**Retford AC Standard Scoring Matrix**

| **Points** | **Balance Test**  **(seconds – per leg - combined score counts)** | **St. Long Jump** | **Speed Bounce**  **(20 sec’s)** | **Chest Push**  **(1kg med ball)** | **Vertical**  **Jump** | **Shuttle Run**  **(10 x 10 metres)** | **Turbo Jav** | **St. Triple Jump** | **100 metres**  **(secs)** | **800 metres**  **(mins)** | **High Jump** | **Triple jump** | **shot** | **javelin** | **discus** | **Long jump** | **Points** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **100** |  | 3.40 | 100 | 15.60 | 83 | 20 | 60 | 9.00 | 10.85 | 1.55 | 1.90 | 14.00 | 15.00 | 61.00 | 49.00 | 6.50 | **100** |
| **99** |  | 3.37 | 99 | 15.40 | 82 | 20.2 | 58 | 8.95 | 11.00 | 2.00.5 | 1.88 | 13.90 | 14.85 | 60.00 | 48.00 | 6.45 | **99** |
| **98** |  | 3.34 | 98 | 15.20 | - | 20.4 | 56 | 8.90 | 11.1 | 2.01 | 1.86 | 13.80 | 14.70 | 59.00 | 47.00 | 6.40 | **98** |
| **97** |  | 3.31 | 97 | 15.00 | 81 | 20.6 | 54 | 8.85 | 11.15 | 2.01.5 | 1.84 | 13.70 | 14.55 | 58.00 | 46.00 | 6.35 | **97** |
| **96** |  | 3.28 | 96 | 14.80 | 80 | 20.8 | 52 | 8.80 | 11.2 | 2.02 | 1.82 | 13.60 | 14.40 | 57.00 | 45.00 | 6.30 | **96** |
| **95** |  | 3.25 | 95 | 14.60 | 79 | 21 | 50 | 8.75 | 11.25 | 2.02.5 | 1.80 | 13.50 | 14.25 | 56.00 | 44.00 | 6.25 | **95** |
| **94** |  | 3.22 | 94 | 14.40 | - | 21.2 | 49 | 8.70 | 11.3 | 2.03 | 1.78 | 13.40 | 14.10 | 55.00 | 43.00 | 6.20 | **94** |
| **93** |  | 3.19 | 93 | 14.20 | 78 | 21.4 | 48 | 8.65 | 11.35 | 2.03.5 | 1.76 | 13.30 | 13.95 | 54.00 | 42.00 | 6.15 | **93** |
| **92** |  | 3.16 | 92 | 14.00 | 77 | 21.6 | 47 | 8.60 | 11.4 | 2.04 | 1.74 | 13.20 | 13.80 | 53.00 | 41.00 | 6.10 | **92** |
| **91** |  | 3.13 | **91** | 13.80 | 76 | 21.8 | 46 | 8.55 | 11.5 | 2.04.5 | 1.72 | 13.10 | 13.65 | 52.00 | 40.00 | 6.05 | **91** |
| **90** |  | 3.10 | 90 | 13.60 | - | 22 | 45 | 8.50 | 11.6 | 2.05 | 1.70 | 13.00 | 13.50 | 51.00 | 39.50 | 6.00 | **90** |
| **89** |  | 3.07 | 89 | 13.40 | **75** | 22.2 | 44 | 8.40 | 11.7 | 2.06 | 1.68 | 12.90 | 13.40 | 50.00 | 39.00 | 5.95 | **89** |
