

2018 NEW MEXICO STATE JROTC MILITARY SKILLS MEET



Hosted By:
Albuquerque High School JROTC
7 April 2018
800 Odelia Rd NE
Albuquerque, NM 87102
(505) 843-6400 Ext. 20316
gomez_g@aps.edu

1 Dec 2017

To: New Mexico JROTC Instructors

SUBJECT: NEW MEXICO STATE JROTC MILITARY SKILLS MEET

1. Albuquerque High School Army JROTC cordially invites you to the New Mexico State JROTC Military Skills Meet, which will take place on 6 and 7 April at Albuquerque High School.
2. **All entry forms are due no later than 23 March 2018.** Checks to cover entry fees may be submitted in advance or on the morning of 7 April 2018 during check-in. Please make checks payable to "Albuquerque High School JROTC." The submission of your Entry Form commits you and your Program for balances due, unless your cancellation request is received prior to 23 March 2018.
3. The Time Matrix will be sent to Instructors in the same order as Entry Forms are received. No changes will be accepted to the schedule after 2 April 2018. Check-in will take place in room 806, the JROTC Office.
4. Eldorado, Manzano, and West Mesa will host the Marksmanship portion. Please coordinate all aspects of Marksmanship with Major Jim Koerber via email at koerberjb1961@yahoo.com.
5. Please do not hesitate to contact me with any questions or concerns regarding this event at gomez_g@aps.edu or 505-843-6400, Ext. 20316.

Gary R. Gomez
LTC, USA (Ret)
Senior Army Instructor

NEW MEXICO STATE JROTC MILITARY SKILLS MEET

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NEW MEXICO JROTC MILITARY SKILLS MEET
ENTRY FORM

SCHOOL NAME:

INSTRUCTOR:

PHONE #: _____ EMAIL: _____

| 1. ARMED | FEE | TOTAL |
|---|----------------|-------|
| INSPECTION REGULATION EXHIBITION | \$55.00 | _____ |
| 2. UNARMED | | |
| INSPECTION REGULATION EXHIBITION | \$55.00 | _____ |
| 3. COLOR GUARD (MALE/MIXED) (FEMALE) | | |
| INSPECTION REGULATION | \$55.00 / TEAM | _____ |
| 4. PHYSICAL FITNESS (MALE) (FEMALE) | \$55.00 / TEAM | _____ |

TOTAL AMOUNT: \$ _____

5. Please make checks payable to “Albuquerque High School JROTC.”

6. If mailing checks, please send them to:

Albuquerque High School
Attn: JROTC
800 Odelia Rd NE
Albuquerque, NM 87102

7. If emailing entry forms, please send them to gomez_g@aps.edu

AWARDS

NMAA State Trophies

6A:

- 1st Place Overall - Large 6A Blue State Trophy
- 2nd Place Overall - Large 6A Red Trophy
- 3rd Place Overall - Large 6A Green Trophy
- 4th Place Overall - Large 6A Gold Trophy

5A:

- 1st Place Overall - Large 5A Blue State Trophy
- 2nd Place Overall - Large 5A Red Trophy
- 3rd Place Overall - Large 5A Green Trophy
- 4th Place Overall - Large 5A Gold Trophy

Team Trophies

6A

ARMED

| | | |
|------------|-----|---|
| INSPECTION | 1-3 | 3 |
| REGULATION | 1-3 | 3 |
| EXHIBITION | 1-3 | 3 |

UNARMED

| | | |
|------------|-----|---|
| INSPECTION | 1-3 | 3 |
| REGULATION | 1-3 | 3 |
| EXHIBITION | 1-3 | 3 |

MALE CG 1-3 3

FEMALE CG 1-3 3

MALE PT TEAM 1-3 3

FEMALE PT TEAM 1-3 3

PRECISION AIR RIFLE 1-3 3

SPORTER AIR RIFLE 1-3 3

TOTAL TROPHIES 36

5A

ARMED DRILL

| | | |
|------------|-----|---|
| INSPECTION | 1-3 | 3 |
| REGULATION | 1-3 | 3 |
| EXHIBITION | 1-3 | 3 |

UNARMED

| | | |
|------------|-----|---|
| INSPECTION | 1-3 | 3 |
| REGULATION | 1-3 | 3 |
| EXHIBITION | 1-3 | 3 |

MALE CG 1-3 3

FEMALE CG 1-3 3

MALE PT TEAM 1-3 3

FEMALE PT TEAM 1-3 3

PRECISION AIR RIFLE 1-3 3

SPORTER AIR RIFLE 1-3 3

TOTAL TROPHIES 36

SCORING: Overall points will be awarded for standings in each award category. The categories are Armed Drill (Includes inspection, regulation, and exhibition), Unarmed Drill (Includes inspection, regulation, and exhibition), Male/Mixed Color Guard (Includes inspection and regulation), Female Color Guard (Includes inspection and regulation), Male Physical Fitness Team, Female Physical Fitness Team, and Marksmanship, which includes your Marksmanship Team 1 and Marksmanship Team 2. The maximum amount of points awarded, assuming a Program places 1st Place in all the categories, is 120 Points towards the Overall Trophies. The following points will be awarded for overall standings in each of the above categories.

