

LOUISIANA SCHOOLS

Elementary Fitness Meet



April 15, 2023

**Pineville High School
Pineville, LA**



PRESENTED BY LOUISIANA GOVERNOR'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

LOUISIANA SCHOOLS ELEMENTARY FITNESS MEET

I. ELIGIBILITY AND AGE REQUIREMENTS

- A. The Program shall be open to all students in the elementary school grades in the School System.
 - 1. Age Requirements
 - a. A child must have reached 11 years-old on or after September 1 of the current school year. (Born in the year 2011)
- B. Two boys and two girls from each parish will advance to the Championships in May. One boy and girl may serve as alternates, but will only run the 50-yard Dash and the 600-yard Run.

II. FITNESS MEET EVENTS

- A. The following events will be contested by the participants in the meet:

- 50-Yard Dash
- Pull-Ups
- Shuttle Run
- Standing Long Jump
- Curl-Ups
- 600-Yard Run
- Sit and Reach

- B. Rules, regulations, and general information about each event are attached.

III. SCORING AND AWARDS

- A. Individual Scoring
 - 1. Each student can score a maximum of 125 points in each event depending on his/her performance.
 - 2. A scoring table of performance (norms) and points will be included in the "rules, regulations" brochure.
 - 3. Each participant will be timed or measured in all seven (7) events.

B. Team Scoring

1. A combination of the 4 individual scores from each parish will comprise the team score.
2. If a contestant cannot complete all 7 events, an alternate may take up where he/she left off, but the scores of the original contestant and those of the alternate **MAY NOT BE COMBINED FOR ANY AWARDS.** Once a contestant withdraws, he/she may not re-enter competition for any event.

C. Awards

1. Individual and team awards will be presented to the top contestants and schools at the conclusion of the competition.

IV. TEAM UNIFORMS

- A. Each student must be attired in shorts or warm-up pants, T-shirt and shoes.
- B. The student may compete in tennis shoes.
 1. **Spikes cannot be used.**
- C. Cut-offs, dungarees, or halter tops are not allowed. Boys must wear shirts.
- D. Would recommend team uniforms.

V. PARENTS' AND DOCTORS' PERMISSION

- A. Each student must have a permission slip in writing from his/her parents in order to compete.
- B. Each competitor must obtain a note from the doctor stating his/her fitness to compete.

VI. RESPONSIBILITY OF ELIGIBLE STUDENTS

- A. The physical education instructors and the principals of the respective schools are responsible for the eligibility of the participants.
 1. Copy of birth certificate and physical exam will be required.

XI. RULES FOR PERSONS ACCOMPANYING PARTICIPANTS

- A. No parish coach, or parish official or parent will be permitted to be on the track field during fitness events except those who are officiating or if a student becomes ill or is injured.
- B. Persons accompanying participants will be expected to sit in the stands - this includes non-participating alternates.

PARTICIPANT ENTRY FORM
(Reminder: Child must be born on or after September 1, 2011)

Parish _____

Boys
Name

Date of Birth
Month/Day/Year

1. _____

2. _____

Alternate: _____

Girls
Name

Date of Birth
Month/Day/Year

1. _____

2. _____

Alternate: _____

The following documents must be attached to Entry Form and forwarded to the Governor's Council on Physical Fitness and Sports office:

- *Copy of Birth Certificate**
- *Physician, Statement**

Coach _____

Address _____

Telephone#(O) _____ (H) _____

****A copy of the physician's statement for each participant must be attached to this entry form. (Will not accept Nurse's Signature.)**

!!! DEADLINE!!! MONDAY, APRIL 10, 2023. You may email your entry forms to: rudymacklin@la.gov or by fax: 225-342-3738

LHSAA MEDICAL HISTORY EVALUATION

IMPORTANT: This form must be completed annually, kept on file with the school, & is subject to inspection by the Rules Compliance Team.

Please Print

Name: _____ School: _____ Grade: _____ Date: _____
 Sport(s): _____ Sex: M / F Date of Birth: _____ Age: _____ Cell Phone: _____
 Home Address: _____ City: _____ State: _____ Zip Code: _____ Home Phone: _____
 Parent / Guardian: _____ Employer: _____ Work Phone: _____

FAMILY MEDICAL HISTORY:

Has any member of your family under age 50 had these conditions?