| **88** |  | 3.04 | 88 | 13.20 | 74 | 22.4 | 43 | 8.35 | 11.8 | 2.08 | 1.66 | 12.80 | 13.30 | 49.00 | 38.50 | 5.90 | **88** |
| **87** |  | 3.01 | 87 | 13.00 | 73 | 22.6 | 42 | 8.30 | 11.9 | 2.10 | 1.64 | 12.70 | 13.10 | 48.00 | 38.00 | 5.85 | **87** |
| **86** |  | 2.98 | 86 | 12.80 | - | 22.8 | 41 | 8.20 | 12.00 | 2.12 | 1.62 | 12.60 | 12.80 | 47.00 | 37.50 | 5.80 | **86** |
| **85** |  | 2.95 | 85 | 12.60 | 72 | 23 | 40 | 8.15 | 12.1 | 2.13 | 1.60 | 12.50 | 12.50 | 46.00 | 37.00 | 5.75 | **85** |
| **84** |  | 2.92 | 84 | 12.40 | 71 | 23.2 | 39 | 8.10 | 12.2 | 2.14 | 1.59 | 12.40 | 12..30 | 45.00 | 36.50 | 5.70 | **84** |
| **83** |  | 2.89 | 83 | 12.20 | 70 | 23.4 | 38 | 8.00 | 12.3 | 2.15 | 1.58 | 12.30 | 12.10 | 44.00 | 36.00 | 5.65 | **83** |
| **82** |  | 2.86 | 82 | 12.00 | 69 | 23.6 | 37 | 7.90 | 12.4 | 2.16 | 1.57 | 12.10 | 11.80 | 43.00 | 35.50 | 5.60 | **82** |
| **81** |  | 2.83 | 81 | 11.85 | - | 23.8 | 36 | 7.80 | 12.5 | 2.17 | 1.56 | 11.90 | 11.40 | 42.00 | 35.00 | 5.55 | **81** |
| **80** |  | 2.80 | 80 | 11.75 | 68 | 24 | 34 | 7.70 | 12.6 | 2.18 | 1.55. | 11.70 | 11.20 | 41.00 | 34.50 | 5.50 | **80** |
| **79** |  | 2.75 | 79 | 11.65 | 67 | 24.2 | 32 | 7.60 | 12.7 | 2.20 | 1.54 | 11.50 | 11.00 | 40.00 | 34.00 | 5.45 | **79** |
| **78** |  | 2.70 | 78 | 11.50 | 66 | 24.4 | 30 | 7.50 | 12.8 | 2.21 | 1.53 | 11.30 | 10.90 | 39.00 | 33.50 | 5.40 | **78** |
| **77** |  | 2.65 | 77 | 11.35 | 65 | 24.6 | 29 | 7.40 | 12.85 | 2.23 | 1.52 | 11.10 | 10.80 | 38.00 | 33.00 | 5.35 | **77** |
| **76** |  | 2.60 | 76 | 11.25 | 64 | 24.8 | 28 | 7.30 | 12.9 | 2.24 | 1.51 | 10.90 | 10.70 | 37.00 | 32.50 | 5.30 | **76** |
| **75** |  | 2.55 | 75 | 11.15 | 63 | 25 | 27 | 7.20 | 13.00 | 2.26 | 1.50 | 10.75 | 10.60 | 36.00 | 32.00 | 5.25 | **75** |
| **74** |  | 2.52 | 74 | 11.00 | 62 | 25.2 | 26 | 7.10 | 13.05 | 2.27 | 1.48 | 10.60 | 10.50 | 35.00 | 31.50 | 5.20 | **74** |
| **73** |  | 2.49 | 73 | 10.85 | 61 | 25.4 | 25 | 7.05 | 13.1 | 2.28 | 1.46 | 10.45 | 10.40 | 34.00 | 31.00 | 5.15 | **73** |
| **72** |  | 2.46 | 72 | 10.75 | - | 25.6 | 24.5 | 7.00 | 13.2 | 2.30 | 1.44 | 10.30 | 10.30 | 33.00 | 30.50 | 5.10 | **72** |
