

1 Mile Run Grade Chart

Worth: 10 points

7th – 8th Grade

7:00 or less = 10 pts.

7:01-9:00 = 9.5 pts.

9:01-10:00 = 9pts.

10:01-11:00 = 8 pts.

11:01-12:00 = 7 pts.

12:01 or more = 6 pts.

No Effort/ Missing = 0

6th Grade

8:00 or less = 10 pts.

8:01 - 10:00 = 9.5 pts.

10:01 - 11:00 = 9 pts.

11:01 - 12:00 = 8 pts.

12:01 - 13:00 = 7 pts.

13:01 or more = 6 pts.

No Effort/ Missing = 0