Yes No Condition	Whom	Yes No Condition	Whom
<input type="checkbox"/> <input type="checkbox"/> Heart Attack/Disease	_____	<input type="checkbox"/> <input type="checkbox"/> Sudden Death	_____
<input type="checkbox"/> <input type="checkbox"/> Stroke	_____	<input type="checkbox"/> <input type="checkbox"/> High Blood Pressure	_____
<input type="checkbox"/> <input type="checkbox"/> Diabetes	_____	<input type="checkbox"/> <input type="checkbox"/> Sickle Cell Trait/Anemia	_____

Yes No Condition	Whom
<input type="checkbox"/> <input type="checkbox"/> Arthritis	_____
<input type="checkbox"/> <input type="checkbox"/> Kidney Disease	_____
<input type="checkbox"/> <input type="checkbox"/> Epilepsy	_____

ATHLETE'S ORTHOPAEDIC HISTORY:

Has the athlete had any of the following injuries?

Yes No Condition	Date	Yes No Condition	Date
<input type="checkbox"/> <input type="checkbox"/> Head Injury / Concussion	_____	<input type="checkbox"/> <input type="checkbox"/> Neck Injury / Stinger	_____
<input type="checkbox"/> <input type="checkbox"/> Elbow L / R	_____	<input type="checkbox"/> <input type="checkbox"/> Arm / Wrist / Hand L / R	_____
<input type="checkbox"/> <input type="checkbox"/> Hip L / R	_____	<input type="checkbox"/> <input type="checkbox"/> Thigh L / R	_____
<input type="checkbox"/> <input type="checkbox"/> Lower Leg L / R	_____	<input type="checkbox"/> <input type="checkbox"/> Chronic Shin Splints	_____
<input type="checkbox"/> <input type="checkbox"/> Foot L / R	_____	<input type="checkbox"/> <input type="checkbox"/> Severe Muscle Strain	_____
<input type="checkbox"/> <input type="checkbox"/> Chest	_____	Previous Surgeries:	_____

Yes No Condition	Date
<input type="checkbox"/> <input type="checkbox"/> Shoulder L / R	_____
<input type="checkbox"/> <input type="checkbox"/> Back	_____
<input type="checkbox"/> <input type="checkbox"/> Knee L / R	_____
<input type="checkbox"/> <input type="checkbox"/> Ankle L / R	_____
<input type="checkbox"/> <input type="checkbox"/> Pinched Nerve	_____

ATHLETE MEDICAL HISTORY:

Has the athlete had any of these conditions?

Yes No Condition	Yes No Condition	Yes No Condition
<input type="checkbox"/> <input type="checkbox"/> Heart Murmur / Chest Pain / Tightness	<input type="checkbox"/> <input type="checkbox"/> Asthma / Prescribed Inhaler	<input type="checkbox"/> <input type="checkbox"/> Menstrual irregularities: Last Cycle: _____
<input type="checkbox"/> <input type="checkbox"/> Seizures	<input type="checkbox"/> <input type="checkbox"/> Shortness of breath / Coughing	<input type="checkbox"/> <input type="checkbox"/> Rapid weight loss / gain
<input type="checkbox"/> <input type="checkbox"/> Kidney Disease	<input type="checkbox"/> <input type="checkbox"/> Hernia	<input type="checkbox"/> <input type="checkbox"/> Take supplements/vitamins
<input type="checkbox"/> <input type="checkbox"/> Irregular Heartbeat	<input type="checkbox"/> <input type="checkbox"/> Knocked out / Concussion	<input type="checkbox"/> <input type="checkbox"/> Heat related problems
<input type="checkbox"/> <input type="checkbox"/> Single Testicle	<input type="checkbox"/> <input type="checkbox"/> Heart Disease	<input type="checkbox"/> <input type="checkbox"/> Recent Mononucleosi
<input type="checkbox"/> <input type="checkbox"/> High Blood Pressure	<input type="checkbox"/> <input type="checkbox"/> Diabetes	<input type="checkbox"/> <input type="checkbox"/> Enlarged Spleen
<input type="checkbox"/> <input type="checkbox"/> Dizzy / Fainting	<input type="checkbox"/> <input type="checkbox"/> Liver Disease	<input type="checkbox"/> <input type="checkbox"/> Sickle Cell Trait/Anemia
<input type="checkbox"/> <input type="checkbox"/> Organ Loss (kidney, spleen, etc)	<input type="checkbox"/> <input type="checkbox"/> Tuberculosis	<input type="checkbox"/> <input type="checkbox"/> Overnight in hospital
<input type="checkbox"/> <input type="checkbox"/> Surgery	<input type="checkbox"/> <input type="checkbox"/> Prescribed EPI PEN	<input type="checkbox"/> <input type="checkbox"/> Allergies (Food, Drugs) _____
<input type="checkbox"/> <input type="checkbox"/> Medications _____		