| | |
|-----------|----|
| 1st Place | 15 |
| 2nd Place | 13 |
| 3rd Place | 11 |
| 4th Place | 9 |

| | |
|-----------|---|
| 5th Place | 7 |
| 6th Place | 5 |
| 7th Place | 3 |
| 8th Place | 1 |

GENERAL RULES

1. LTC Gomez, the host, in conjunction with the NMAA Executive Board, exercises final jurisdiction over all proceedings. Protests will be limited to those concerning violations of the rules of competition. LTC Gomez and the NMAA Executive Board have final authority. Only the Team Instructor may address protests concerning rules, penalties or disqualifications. An NMAA Executive Board will be convened for issues that cannot be resolved by LTC Gomez.
2. Judge decisions with regards to scores are final.
3. This is an NMAA sanctioned event. All participants must meet the 2.0 GPA with no more than one F requirement, based on the latest available grading period. Additionally, per NMAA regulations, students with 4 or less classes may not have an "F."
4. Disqualifications.
 - a. Teams may not be disqualified until a decision is made at a meeting involving LTC Gomez, the host, an NMAA representative, and the respective Instructor.
 - b. Reasons for disqualification include, but are not limited to, not showing up on time, violation of eligibility rules, use of drugs or alcohol, directed profanity, fighting, or intentionally interfering with the performance of another team during competition.
5. Albuquerque High School JROTC will make every possible effort to include judges from varying Services for all events.
6. All schools, regardless of population, cannot enter cadets in more than one team in the same category of competition (with the exception of the Armed and Unarmed Drill Teams. See page eight for additional information). For example, Cadet Jessica Gonzales cannot be on both the Mixed and Female Color Guards. Also, Cadet James Bond cannot be on both the Sporter and Precision Teams.
7. For Armed Drill, Unarmed Drill, and Color Guards, a 5 Point penalty will be awarded each time a team exceeds the boundary limits of their respective event.
8. If changes need to be made to these rules, the host will disseminate information via email.
9. The Scoring Room will **not** be available to instructors. Instructors must check their scoresheets with the Head Judge immediately following an event. Please address any scoring or judging issues directly with **only** LTC Gomez.
10. Each school must furnish its own equipment.
11. Balsa wood rifles are not allowed for any portion of the Drill Competition. This includes Color Guards.

12. In the event of a tie, in any particular drill category, the inspection score will be the tie-breaker. In the event of a tie in the overall (NMAA trophy) category, the tie-breaker will be, in order, Armed Drill Team Inspection, Unarmed Drill Team Inspection, Armed Inspection Head Judge Score, and Unarmed Inspection Head Judge Score.

13. During Regulation Drill, all teams will be judged on 30 inch steps and 112-120 steps per minute pace.

14. Commanders are not allowed to call cadence. Use of devices to assist stay in step, such as taps, are also prohibited.

15. If you can only field a Mixed Color Guard, this Color Guard will compete in the Male Category.

16. The uniforms for Drill Teams and Color Guards are as follows:

- a. Army Class B
- b. Air Force Class B Summer
- c. USMC Dress Blue Delta
- d. Navy Service Uniform

17. Air Rifle Teams may include one Precision and one Sporter Team, or two Sporter Teams.

INSPECTION PHASE

1. Cadet Commanders are required to request permission to enter the Drill Deck.
2. Once authorized to enter the Drill Deck, all units will march in and form for inspection according to their specific Service Drill Manual.
3. Teams should compete with a minimum number of 10 cadets. Teams with less than 10 competitors will not be eligible for the NMAA State Drill Trophies. If your school must “cross-level” cadets between Armed and Unarmed Teams in order to achieve the number 10 on both teams, you must request a waiver from the Drill Committee Chair (LTC Gomez), in writing, prior to; or, if necessary, during the State Skills Meet. The expectation is that this request for waiver will be the exception, rather than the rule. Schools should work toward achieving 10 cadets for Armed and a separate 10 cadets for Unarmed, as instructors evolve their program.
4. Drill team members that begin Inspection will also compete in the follow on regulation and exhibition phases.
5. Evaluation includes uniforms, haircuts and hair dress, shoes, ribbons, badges, medals, bearing, knowledge, and confidence.
6. Armed Drill competitors are required to go to Inspection Arms when the inspector steps in front of them. The inspector, at his/her discretion, may or may not take and inspect the rifle.
7. Two weeks prior to the Drill Meet, the host will publish a copy of the inspection questions and answers. Judges will also receive these same questions and answers to conduct inspections.

REGULATION DRILL

1. Uniforms are expected to be worn under the regulations of their respective Service.
2. Unauthorized items include sabers, swords, taps on shoes, helmets, feathers, and bandanas.
3. Competitors are expected to wear all authorized medals, and/or ribbons during inspections.
4. To earn points towards overall trophies, Drill Teams are required to compete with a minimum of 10 cadets.
5. Team members that begin inspection will remain the same for regulation and exhibition.
6. Drill Deck size for Regulation Drill Teams is exactly 100 feet by 94 feet.
7. Cadet Commanders are required to memorize regulation sequences.
8. All movements will be executed according to your respective Service Drill Manual.
9. Slings and rifle butts may be taped as long as the tape is applied in a uniformed and non-ornamental manner.
10. All teams must request permission to enter the Drill Deck.
11. Each boundary violation will result in a deduction of 5 Points from the total score.

