

NISOA PHYSICAL PERFORMANCE TEST (PPT)

Date:	LOCATION:	NISOA GRADE	A G E	S E X	TEST 1 12 MIN RUN	P T S	TEST 2 PRO-40	P T S	TEST 3 50-M BRASILIAN AGILITY	P T S	TEST 4 30 METER SHUTTLE	P T S	TOT P T S	AVG P T S
RECORDER:		NEW												
		REF		M	3100-2700M	5	19.3- 21.5 sec	5	8.5-9.5 sec	5	38.9-41.9 sec	5		
		NR		F	2650-2500 M	4	21.6-22.5 sec	4	9.6-10.1 sec	4	42.0-42.9 sec	4	SUM	TOT
		NRC			2499-2400 M	3	22.6-23.5 sec	3	10.2-10.5 sec	3	43.0-43.9 sec	3	OF	÷
		NRA			2399 -2200 M	2	23.6-25.0 sec	2	10.6-11.0 sec	2	44.0-45.9 sec	2	4	4
					2199-2000 M	1	25.1-26.9 sec	1	11.1-11.9 sec	1	46.0-48.9 sec	1	Tests	
Last NAME	First NAME	ENTER INFORMATION BELOW												
1					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
2					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
3					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
4					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
5					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
6					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
7					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
8					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
9					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
10					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
11					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									
12					1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18									