RUN DAY RUBRICS

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **½ Mile** | **1 Mile** | **PACER** | **Cooper Test** | **Mini Cooper Test** | **ABC Run** | **Partner Mile** | **Team PACER** |  |
| Advanced | A+ | 3:30 - Faster | 7:30 - Faster | 52 - 94 | 2400 meters  **(6 laps)** | ≥ 1400 meters  **(3.5 laps)** | 6 Laps (< 15:00) | ≤ 14:00 | > 150 |  |
| **Proficient** | **A-** | **3:31 – 4:15** | **7:31 – 8:59** | **33-51** | 2000 – 2300 meters **(5 laps – 5.75 laps)** | 1200 – 1300 meters  **(3.0 – 3.25 laps)** | 5 Laps (< 12:30) | 14:01 – 17:00 | 125 - 149 |  |
| Basic | C- | 4:16 – 5:30 | 9:00 – 10:59 | 16 - 32 | 1700 – 1900 meters **(4.25 – 4.75 laps)** | 1000 meters  **(2.5 laps)** | 4 Laps (<10:00) | 17:01 – 20:00 | 100 - 124 |  |
| Below Basic | D- | 5:31 – Slower | 11:00 – Slower | 1-15 | 1600 meters  **(4 laps - less)** | 900 meters  **(2.25 laps - less)** | 3 Laps (< 7:30) | 20:01 – Slower | 75 - 99 |  |
| Far Below Basic | F ½ Credit | Walked | Walked | Walked | Walked | Walked | Walked | Walked | Walked |  |