List Dates for: Last Tetanus Shot: _____ Measles Immunization: _____ Meningitis Vaccine: _____

PARENTS' WAIVER FORM

To the best of our knowledge, we have given true & accurate information & hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that if the examination is provided without expectation of payment, there shall be no cause of action pursuant to Louisiana R.S. 9:2798 against the team volunteer health-care provider and/or employer under Louisiana law.

This waiver, executed on the date below by the undersigned medical doctor, osteopathic doctor, nurse practitioner or physician's assistant and parent of the student athlete named above, is done so in compliance with Louisiana law with the full understanding that there shall be no cause of action for any loss or damage caused by any act or omission related to the health care services if rendered voluntarily and without expectation of payment herein unless such loss or damage was caused by gross negligence. Additionally,

1. If, in the judgment of a school representative, the named student-athlete needs care or treatment as a result of an injury or sickness, I do hereby request, consent and authorize for such care as may be deemed necessary.....**Yes No**
2. I understand that if the medical status of my child changes in any significant manner after his/her physical examination, I will notify his/her principal of the change immediately.....**Yes No**
3. I give my permission for the athletic trainer to release information concerning my child's injuries to the head coach/athletic director/principal of his/her school.....**Yes No**
4. By my signature below, I am agreeing to allow my child's medical history/exam form and all eligibility forms to be reviewed by the LHSAA or its Representative(s).....**Yes No**

Date Signed by Parent _____ Signature of Parent _____ Typed or Printed Name of Parent _____

II. COMPLETED ANNUALLY BY MEDICAL DOCTOR (MD), OSTEOPATHIC DR. (DO), NURSE PRACTITIONER (APRN) or PHYSICIAN'S ASSISTANT (PA)

Height _____	Weight _____	Blood Pressure _____	Pulse _____
--------------	--------------	----------------------	-------------

GENERAL MEDICAL EXAM :

	Norm	Abnl
ENT	<input type="checkbox"/>	<input type="checkbox"/>
Lungs	<input type="checkbox"/>	<input type="checkbox"/>
Heart	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>
Hernia	<input type="checkbox"/>	<input type="checkbox"/>

(If Needed)

COMMENTS: _____

OPTIONAL EXAMS:

VISION:
 L: _____ R: _____ Corrected: _____

DENTAL:
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17

ORTHOPAEDIC EXAM :

	Norm	Abnl
I. Spine / Neck		
Cervical	<input type="checkbox"/>	<input type="checkbox"/>
Thoracic	<input type="checkbox"/>	<input type="checkbox"/>
Lumbar	<input type="checkbox"/>	<input type="checkbox"/>
II. Upper Extremity		
Shoulder	<input type="checkbox"/>	<input type="checkbox"/>
Elbow	<input type="checkbox"/>	<input type="checkbox"/>
Wrist	<input type="checkbox"/>	<input type="checkbox"/>
Hand / Fingers	<input type="checkbox"/>	<input type="checkbox"/>
III. Lower Extremity		
Hip	<input type="checkbox"/>	<input type="checkbox"/>
Knee	<input type="checkbox"/>	<input type="checkbox"/>
Ankle	<input type="checkbox"/>	<input type="checkbox"/>

From this limited screening I see no reason why this student cannot participate in athletics.