| **71** |  | 2.43 | 71 | 10.65 | 60 | 25.8 | 24 | 6.95 | 13.3 | 2.32 | 1.42 | 10.15 | 10.20 | 32.00 | 30.00 | 5.05 | **71** |
| **70** |  | 2.40 | 70 | 10.50 | 59 | 26 | 23.5 | 6.85 | 13.4 | 2.34 | 1.40 | 10.00 | 10.10 | 31.00 | 29.00 | 5.00 | **70** |
| **69** |  | 2.37 | 69 | 10.35 | - | 26.2 | 23 | 6.75 | 13.5 | 2.36 | 1.39 | 9.90 | 10.00 | 30.50 | 28.00 | 4.95 | **69** |
| **68** |  | 2.34 | 68 | 10.25 | 58 | 26.4 | 22.5 | 6.65 | 13.6 | 2.38 | 1.38 | 9.80 | 9.50 | 30.00 | 27.00 | 4.90 | **68** |
| **67** |  | 2.31 | 67 | 10.15 | 57 | 26.6 | 22.25 | 6.55 | 13.7 | 2.40 | 1.37 | 9.70 | 9.40 | 29.50 | 26.00 | 4.85 | **67** |
| **66** |  | 2.28 | 66 | 10.00 | - | 26.8 | 22 | 6.45 | 13.8 | 2.42 | 1.36 | 9.60 | 9.25 | 29.00 | 25.00 | 4.80 | **66** |
| **65** |  | 2.25 | 65 | 9.75 | 56 | 27 | 21.5 | 6.36 | 13.9 | 2.44 | 1.34 | 9.50 | 9.10 | 28.50 | 24.50 | 4.75 | **65** |
| **64** |  | 2.22 | 64 | 9.50 | 55 | 27.2 | 21.25 | 6.28 | 14.00 | 2.46 | 1.32 | 9.40 | 8.95 | 28.00 | 24.00 | 4.70 | **64** |
| **63** |  | 2.19 | 63 | 9.35 | - | 27.4 | 21 | 6.20 | 14.1 | 2.47 | 1.30 | 9.30 | 8.80 | 27.50 | 23.50 | 4.65 | **63** |
| **62** |  | 2.16 | 62 | 9.25 | 54 | 27.6 | 20.5 | 6.12 | 14.2 | 2.48 | 1.28 | 9.20 | 8.65 | 27.00 | 23.00 | 4.60 | **62** |
| **61** |  | 2.13 | 61 | 9.15 | 53 | 27.8 | 20.25 | 6.04 | 14.3 | 2.49 | 1.26 | 9.10 | 8.50 | 26.50 | 22.50 | 4.55 | **61** |
| **60** |  | 2.10 | 60 | 9.00 | - | 28 | 20 | 5.96 | 14.4 | 2.50 | 1.25 | 9.00 | 8.35 | 26.00 | 22.00 | 4.50 | **60** |
| **59** |  | 2.07 | 59 | 8.85 | 52 | 28.2 | 19.5 | 5.88 | 14.5 | 2.52 | 1.24 | 8.90 | 8.20 | 25.50 | 21.50 | 4.45 | **59** |
| **58** |  | 2.04 | 58 | 8.75 | 51 | 28.4 | 19.25 | 5.80 | 14.6 | 2.54 | 1.23 | 8.80 | 8.05 | 25.00 | 21.00 | 4.40 | **58** |
| **57** |  | 2.01 | 57 | 8.50 | - | 28.6 | 19 | 5.72 | 14.7 | 2.56 | 1.22 | 8.70 | 7.90 | 24.50 | 20.50 | 4.35 | **57** |
| **56** |  | 1.98 | 56 | 8.25 | 50 | 28.8 | 18.5 | 5.64 | 14.8 | 2.58 |  | 8.60 | 7.80 | 24.00 | 20.00 | 4.30 | **56** |