Sports Network International Message:

This document maintains copyrighted materials in use for the National High School Drill Team Championships. Permission has been granted for this use by the NHSDTC Event Manager, Sports Network International. For event details, please contact SNI Competition Director Justin Gates at: 800-327-9311/drill@thenationals.net/http://thenationals.net/

COLOR GUARD

1. Uniforms are expected to be worn under the regulations of their respective Service.
2. Drill Deck is exactly 50 feet by 50 feet.
3. Calling cadence is not permitted.
4. Cadet Commanders are required to memorize the Color Guard Drill Sequence.
5. There is no time requirement for Color Guards, but each deviation from the Drill Sequence will cost the team 5 points.
6. Teams will be evaluated from the time they step into the Drill Deck until the time they step out of the Drill Deck.
7. Use the size and type of flag issued to your Program by your Service.
8. The only flag staffs authorized for competition are the 9.5 foot wooden poles.
9. Albuquerque High School will provide one regulation National Flag and one regulation State Flag, with appropriate staffs. These flags will be located in the JROTC Office and may be used by any school for competition. Availability will be on a first come, first served basis.
10. Rifle bearers are required to go to Inspection Arms when the inspector steps in front of them. The inspector, at his/her discretion, may or may not take and inspect the rifle
11. Each boundary violation will result in a deduction of 5 Points from the total score.

Armed Regulation Sequence

| | |
|------------------------------------|-----------------------------------|
| Team Enters & Reports In | Column Left March (AF-Fwd March) |
| Inspection Arms | Rear March (AF-to the Rear March) |
| Ready, Port Arms (or Port Arms) | Rear March (AF-to the Rear March) |
| Order Arms | Platoon Halt |
| Dress Right Dress | Port Arms |
| Ready Front | File from the Right |
| PARADE REST* | Platoon Halt |
| Platoon, Attention | Column of Three/Left, March |
| 15 Count Manual Arms** | Column Left March (AF-Fwd March) |
| Right Face | Double Time March |
| Count Off | Quick Time March |
| Close Interval (AF: Close March) | Column Left March (AF-Fwd March) |
| Normal Interval (AF: Extend March) | Right Shoulder Arms |
| Left Face | PLATOON HALT |
| Left Step March | Column Left March (AF-Fwd March) |
| PLATOON HALT | Column ½ Left March |
| Left Face | Column ½ Left March |
| Right Step March | Rear March (AF-to the Rear March) |
| Platoon Halt | Rear March/Platoon, Halt |
| About Face | Forward March/Eyes Right |
| Right Shoulder Arms | Ready Front |
| Forward March | Column Left March (AF-Fwd March) |
| Column Right March (AF-Fwd March) | Left Shoulder Arms |
| Column Right March (AF-Fwd March) | Column Left March (AF-Fwd March) |
| Column Right March (AF-Fwd March) | Change Step March |
| Left Flank March | Left Flank March |
| Right Flank March | Platoon Halt |
| PLATOON HALT | Team Reports Out & Exits |

*-Bold, uppercase Commands **REQUIRE** a 5 second pause

** -Consists of: Order, Right Shoulder, Left Shoulder, Present, Order Arms (TC 3-21.5)-All Navy and USMC Teams

Unarmed Regulation Drill Sequence

Team Enters & Reports In

Dress Right Dress

Ready Front

PARADE REST*

Flight Attention

PRESENT ARMS

Order Arms

COUNT OFF

Right Face

Close March

Extend March

Left Face

Army Executes:

Close Interval

Normal Interval

Right Face

Left Face

Open Ranks March (AF: Ready Front)

Close Ranks March

Left Step March

FLIGHT HALT

Left Face

Right Step March

Flight Halt

Four Steps Forward March

About Face

Forward March

Column Right March (AF: Fwd March)

Column Right March (AF: Fwd March)

Column Right March (AF: Fwd March)

Left Flank March

Right Flank March

FLIGHT HALT

Column Left March (AF: Fwd March)

To the Rear March

To the Rear March

Flight Halt

Files from the Right March (AF: Fwd March)

Flight Halt

Column of Threes to the Left March

Column Left March (AF: Fwd March)

Double Time March

Quick Time March

Column Left March (AFFwd March)

Half Step March/Forward March

Change Step March

FLIGHT HALT

Column Left March (AF: Fwd March)

Column ½ Left March

Column ½ Left March

To the Rear March

To the Rear March/Flight Halt

Forward March/Eyes Right

Ready Front

Column Left March (AF: Fwd March)

Column Left March (AFFwd March)

FLIGHT HALT

Forward March

To the Rear March

To the Rear March

Half Step March

Forward March

Left Flank March

Change Step March

Flight Halt

Team Reports Out & Exits

*-Bold, uppercase Commands **REQUIRE** a 5 second pause

Color Guard Sequence

Team Enters Floor

Report In

Colors Reverse March (MC/Counter March)

Left Wheel March (MC/Left Turn)