- Student is cleared
 Cleared after further evaluation and treatment for: _____
 Not cleared for: __contact __non-contact

Printed Name of MD, DO, APRN or PA _____ Signature of MD, DO, APRN or PA _____ Date of Medical Examination _____

This physical expires 13 months from the date it was signed and dated by the MD, DO, APRN or PA.

50- YARD DASH (Boys and Girls)

EQUIPMENT: Stopwatch; 50-yard straight-away.

DESCRIPTION: Four to eight competitors will race at one time. They will take their position behind the starting line (no spiked shoes or starting blocks will be used). The official starter will use the commands "On Your Marks", "Get Set", and "Go." As he says "Go" he will fire a starting pistol. The timers will start their stopwatches at the visible sign of the gun's smoke. The competitors will sprint the 50 yards, in their own lane, to the designated finish line where the times will be standing.

RULES: The score is amount of time between the sound and smoke of the gun and the instant the competitor crosses the finish line. Importance is not in coming in first, second or third, but how fast the competitor sprints the 50 yards. Competitors cannot run out of their assigned lane.

SCORING: The official timers will record in seconds to the nearest tenth of a second.

EXAMPLE: (Boys)

	7.44 Rounds to 7.4 = 64 points
Round Down*	7.45 Rounds to 7.4 = 64 points
	7.46 Rounds to 7.5 = 64 points

SHUTTLE RUN (Boys and Girls)

EQUIPMENT: 2 BLOCKS OF WOOD (2x2x4 inches); stopwatch.

DESCRIPTION: Two parallel lines will be marked on the ground 30 feet apart. The blocks of wood will be placed behind one of the lines. The competitor starts from behind the other line. On the signal "Ready - Go!" the competitor runs to the blocks, picks up one, runs back to the starting line, and places the block behind the line; he then runs back and picks up the second block, which he carries back across the starting line. The stopwatch is started on the word "Go" and stopped as competitor crosses the last line.

RULES: Each contestant will have two trails in the shuttle run.

SCORING: The official timer will record the time to the nearest 1/100th of a second. Best score of the two trails will be recorded.

EXAMPLE: (Boys)

	9.74 Rounds to 9.7 = 67 points
Round Down*	9.75 Rounds to 9.7 = 67 points
	9.76 Rounds to 9.8 = 64 points

PULL-UPS (Boys and Girls)

EQUIPMENT: A metal or wooden bar approximately 1 1/2 inches in diameter is preferred. A doorway gym bar can be used and, if no regular equipment is available, a piece of pipe or even the rungs of a ladder can also serve the purpose.

DESCRIPTION: The bar should be high enough so that the pupil can hang with his arms and legs fully extended and his feet free of the floor. He must use the overhand grasp. After assuming the hanging position, the pupil raises his body by his arms until his chin can be placed over the bar and then lowers his body to a full hand as in the starting position. The exercise is repeated as many times as possible.

- RULES:**
1. Allow one trial unless it is obvious that the pupil has not had a fair chance.
 2. The body must not swing during the execution of the movement. The pull must in no way be a snap movement. If the pupil starts swinging, check this by holding your extended arm across the front of the thighs.
 3. The knees must not be raised and kicking of the legs is not permitted.

SCORING: Record the number of completed pull-ups to the nearest whole number.

STANDING LONG JUMP (Boys and Girls)

EQUIPMENT: Mat and measuring tape.

DESCRIPTION: Competitor stands with the feet several inches apart and the toes just behind the take-off line. Preparatory to jumping, the competitor swings the arms backward and bends the knees. The jump is accomplished by simultaneously extending the knees and swinging forward the arms.

RULES: Three trials will be allowed. Measurements will be from the take-off line to the heel or other part of the body that touches the floor nearest the take-off line.

SCORING: The official scorer will record the best of the three trials in feet and inches to the nearest 1/4 inch.

KEEP OFFICIAL SCORE FOR RECORD PURPOSES: ROUND RAW SCORE FOR POINTS ONLY.

EXAMPLE: (Boys)

6' 1 1/4" Rounds to 6'1" = 46 points

6' 1 1/2" Rounds to 6'2" = 48 points

6' 1 3/4" Rounds to 6'2" = 48 points

CURLS UPS (Boys and Girls)

OBJECTIVE: Number of curl-ups performed in one minute.