| **55** |  | 1.95 | 55 | 8.00 | 49 | 29 | 18.25 | 5.56 | 14.9 | 3.00 | 1.21 | 8.50 | 7.70 | 23.50 | 19.50 | 4.25 | **55** |
| **54** |  | 1.92 | 54 | 7.85 | 48 | 29.2 | 18 | 5.48 | 15.00 | 3.02 | 1.20 | 8.40 | 7.60 | 23.00 | 19.00 | 4.20 | **54** |
| **53** |  | 1.89 | 53 | 7.75 | 47 | 29.4 | 17.5 | 5.40 | 15.2 | 3.04 | 1.19 | 8.30 | 7.50 | 22.5 | 18.70 | 4.15 | **53** |
| **52** |  | 1.86 | 52 | 7.50 | 46 | 29.6 | 17.25 | 5.34 | 15.3 | 3.06 | 1.18 | 8.20 | 7.40 | 22.00 | 18.3 | 4.10 | **52** |
| **51** |  | 1.83 | 51 | .35 | 45 | 29.8 | 17 | 5.28 | 15.35 | 3.08 | 1.17 | 8.10 | 7.30 | 21.75 | 18.00 | 4.05 | **51** |
| **50** | 80 | 1.80 | 50 | 7.25 | 44 | 30 | 16.5 | 5.22 | 15.4 | 3.10 |  | 8.00 | 7.20 | 21.50 | 17.5 | 4.00 | **50** |
| **49** | 78 | 1.78 | 49 | 7.00 | 43 | 30.2 | 16.25 | 5.16 | 15.5 | 3.12 | 1.16 | 7.90 | 7.10 | 21.25 | 17.00 | 3.95 | **49** |
| **48** | 76 | 1.76 | - | 6.85 | 42 | 30.4 | 16 | 5.10 | 15.55 | 3.14 | 1.15 | 7.80 | 7.00 | 21.00 | 16.70 | 3.90 | **48** |
| **47** | 74 | 1.74 | 48 | 6.75 | 41 | 30.6 | 15.5 | 5.04 | 15.6 | 3.16 |  | 7.70 | 6.90 | 20.75 | 16.30 | 3.85 | **47** |
| **46** | 72 | 1.72 | - | 6.50 | 40 | 30.8 | 15.25 | 4.98 | 15.7 | 3.18 | 1.14 | 7.60 | 6.80 | 20.50 | 16.00 | 3.80 | **46** |
| **45** | 70 | 1.70 | 47 | 6.35 | - | 31 | 15 | 4.92 | 15.75 | 3.20 | 1.13 | 7.50 | 6.70 | 20.25 | 15.70 | 3.75 | **45** |
| **44** | 68 | 1.68 | 46 | 6.25 | 39 | 31.2 | 14.5 | 4.86 | 15.8 | 3.21 |  | 7.40 | 6.60 | 20.00 | 15.30 | 3.70 | **44** |
| **43** | 67 | 1.66 | 45 | 6.10 | 38 | 31.4 | 14.25 | 4.80 | 15.9 | 3.22 | 1.12 | 7.30 | 6.50 | 19.50 | 15.00 | 3.65 | **43** |
| **42** | 66 | 1.64 | 44 | 6.00 | - | 31.6 | 14 | 4.75 | 15.95 | 3.23 | 1.11 | 7.20 | 6.40 | 19.00 | 14.70 | 3.60 | **42** |
| **41** | 65 | 1.62 | 43 | 5.85 | 37 | 31.8 | 13.5 | 4.70 | 16.00 | 3.24 |  | 7.10 | 6.30 | 18.50 | 14.30 | 3.57 | **41** |
| **40** | 64 | 1.60 | 42 | 5.75 | 36 | 32 | 13.25 | 4.64 | 16.1 | 3.25 | 1.10 | 7.00 | 6.20 | 18.00 | 14.00 | 3.53 | **40** |
| **39** | 63 | 1.59 | 41 | 5.60 | - | 32.2 | 13 | 4.60 | 16.2 | 3.26 | 1.09 | 6.90 | 6.10 | 17.75 | 13.75 | 3.50 | **39** |