Colors Reverse March (MC/Counter March)

COLOR GUARD HALT*

Order Colors

Parade Rest

Color Guard Attention

CARRY COLORS

Forward March

Right Wheel March (MC/Right Turn)

Right Wheel March (MC/Right Turn)

Colors Reverse March (MC/Counter March)

Eyes Right

Ready Front

Left Wheel March (MC/Left Turn)

Left Wheel March (MC/Left Turn)

Left Wheel March (MC/Left Turn)

COLOR GUARD HALT

Report Out

NOTES:

1. *-Bold, uppercase Commands **REQUIRE** a 5 second pause
2. Add "Forward March" after all wheels and reverses
3. Report In-Scoring for movements needed to move onto the drill floor, center the colors on the Head Judge and verbally report in.
4. Report Out-Scoring for movements needed to center the colors on the head judge, verbally report out, then leave the drill floor.

EXHIBITION DRILL

1. Uniforms for exhibition are expected to be in compliance with respective Service regulations.
2. The Drill Deck size for exhibition drill is exactly 100 feet by 94 feet.
3. Cadet Commanders are required to use the same rifle type as the team.
4. Cadet Commanders may form their teams on their location of preference, but should coordinate such location with the Head Judge prior to requesting permission to enter the Drill Deck.
5. Teams are required a minimum of four minutes and a maximum of six minutes to conduct their exhibition sequence. Time starts when the Cadet Commander raises his or her salute to report in and ends at the drop of the Cadet Commander's salute after reporting out.
6. A penalty of five points will be awarded for every 10 seconds outside of the time window identified above.
7. Failure to report in will cost the team 25 points and allows judges to start time as desired.
8. Failure to report out will cost the team 25 points and allows judges to stop time as desired.
9. Pyrotechnics, blanks, lights, paints, music, or any other means of artificially counting cadence will not be allowed while a team is on the Drill Deck.
10. For safety purposes, cadets will not be allowed to conduct acrobatics on the Drill Deck. Additionally, no team members will be lifted off the deck. Violations of this rule will result in disqualification.

INDIVIDUAL EXHIBITION

1. A unit may enter as many cadets as desired on a first come, first serve basis. Cost is \$2 and can be paid at the Individual Drill Deck. Upon paying, the cadet will be given a score sheet to give to the Judge. Individual Exhibition does not count toward any overall awards.
2. The individual will be briefed by the Judge prior to entering the drill area. At the direction of the Judge, the individual will march into the drill area and report in. Grading begins when the individual enters the drill area.
3. A minimum of 1 and a maximum of 2 minutes will be allocated for this phase. Timing begins when the individual reports in. There will be a one point deduction for each second over or under the time limits.
3. A five point penalty will be assessed for each piece of equipment dropped.
4. At the end of the drill, the individual will report out. When the Judge returns the salute, grading and timing will cease.
5. No blindfolds, blanks, fires, pyrotechnics, lights, paints, music or any other means of enhancing the drill sequence will be allowed.
6. Competing individuals must be in uniform.

Individual Exhibition Drill

ARMED _____

UNARMED _____

First and Last Name

School

Exhibition Routine

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| 1. Complexity and Difficulty of Movements | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 2. Originality of Movements | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 3. Smooth Transition Between Movements | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 4. Non-repetitive, variety of Movements | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 5. Utilization of Space | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 6. Free of Obvious Mistakes | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 7. Difficulty of Skills | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Total points possible **70**

Total points awarded _____

Judge's signature

Instructor's signature

PHYSICAL FITNESS

1. Physical Fitness (PT) Teams will consist of four individuals of the same gender.
2. Programs with PT Teams will only be allowed one male team and one female team.
3. Spikes, of any kind, are not allowed as shoe wear.
4. PULLUPS (MALES).
 - a. **STARTING POSITION.** Competitors will grasp the bar with palms facing toward or away from the body, arms fully extended. Feet may not make contact with the ground or the poles of the pullup bar. Once in this position, the judge will give the command to begin.
 - b. **ACTION.** Pull body up with arms until the chin is above the bar. Lower the body until both elbows are fully extended. One successful pullup ends at the bottom position with elbows fully extended. Dropping from the bar, or releasing the bar, prior to elbows being fully extended on the last repetition does not constitute a pullup.
 - c. **RULES.**
 - 1) Competitors are not allowed to kip, bicycle, or kick.
 - 2) Knees must remain below the waist.
 - 3) The body may not swing. If the competitor starts to swing, the judge will stop the motion by holding an extended arm across the front of the competitor's thighs.
 - d. The following table identifies points awarded for pullups, which allows for 5 points per pullup up to 20, and 7 points for every pull-up over 20.