EQUIPMENT: Stopwatch; a mat or other clean surface, if preferred.

STARTING POSITION: Student lies on back with knees flexed at 90 degrees; partner holds feet. Heels should not be more than 12 inches from the buttocks and the back flat on the floor. Arms are crossed with hands placed on opposite shoulders, arms close to chest. The arms are held in contact with the chest at all times.

ACTION: Student raises the trunk curling up to touch elbows to thighs and then lower the back to the floor so that the scapulas (upper back) touch the floor. This constitutes one curl-up.

THE TEST: The timer calls out the signal "Go" and begins timing one minute. Student stops on the word "Stop." The number of correctly executed curl-ups completed in 60 seconds is the student's cores.

- RULES:**
1. "Bouncing" off the floor/mat is not allowed.
 2. The curl-ups will be counted only if the student (a) keeps fingers touching shoulders; (b) touches elbows to thighs; and (c) returns to position with scapula touching floor before curling up again.

SIT AND REACH (Boys and Girls)

OBJECTIVE: Farthest distance reached.

EQUIPMENT: Flexibility Tester - Durable steel construction with foot rest plate. Accurately measures in inch and centimeters. (Sit and Reach box)

STARTING POSITION: Student removes shoes and sits on floor. Student's heels and sole of feet should be placed against the back of the box. Student's knees will be held down.

ACTION: A measuring line is on top of the box with 23 centimeters marked at the level of the feet. Student places hands evenly along measuring line, one hand on top of the other, and reaches as far as possible. One practice attempt will be allowed and the second attempt will be recorded. (DO NOT GIVE THE BEST SCORE OF THE TWO ATTEMPTS).

- RULES:**
1. Legs must remain straight, soles of feet perpendicular to floor.
 2. Students should not "bounce."
 3. Mark scores at point where fingertips touch the box.

EXAMPLE: (Boys)

Roundup*
30.4 cms Rounds to 30 cms = 85 points
30.5 cms Rounds to 31 cms = 88 points
30.6 cms Rounds to 31 cms = 88 points

600-YARD RUN (Boys and Girls)

EQUIPMENT: 1/4 mile track and stopwatch.

DESCRIPTION: Competitors will use a standing start. The official starter will give the command "On your Marks" and then fire the gun. At the sound of the gun, the competitors (6 or 8 at one time) will commence running the nearly 1 1/2-lap distance. The running may be interspersed with walking. The official timers will be at the finish line to time and record each competitor's performance.

RULES: Walking is permitted, but the object is to cover the distance in the shortest possible time. Track spikes are not allowed. Competitors may run with tennis shoes. Competitors may pass other runners and cut inside if they have a 2 stride advantage.

SCORING: The official timers will time and record in minutes and seconds to the nearest tenth of a second.

EXAMPLE: (Boys)

2:09.49 Rounds to 2:09 = 79 points
Round down*2:09.50 Rounds to 2:09 = 79 points
2:09.51 Rounds to 2:10 = 78 points

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

GIRL'S SCORE SHEET POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'4"		3:09		25
24	8.7	11.2				3:10		24
23						3:11	13	23
22				5'3"	20	3:12		22
21						3:13		21
20			1			3:14	12	20
19	8.8	11.3		5'2"		3:15		19
18						3:16		18
17					19	3:17	11	17
16				5'1"		3:18		16
15						3:19		15
14	8.9	11.4				3:20	10	14
13				5'0"		3:21		13
12					18	3:22		12
11						3:23	9	11
10				4'11"		3:24		10
9	9.0	11.5				3:25		9
8						3:26	8	8
7				4'10"	17	3:27		7
6						3:28		6
5						3:29	7	5
4	9.1	11.6		4'9"		3:30		4
3						3:31		3
2					16	3:32	6	2
1				4'8"		3:33		1

