

Mile Run Rubric

Girls	Points	Boys
8:30	50 (100% A)	7:30
8:31-9:00	45 (95% A-)	7:31-8:00
9:01-10:00	40 (80% B)	8:01-9:00
10:01-11:00	35 (70% C)	9:01-10:00
11:01-12:00	30 (60% D)	10:01-11:00
12:01-12:30	25 (50% F)	11:01-11:30
12:31-13:00	20 (40%)	11:31-12:00
13:01-13:20	15 (30%)	12:01-12:20
13:21-13:40	10 (20%)	12:21-12:40
13:41-14:00	5 (10%)	12:41-13:00

Pacer Run Rubric

Girls	Points	Boys
56 - up	50 (100% A)	75 - up
55 - 50	45 (95% A-)	74 - 68
49 - 43	40 (80% B)	67 -60
42 - 37	35 (70% C)	59 - 53
36 - 30	30 (60% D)	52 - 45
29 - 21	25 (50% F)	44 - 38
20 - 14	20 (40%)	37 - 30
13 - 11	15 (30%)	29 - 23
10 - 8	10 (20%)	22 - 15
8 - 5	5 (10%)	14 - 10