| REPETITION | POINTS | | REPETITION | POINTS | | REPETITION | POINTS |
|------------|--------|--|------------|--------|--|------------|--------|
| 1 | 5 | | 16 | 80 | | 31 | 177 |
| 2 | 10 | | 17 | 85 | | 32 | 184 |
| 3 | 15 | | 18 | 90 | | 33 | 191 |
| 4 | 20 | | 19 | 95 | | 34 | 198 |
| 5 | 25 | | 20 | 100 | | 35 | 205 |
| 6 | 30 | | 21 | 107 | | 36 | 212 |
| 7 | 35 | | 22 | 114 | | 37 | 219 |
| 8 | 40 | | 23 | 121 | | 38 | 226 |
| 9 | 45 | | 24 | 128 | | 39 | 233 |
| 10 | 50 | | 25 | 135 | | 40 | 240 |
| 11 | 55 | | 26 | 142 | | 41 | 247 |
| 12 | 60 | | 27 | 149 | | 42 | 254 |
| 13 | 65 | | 28 | 156 | | 43 | 261 |
| 14 | 70 | | 29 | 163 | | 44 | 268 |
| 15 | 75 | | 30 | 170 | | 45 | 275 |

5. FLEX ARM HANG (FEMALES).

a. **STARTING POSITION.** Competitor raises body, assisted or unassisted, until chin is above but not touching the bar. Competitor may grasp the bar with hands toward or away from the body.

b. **ACTION.** Hold chin above the bar as long as possible.

c. **RULES.**

1) Time starts once the competitor is holding her chin above the bar unsupported.

2) Time stops when the chin touches or goes below the bar.

3) Once time starts, feet are not allowed to make contact with the ground or the poles of the pullup bar. Judges will stop time if either of these two cases occur.

d. The following table identifies the points awarded for the Flex Arm Hang:

| TIME | POINTS | TIME | POINTS | TIME | POINTS | TIME | POINTS |
|------|--------|------|--------|------|--------|------|--------|
| 1 | 1 | 1:01 | 82 | 2:01 | 253 | 3:01 | 433 |
| 2 | 2 | 1:02 | 84 | 2:02 | 256 | 3:02 | 436 |
| 3 | 3 | 1:03 | 86 | 2:03 | 259 | 3:03 | 439 |
| 4 | 4 | 1:04 | 88 | 2:04 | 262 | 3:04 | 442 |
| 5 | 5 | 1:05 | 90 | 2:05 | 265 | 3:05 | 445 |
| 6 | 6 | 1:06 | 92 | 2:06 | 268 | 3:06 | 448 |
| 7 | 7 | 1:07 | 94 | 2:07 | 271 | 3:07 | 451 |
| 8 | 8 | 1:08 | 96 | 2:08 | 274 | 3:08 | 454 |
| 9 | 9 | 1:09 | 98 | 2:09 | 277 | 3:09 | 457 |
| 10 | 10 | 1:10 | 100 | 2:10 | 280 | 3:10 | 460 |
| 11 | 11 | 1:11 | 103 | 2:11 | 283 | 3:11 | 463 |
| 12 | 12 | 1:12 | 106 | 2:12 | 286 | 3:12 | 466 |
| 13 | 13 | 1:13 | 109 | 2:13 | 289 | 3:13 | 469 |
| 14 | 14 | 1:14 | 112 | 2:14 | 292 | 3:14 | 472 |
| 15 | 15 | 1:15 | 115 | 2:15 | 295 | 3:15 | 475 |
| 16 | 16 | 1:16 | 118 | 2:16 | 298 | 3:16 | 478 |
| 17 | 17 | 1:17 | 121 | 2:17 | 301 | 3:17 | 481 |
| 18 | 18 | 1:18 | 124 | 2:18 | 304 | 3:18 | 484 |
| 19 | 19 | 1:19 | 127 | 2:19 | 307 | 3:19 | 487 |
| 20 | 20 | 1:20 | 130 | 2:20 | 310 | 3:20 | 490 |
| 21 | 21 | 1:21 | 133 | 2:21 | 313 | 3:21 | 493 |
| 22 | 22 | 1:22 | 136 | 2:22 | 316 | 3:22 | 496 |
| 23 | 23 | 1:23 | 139 | 2:23 | 319 | 3:23 | 499 |
| 24 | 24 | 1:24 | 142 | 2:24 | 322 | 3:24 | 502 |
| 25 | 25 | 1:25 | 145 | 2:25 | 325 | 3:25 | 505 |
| 26 | 26 | 1:26 | 148 | 2:26 | 328 | 3:26 | 508 |
| 27 | 27 | 1:27 | 151 | 2:27 | 331 | 3:27 | 511 |
| 28 | 28 | 1:28 | 154 | 2:28 | 334 | 3:28 | 514 |
| 29 | 29 | 1:29 | 157 | 2:29 | 337 | 3:29 | 517 |
| 30 | 30 | 1:30 | 160 | 2:30 | 340 | 3:30 | 520 |
| 31 | 31 | 1:31 | 163 | 2:31 | 343 | 3:31 | 523 |
| 32 | 32 | 1:32 | 166 | 2:32 | 346 | 3:32 | 526 |
| 33 | 33 | 1:33 | 169 | 2:33 | 349 | 3:33 | 529 |
| 34 | 34 | 1:34 | 172 | 2:34 | 352 | 3:34 | 532 |
| 35 | 35 | 1:35 | 175 | 2:35 | 355 | 3:35 | 535 |
| 36 | 36 | 1:36 | 178 | 2:36 | 358 | 3:36 | 538 |
| 37 | 37 | 1:37 | 181 | 2:37 | 361 | 3:37 | 541 |
| 38 | 38 | 1:38 | 184 | 2:38 | 364 | 3:38 | 544 |
| 39 | 39 | 1:39 | 187 | 2:39 | 367 | 3:39 | 547 |
| 40 | 40 | 1:40 | 190 | 2:40 | 370 | 3:40 | 550 |
| 41 | 42 | 1:41 | 93 | 2:41 | 373 | 3:41 | 553 |
| 42 | 44 | 1:42 | 196 | 2:42 | 376 | 3:42 | 556 |
| 43 | 46 | 1:43 | 199 | 2:43 | 379 | 3:43 | 559 |
| 44 | 48 | 1:44 | 202 | 2:44 | 382 | 3:44 | 562 |
| 45 | 50 | 1:45 | 205 | 2:45 | 385 | 3:45 | 565 |
| 46 | 52 | 1:46 | 208 | 2:46 | 388 | 3:46 | 568 |
| 47 | 54 | 1:47 | 211 | 2:47 | 391 | 3:47 | 571 |
| 48 | 56 | 1:48 | 214 | 2:48 | 394 | 3:48 | 574 |
| 49 | 58 | 1:49 | 217 | 2:49 | 397 | 3:49 | 577 |
| 50 | 60 | 1:50 | 220 | 2:50 | 400 | 3:50 | 580 |
| 51 | 62 | 1:51 | 223 | 2:51 | 403 | 3:51 | 583 |
| 52 | 64 | 1:52 | 226 | 2:52 | 406 | 3:52 | 586 |
| 53 | 66 | 1:53 | 229 | 2:53 | 409 | 3:53 | 589 |
| 54 | 68 | 1:54 | 232 | 2:54 | 412 | 3:54 | 592 |
| 55 | 70 | 1:55 | 235 | 2:55 | 415 | 3:55 | 595 |
| 56 | 72 | 1:56 | 238 | 2:56 | 418 | 3:56 | 598 |
| 57 | 74 | 1:57 | 241 | 2:57 | 421 | 3:57 | 601 |
| 58 | 76 | 1:58 | 244 | 2:58 | 424 | 3:58 | 604 |
| 59 | 78 | 1:59 | 247 | 2:59 | 427 | 3:59 | 607 |
| 60 | 80 | 2:00 | 250 | 3:00 | 430 | 4:00 | 610 |