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	8.1	10.6	3		31	2:44	22	50
49				6'0"		2:45		49
48					30	2:46		48
47	8.2	10.7				2:47	21	47
46				5'11"	29	2:48		46
45						2:49		45
44					28	2:50	20	44
43	8.3	10.8		5'10"		2:51		43
42					27	2:52		42
41						2:53	19	41
40				5'9"	26	2:54		40
39	8.4	10.9				2:55		39
38					25	2:56	18	38
37				5'8"		2:57		37
36					24	2:58		36
35			2			2:59	17	35
34	8.5	11.0		5'7"	23	3:00		34
33						3:01		33
32					22	3:02	16	32
31				5'6"		3:03		31
30						3:04		30
29	8.6	11.1				3:05	15	29
28				5'5"		3:06		28
27					21	3:07		27
26						3:08	14	26

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			5			2:19		75
74					43	2:20		74
73	7.4	9.9		6'8"		2:21	30	73
72					42	2:22		72
71						2:23		71
70	7.5	10.0		6'7"	41	2:24	29	70
69						2:25		69
68					40	2:26		68
67	7.6	10.1		6'6"		2:27	28	67
66					39	2:28		66
65			4			2:29		65
64	7.7	10.2		6'5"	38	2:30	27	64
63						2:31		63
62					37	2:32		62
61	7.8	10.3		6'4"		2:33	26	61
60					36	2:34		60
59						2:35		59
58	7.9	10.4		6'3"	35	2:36	25	58
57						2:37		57
56					34	2:38		56
55				6'2"		2:39	24	55
54	8.0	10.5			33	2:40		54
53						2:41		53
52				6'1"	32	2:42	23	52
51						2:43		51

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.5	9.0	9	7'5"	56	1:54	41	100
99						1:55	40	99
98					55	1:56	39	98
97	6.6	9.1		7'4"		1:57	38	97
96					54	1:58		96
95			8			1:59		95
94	6.7	9.2		7'3"	53	2:00	37	94
93						2:01		93
92					52	2:02		92
91	6.8	9.3		7'2"		2:03	36	91
90			7		51	2:04		90
89						2:05		89
88	6.9	9.4		7'1"	50	2:06	35	88
87						2:07		87
86					49	2:08		86
85	7.0	9.5	6	7'0"		2:09	34	85
84					48	2:10		84
83						2:11		83
82	7.1	9.6		6'11"	47	2:12	33	82
81						2:13		81
80					46	2:14		80
79	7.2	9.7		6'10"		2:15	32	79
78					45	2:16		78
77						2:17		77
76	7.3	9.8		6'9"	44	2:18	31	76

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
GIRL'S SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.5	18	8'2"	81	1:29	66	125
124			17		80	1:30	65	124
123				8'1"	79	1:31	64	123
122					78	1:32	63	122
121	5.8		16	8'0"	77	1:33	62	121
120		8.6			76	1:34	61	120
119					75	1:35	60	119
118	5.9		15	7'11"	74	1:36	59	118
117					73	1:37	58	117
116					72	1:38	57	116
115	6.0	8.7	14	7'10"	71	1:39	56	115
114					70	1:40	55	114
113					69	1:41	54	113
112	6.1		13	7'9"	68	1:42	53	112
111					67	1:43	52	111
110		8.8			66	1:44	51	110
109	6.2		12	7'8"	65	1:45	50	109
108					64	1:46	49	108
107					63	1:47	48	107
106	6.3		11	7'7"	62	1:48	47	106
105		8.9			61	1:49	46	105
104					60	1:50	45	104
103	6.4		10	7'6"	59	1:51	44	103
102					58	1:52	43	102
101	7.3				57	1:53	42	101

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
Boys Score Sheet**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
25				5'3"	12	3:03		25
24	8.4	1.8			11	3:04		24
23					10	3:05	9	23
22				5'2"	9	3:06		22
21					8	3:07		21
20					7	3:08	8	20
19	8.5	10.9		5'1"	6	3:09		19
18					5	3:10		18
17			1		4	3:11	7	17
16				5'0"	3	3:12		16
15					2	3:13		15
14	8.6	11.0			1	3:14	6	14
13				4'11"		3:15		13
12						3:16		12
11						3:17	5	11
10						3:18		10
9	8.7	11.1				3:19		9
8						3:20	4	8
7						3:21		7
6						3:22		6
5						3:23	3	5
4	8.8	11.2				3:24		4
3						3:25		3
2						3:26	2	2
1						3:27		1

