40	57	97
39	56	95
38	54	93
37	53	91
36	52	90
35	50	88
34	49	86
33	48	84
32	46	83
31	45	81
30	43	79
29	42	77
28	41	76
27	39	74
26	38	72
25	37	70
24	35	69
23	34	67
22	32	65
21	31	63
20	30	62
19	28	60
18	27	58
17	26	57
16	24	55
15	23	53
14	21	51
13	20	50
12	19	58
11	17	46
10	16	44
9	14	43
8	13	41
7	12	39
6	10	37
5	9	36
4	8	34
3	6	32
2	5	30

SIT-UPS

	17 - 21
82	Male/Female
81	
80	
79	
78	
77	100
76	98
75	97
74	95
73	94
72	92
71	90
70	89
69	88
68	87
67	84
66	82
65	81
64	79
63	78
62	76
61	74
60	73
59	71
58	70
57	68
56	66
55	65
54	63
53	62
52	60
51	58
50	57
49	55
48	54
47	52
46	50
45	49
44	47
43	45
42	44
41	42
40	41
39	39
38	38
37	36
36	34
35	33
34	31
33	30
32	28
31	26
30	25
29	23
28	22
27	20
26	18
25	17
24	15
23	14
22	12
21	10