6. CRUNCHES (MALE and FEMALE).

a. **STARTING POSITION.** Competitors lie on their back. Hands grasping the shirt on the opposite shoulder. Arms flat on the torso. Knees bent with feet flat on the ground. Feet may be together or up to 12 inches apart. Another person can hold the feet by applying pressure with their hands on the ankles. No other method of bracing or holding the feet is authorized.

b. **ACTION.** When time starts, competitors raise their upper body, while keeping their arms in contact with the torso, until both elbows make contact with the thighs. Then competitors lower their upper body until both shoulder blades make contact with the ground. One successful repetition ends when the shoulder blades touch the ground.

c. RULES.

1) Holders are not allowed to sit, place their knees on the competitor's feet, or perform any other form of holding except for the method identified above.

2) Kipping, or bouncing of the hips, is not allowed. Buttocks are required to stay in contact with the ground during the timed period.

3) Once time starts, the heel is the only part of the foot that must remain in contact with the ground.

4) Arms must remain in contact with the torso from start to finish of the repetition, otherwise the repetition does not count.

5) Competitors are allowed to rest in the down position as desired during the two minute limit.

d. **TIME LIMIT.** 2 minutes for both male and female.

e. The following table identifies the points awarded for crunches, which shows that repetitions in excess of 80 are worth 3 points.

