

**Table 2-1. 2.4km Run Performance**

Gender	AGE	1 Year Competency		2 Year Competency	
		PASS	GOOD	VERY GOOD	EXCELLENT
MALE	16-24	11.09	10.44	10.19	9.54
	25-29	11.33	11.09	10.44	10.19
	30-34	11.58	11.33	11.09	10.44
	35-39	12.23	11.58	11.33	11.09
	40-44	12.51	12.23	11.58	11.33
	45-49	13.18	12.51	12.23	11.58
	50-54	13.47	13.18	12.51	12.23
	55-59	14.16	13.47	13.18	12.51
FEMALE	16-24	13.10	12.34	12.00	11.24
	25-29	13.37	13.10	12.34	12.00
	30-34	14.05	13.37	13.10	12.34
	35-39	14.33	14.05	13.37	13.10
	40-44	15.04	14.33	14.05	13.37
	45-49	15.35	15.04	14.33	14.05
	50-54	16.06	15.35	15.04	14.33
	55-59	16.39	16.06	15.35	15.04

**Table 2.2. MSFT Levels**

Gender	AGE	1 Year Competency		2 Year Competency	
		PASS	GOOD	VERY GOOD	EXCELLENT
MALE	16-24	9.10	10.05	11.01	11.07
	25-29	9.04	9.10	10.05	11.01
	30-34	8.09	9.04	9.10	10.05
	35-39	8.03	8.09	9.04	9.10
	40-44	7.08	8.03	8.09	9.04
	45-49	7.02	7.08	8.03	8.09
	50-54	6.08	7.02	7.08	8.03
	55-59	6.03	6.08	7.02	7.08
FEMALE	16-24	7.04	7.09	8.04	8.10
	25-29	6.09	7.04	7.09	8.04
	30-34	6.05	6.09	7.04	7.09
	35-39	5.09	6.05	6.09	7.04
	40-44	5.06	5.09	6.05	6.09
	45-49	5.02	5.06	5.09	6.05
	50-54	4.07	5.02	5.06	5.09
	55-59	4.04	4.07	5.02	5.06

**Table 2.3. VO<sub>2</sub> Score for Rockport Walk (equates to MSFT and 2.4km run)**

Gender	AGE	1 Year Competency		2 Year Competency	
		PASS	GOOD	VERY GOOD	EXCELLENT
MALE	16-24	46.79	48.80	50.90	52.00
	25-29	44.77	46.80	48.80	50.90
	30-34	42.85	44.80	46.80	48.80
	35-39	41.00	42.90	44.80	46.80
	40-44	39.16	41.00	42.90	44.80
	45-49	37.39	39.20	41.00	42.90
	50-54	35.71	37.40	39.20	41.00
	55-59	34.10	35.70	37.40	39.20
FEMALE	16-24	37.90	39.60	41.30	43.10
	25-29	36.27	37.90	39.60	41.30
	30-34	34.70	36.30	37.90	39.60
	35-39	33.21	34.70	36.30	37.90
	40-44	31.72	33.20	34.70	36.30
	45-49	30.29	31.70	33.20	34.70
	50-54	28.93	30.30	31.70	33.20
	55-59	27.62	28.90	30.30	31.70