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
BOYS SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
50	7.8	10.2		6'3"	37	2:38	18	50
49					36	2:39		49
48				6'2"	35	2:40		48
47	7.9	10.3			34	2:41	17	47
46				6'1"	33	2:42		46
45					32	2:43		45
44			4	6'0"	31	2:44	16	44
43	8.0	10.4			30	2:45		43
42				5'11"	29	2:46		42
41					28	2:47	15	41
40				5'10"	27	2:48		40
39	8.1	10.5			26	2:49		39
38				5'9"	25	2:50	14	38
37					24	2:51		37
36				5'8"	23	2:52		36
35			3		22	2:53	13	35
34	8.2	10.6		5'7"	21	2:54		34
33					20	2:55		33
32				5'6"	19	2:56	12	32
31					18	2:57		31
30				5'5"	17	2:58		30
29	8.3	10.7			16	2:59	11	29
28				5'4"	15	3:00		28
27					14	3:01		27
26			2		13	3:02	10	26

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
75			9			2:13		75
74				7'3"	48	2:14		74
73	7.1	9.5				2:15	26	73
72				7'2"		2:16		72
71			8		47	2:17		71
70	7.2	9.6		7'1"		2:18	25	70
69						2:19		69
68				7'0"	46	2:20		68
67	7.3	9.7	7			2:21	24	67
66				6'11"	45	2:22		66
65						2:23		65
64	7.4	9.8		6'10"	44	2:24	23	64
63						2:25		63
62				6'9"	43	2:26		62
61	7.5	9.9				2:27	22	61
60			6	6'8"	42	2:28		60
59						2:29		59
58	7.6	10.0		6'7"	41	2:30	21	58
57						2:32		57
56				6'6"	40	2:32		56
55						2:33	20	55
54	7.7	10.01		6'5"	39	2:34		54
53						2:35		53
52			5	6'4"	38	2:36	19	52
51						2:37		51

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
BOY'S SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
100	6.2	8.6	16	8'0"	57	1:48	37	100
99						1:49	36	99
98					56	1:50	35	98
97	6.3	8.7	15	7'11"		1:51	34	97
96					55	1:52		96
95					55	1:53		95
94	6.4	8.8	14	7'10"		1:54	33	94
93						1:55		93
92					54	1:56		92
91	6.5	8.9	13	7'9"		1:57	32	91
90						1:58		90
89					53	1:59		89
88	6.6	9.0		7'8"		2:00	31	88
87			12			2:01		87
86					52	2:02		86
85	6.5	9.1		7'7"		2:03	30	85
84						2:04		84
83			11		51	2:05		83
82	6.8	9.2		7'6"		2:06	29	82
81						2:07		81
80					50	2:08		80
79	6.9	9.3	10	7'5"		2:09	28	79
78						2:10		78
77					49	2:11		77
76	7.0	9.4		7'4"		2:12	27	76

**LOUISIANA PUBLIC SCHOOL ELEMENTARY FITNESS MEET
Boy's SCORE SHEET**

POINTS	50 YD. DASH	SHUTTLE RUN	PULL UPS	STANDING LONG JUMP	CURL UPS	600 YD RUN	SIT & REACH	POINTS
125	5.7	8.1	23	8'10"	82	1:23	62	125
124					81	1:24	61	124
123				8'9"	80	1:25	60	123
122			22		79	1:26	59	122
121				8'8"	78	1:27	58	121
120	5.8	8.2			77	1:28	57	120
119				8'7"	76	1:29	56	119
118			21		75	1:30	55	118
117				8'6"	74	1:31	54	117
116					73	1:32	53	116
115	5.9	8.3		8'5'	72	1:33	52	115
114			20		71	1:34	51	114
113					70	1:35	50	113
112				8'4"	69	1:36	49	112
111					68	1:37	48	111
110	6.0	8.4	19		67	1:38	47	110
109				8'3"	66	1:39	46	109
108					65	1:40	45	108
107					64	1:41	44	107
106			18	8'2"	63	1:42	43	106
105	6.1	8.5			62	1:43	42	105
104					61	1:44	41	104
103			17	8'1"	60	1:45	40	103
102					59	1:46	39	102
101					58	1:47	38	101