| REPETITION | POINTS | REPETITION | POINTS | REPETITION | POINTS | REPETITION | POINTS | REPETITION | POINTS |
|------------|--------|------------|--------|------------|--------|------------|--------|------------|--------|
| 1 | 1 | 35 | 35 | 69 | 78 | 103 | 169 | 137 | 271 |
| 2 | 2 | 36 | 36 | 70 | 80 | 104 | 172 | 138 | 274 |
| 3 | 3 | 37 | 37 | 71 | 82 | 105 | 175 | 139 | 277 |
| 4 | 4 | 38 | 38 | 72 | 84 | 106 | 178 | 140 | 280 |
| 5 | 5 | 39 | 39 | 73 | 86 | 107 | 181 | 141 | 283 |
| 6 | 6 | 40 | 40 | 74 | 88 | 108 | 184 | 142 | 286 |
| 7 | 7 | 41 | 41 | 75 | 90 | 109 | 187 | 143 | 289 |
| 8 | 8 | 42 | 42 | 76 | 92 | 110 | 190 | 144 | 292 |
| 9 | 9 | 43 | 43 | 77 | 94 | 111 | 193 | 145 | 295 |
| 10 | 10 | 44 | 44 | 78 | 96 | 112 | 196 | 146 | 298 |
| 11 | 11 | 45 | 45 | 79 | 98 | 113 | 199 | 147 | 301 |
| 12 | 12 | 46 | 46 | 80 | 100 | 114 | 202 | 148 | 304 |
| 13 | 13 | 47 | 47 | 81 | 103 | 115 | 205 | 149 | 307 |
| 14 | 14 | 48 | 48 | 82 | 106 | 116 | 208 | 150 | 310 |
| 15 | 15 | 49 | 49 | 83 | 109 | 117 | 211 | 151 | 313 |
| 16 | 16 | 50 | 50 | 84 | 112 | 118 | 214 | 152 | 316 |
| 17 | 17 | 51 | 51 | 85 | 115 | 119 | 217 | 153 | 319 |
| 18 | 18 | 52 | 52 | 86 | 118 | 120 | 220 | 154 | 322 |
| 19 | 19 | 53 | 53 | 87 | 121 | 121 | 223 | 155 | 325 |
| 20 | 20 | 54 | 54 | 88 | 124 | 122 | 226 | 156 | 328 |
| 21 | 21 | 55 | 55 | 89 | 127 | 123 | 229 | 157 | 331 |
| 22 | 22 | 56 | 56 | 90 | 130 | 124 | 232 | 158 | 334 |
| 23 | 23 | 57 | 57 | 91 | 133 | 125 | 235 | 159 | 337 |
| 24 | 24 | 58 | 58 | 92 | 136 | 126 | 238 | 160 | 340 |
| 25 | 25 | 59 | 59 | 93 | 139 | 127 | 241 | 161 | 343 |
| 26 | 26 | 60 | 60 | 94 | 142 | 128 | 244 | 162 | 346 |
| 27 | 27 | 61 | 62 | 95 | 145 | 129 | 247 | 163 | 349 |
| 28 | 28 | 62 | 64 | 96 | 148 | 130 | 250 | 164 | 352 |
| 29 | 29 | 63 | 66 | 97 | 151 | 131 | 253 | 165 | 355 |
| 30 | 30 | 64 | 68 | 98 | 154 | 132 | 256 | 166 | 358 |
| 31 | 31 | 65 | 70 | 99 | 157 | 133 | 259 | 167 | 361 |
| 32 | 32 | 66 | 72 | 100 | 160 | 134 | 262 | 168 | 364 |
| 33 | 33 | 67 | 74 | 101 | 163 | 135 | 265 | 169 | 367 |
| 34 | 34 | 68 | 76 | 102 | 166 | 136 | 268 | 170 | 370 |

7. 800m RUN (MALE and FEMALE).

a. STARTING POSITION. Competitors stand behind starting line.

b. ACTION. On command, competitors run two laps around the track in the shortest possible time.

c. RULES.

1) Male and Female teams from the same school are allowed to run together if desired.

2) Runners are not allowed to set foot on the grass to the left of Lane 1.

d. The following table identifies the points awarded for the Male 800m run, which shows that runners receive three points for every second under 3:00.

| TIME | POINTS | TIME | POINTS | TIME | POINTS | TIME | POINTS |
|------|--------|------|--------|------|--------|------|--------|
| 2:00 | 280 | 2:31 | 187 | 3:01 | 98 | 3:31 | 38 |
| 2:01 | 277 | 2:32 | 184 | 3:02 | 96 | 3:32 | 36 |
| 2:02 | 274 | 2:33 | 181 | 3:03 | 94 | 3:33 | 34 |
| 2:03 | 271 | 2:34 | 178 | 3:04 | 92 | 3:34 | 32 |
| 2:04 | 268 | 2:35 | 175 | 3:05 | 90 | 3:35 | 30 |
| 2:05 | 265 | 2:36 | 172 | 3:06 | 88 | 3:36 | 28 |
| 2:06 | 262 | 2:37 | 169 | 3:07 | 86 | 3:37 | 26 |
| 2:07 | 259 | 2:38 | 166 | 3:08 | 84 | 3:38 | 24 |
| 2:08 | 256 | 2:39 | 163 | 3:09 | 82 | 3:39 | 22 |
| 2:09 | 253 | 2:40 | 160 | 3:10 | 80 | 3:40 | 20 |
| 2:10 | 250 | 2:41 | 157 | 3:11 | 78 | 3:41 | 18 |
| 2:11 | 247 | 2:42 | 154 | 3:12 | 76 | 3:42 | 16 |
| 2:12 | 244 | 2:43 | 151 | 3:13 | 74 | 3:43 | 14 |
| 2:13 | 241 | 2:44 | 148 | 3:14 | 72 | 3:44 | 12 |
| 2:14 | 238 | 2:45 | 145 | 3:15 | 70 | 3:45 | 10 |
| 2:15 | 235 | 2:46 | 142 | 3:16 | 68 | 3:46 | 8 |
| 2:16 | 232 | 2:47 | 139 | 3:17 | 66 | 3:47 | 6 |
| 2:17 | 229 | 2:48 | 136 | 3:18 | 64 | 3:48 | 4 |
| 2:18 | 226 | 2:49 | 133 | 3:19 | 62 | 3:49 | 2 |
| 2:19 | 223 | 2:50 | 130 | 3:20 | 60 | 3:50 | 0 |
| 2:20 | 220 | 2:51 | 127 | 3:21 | 58 | 3:51 | 0 |
| 2:21 | 217 | 2:52 | 124 | 3:22 | 56 | 3:52 | 0 |
| 2:22 | 214 | 2:53 | 121 | 3:23 | 54 | 3:53 | 0 |
| 2:23 | 211 | 2:54 | 118 | 3:24 | 52 | 3:54 | 0 |
| 2:24 | 208 | 2:55 | 115 | 3:25 | 50 | 3:55 | 0 |
| 2:25 | 205 | 2:56 | 112 | 3:26 | 48 | 3:56 | 0 |
| 2:26 | 202 | 2:57 | 109 | 3:27 | 46 | 3:57 | 0 |
| 2:27 | 199 | 2:58 | 106 | 3:28 | 44 | 3:58 | 0 |
| 2:28 | 196 | 2:59 | 103 | 3:29 | 42 | 3:59 | 0 |
| 2:29 | 193 | 3:00 | 100 | 3:30 | 40 | 4:00 | 0 |
| 2:30 | 190 | | | | | | |

