|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BOYS** | **LAPS** | **GYM = 76m = 1 LAP** | **LAPS** | **GIRLS** |
| 20% | 8 | 608 | 8 | 30% |
| 25% | 9 | 684 | 9 | 35% |
| 30% | 10 | 760 | 10 | 40% |
| 35% | 11 | 836 | 11 | 45% |
| 40% | 12 | 912 | 12 | 48% |
| 45% | 13 | 988 | 13 | 50% |
| 48% | 14 | 1064 | 14 | 52% |
| 50% | 15 | 1140 | 15 | 54% |
| 52% | 16 | 1216 | 16 | 56% |
| 54% | 17 | 1292 | 17 | 58% |
| 56% | 18 | 1368 | 18 | 60% |
| 58% | 19 | 1444 | 19 | 63% |
| 60% | 20 | 1520 | 20 | 65% |
| 62% | 21 | 1596 | 21 | 68% |
| 64% | 22 | 1672 | 22 | 70% |
| 66% | 23 | 1748 | 23 | 72% |
| 68% | 24 | 1824 | 24 | 74% |
| 70% | 25 | 1900 | 25 | 76% |
| 72% | 26 | 1976 | 26 | 78% |
| 74% | 27 | 2052 | 27 | 80% |
| 76% | 28 | 2128 | 28 | 83% |
| 78% | 29 | 2204 | 29 | 85% |
| 80% | 30 | 2280 | 30 | 86% |
| 82% | 31 | 2356 | 31 | 87% |
| 84% | 32 | 2422 | 32 | 90% |
| 86% | 33 | 2508 | 33 | 93% |
| 87% | 34 | 2584 | 34 | 95% |
| 88% | 35 | 2660 | 35 | 98% |
| 90% | 36 | 2736 | 36 | 100% |
| 93% | 37 | 2812 | 37 | 100% |
| 95% | 38 | 2888 | 38 + | 100% |
| 97% | 39 | 2964 |  |  |
| 100% | 40 | 3040 |  |  |

**D’ARCY 12 MIN. RUN STANDARDS**