e. The following table identifies the points awarded for the Female 800m run, which shows that runners receive three points for every second under 3:31.

| TIME | POINTS | TIME | POINTS | TIME | POINTS | TIME | POINTS | TIME | POINTS |
|------|--------|------|--------|------|--------|------|--------|------|--------|
| 2:00 | 373 | 2:31 | 280 | 3:01 | 190 | 3:31 | 100 | 4:01 | 40 |
| 2:01 | 370 | 2:32 | 277 | 3:02 | 187 | 3:32 | 98 | 4:02 | 38 |
| 2:02 | 367 | 2:33 | 274 | 3:03 | 184 | 3:33 | 96 | 4:03 | 36 |
| 2:03 | 364 | 2:34 | 271 | 3:04 | 181 | 3:34 | 94 | 4:04 | 34 |
| 2:04 | 361 | 2:35 | 268 | 3:05 | 178 | 3:35 | 92 | 4:05 | 32 |
| 2:05 | 358 | 2:36 | 265 | 3:06 | 175 | 3:36 | 90 | 4:06 | 30 |
| 2:06 | 355 | 2:37 | 262 | 3:07 | 172 | 3:37 | 88 | 4:07 | 28 |
| 2:07 | 352 | 2:38 | 259 | 3:08 | 169 | 3:38 | 86 | 4:08 | 26 |
| 2:08 | 349 | 2:39 | 256 | 3:09 | 166 | 3:39 | 84 | 4:09 | 24 |
| 2:09 | 346 | 2:40 | 253 | 3:10 | 163 | 3:40 | 82 | 4:10 | 22 |
| 2:10 | 343 | 2:41 | 250 | 3:11 | 160 | 3:41 | 80 | 4:11 | 20 |
| 2:11 | 340 | 2:42 | 247 | 3:12 | 157 | 3:42 | 78 | 4:12 | 18 |
| 2:12 | 337 | 2:43 | 244 | 3:13 | 154 | 3:43 | 76 | 4:13 | 16 |
| 2:13 | 334 | 2:44 | 241 | 3:14 | 151 | 3:44 | 74 | 4:14 | 14 |
| 2:14 | 331 | 2:45 | 238 | 3:15 | 148 | 3:45 | 72 | 4:15 | 12 |
| 2:15 | 328 | 2:46 | 235 | 3:16 | 145 | 3:46 | 70 | 4:16 | 10 |
| 2:16 | 325 | 2:47 | 232 | 3:17 | 142 | 3:47 | 68 | 4:17 | 8 |
| 2:17 | 322 | 2:48 | 229 | 3:18 | 139 | 3:48 | 66 | 4:18 | 6 |
| 2:18 | 319 | 2:49 | 226 | 3:19 | 136 | 3:49 | 64 | 4:19 | 4 |
| 2:19 | 316 | 2:50 | 223 | 3:20 | 133 | 3:50 | 62 | 4:20 | 2 |
| 2:20 | 313 | 2:51 | 220 | 3:21 | 130 | 3:51 | 60 | 4:21 | 0 |
| 2:21 | 310 | 2:52 | 217 | 3:22 | 127 | 3:52 | 58 | 4:22 | 0 |
| 2:22 | 307 | 2:53 | 214 | 3:23 | 124 | 3:53 | 56 | 4:23 | 0 |
| 2:23 | 304 | 2:54 | 211 | 3:24 | 121 | 3:54 | 54 | 4:24 | 0 |
| 2:24 | 301 | 2:55 | 208 | 3:25 | 118 | 3:55 | 52 | 4:25 | 0 |
| 2:25 | 298 | 2:56 | 205 | 3:26 | 115 | 3:56 | 50 | 4:26 | 0 |
| 2:26 | 295 | 2:57 | 202 | 3:27 | 112 | 3:57 | 48 | 4:27 | 0 |
| 2:27 | 292 | 2:58 | 199 | 3:28 | 109 | 3:58 | 46 | 4:28 | 0 |
| 2:28 | 289 | 2:59 | 196 | 3:29 | 106 | 3:59 | 44 | 4:29 | 0 |
| 2:29 | 286 | 3:00 | 193 | 3:30 | 103 | 4:00 | 42 | 4:30 | 0 |
| 2:30 | 283 | | | | | | | | |