| **38** | 61 | 1.58 | 40 | 5.50 | 35 | 32.4 | 12.5 | 4.55 | 16.3 | 3.27 | 1.08 | 6.80 | 6.00 | 17.50 | 13.50 | 3.47 | **38** |
| **37** | 60 | 1.57 | 39 | 5.40 | 34 | 322.6 | 12.25 | 4.50 | 16.4 | 3.28 | 1.07 | 6.70 | 5.90 | 17.25 | 13.25 | 3.43 | **37** |
| **36** | 59 | 1.56 | 38 | 5.25 | - | 32.8 | 12 | 4.45 | 16.5 | 3.29 | 1.06 | 6.60 | 5.80 | 17.00 | 13.00 | 3.40 | **36** |
| **35** | 57 | 1.55 | 37 | 5.20 | 33 | 33 | 11.5 | 4.40 | 16.6 | 3.30 | 1.05 | 6.50 | 5.70 | 16.50 | 12.70 | 3.37 | **35** |
| **34** | 55 | 1.54 | 36 | 5.10 | 32 | 33.2 | 11.25 | 4.35 | 16.7 | 3.32 | 1.04 | 6.40 | 5.60 | 16.00 | 12.30 | 3.33 | **34** |
| **33** | 54 | 1.53 | 35 | 5.00 | - | 33.4 | 11 | 4.30 | 16.8 | 3.34 | 1.03 | 6.30 | 5.50 | 15.50 | 12.00 | 3.30 | **33** |
| **32** | 52 | 1.52 | 34 | 4.85 | 31 | 33.6 | 10.5 | 4.25 | 16.9 | 3.36 | 1.02 | 6.20 | 5.40 | 15.00 | 11.70 | 3.27 | **32** |
| **31** | 50 | 1.51 | 33 | 4.75 | 30 | 33.8 | 10.25 | 4.20 | 17.00 | 3.38 | 1.01 | 6.10 | 5.30 | 14.50 | 11.30 | 3.23 | **31** |
| **30** | 49 | 1.50 | 32 | 4.70 | 29 | 34 | 10 | 4.15 | 17.1 | 3.40 | 1.00 | 6.00 | 5.20 | 14.00 | 11.00 | 3.20 | **30** |
| **29** | 47 | 1.48 | 31 | 4.60 | - | 34.2 | 9.5 | 4.10 | 17.2 | 3.44 | 0.98 | 5.9 | 5.10 | 13.5 | 10.75 | 3.17 | **29** |
| **28** | 45 | 1.46 | 30 | 4.50 | 28 | 34.4 | 9.25 | 4.05 | 17.4 | 3.48 | 0.96 | 5.8 | 5.00 | 13.00 | 10.5 | 3.13 | **28** |
| **27** | 44 | 1.44 | 29 | 4.40 | 27 | 34.6 | 9 | 4.00 | 17.6 | 3.52 | 0.94 | 5.7 | 4.95 | 12.50 | 10.25 | 3.10 | **27** |
| **26** | 42 | 1.42 | 28 | 4.30 | 26 | 34.8 | 8.5 | 3.95 | 17.8 | 3.56 | 0.92 | 5.6 | 4.90 | 12.00 | 10.00 | 3.07 | **26** |
| **25** | 40 | 1.40 | 27 | 4.25 | - | 35 | 8.25 | 3.90 | 18.00 | 4.00 | 0.90 | 5.5 | 4.85 | 11.50 | 9.75 | 3.03 | **25** |
| **24** | 39 | 1.38 | 26 | 4.20 | 25 | 35.5 | 8 | 3.80 | 18.2 | 4.04 | 0.88 | 5.4 | 4.80 | 11.00 | 9.50 | 3.00 | **24** |
| **23** | 37 | 1.36 | - | 4.10 | 24 | 36 | 7.75 | 3.70 | 18.4 | 4.08 | 0.86 | 5.3 | 4.75 | 10.50 | 9.25 | 2.98 | **23** |
| **22** | 35 | 1.34 | 25 | 4.00 | 23 | 36.5 | 7.5 | 3.60 | 18.6 | 4.12 | 0.84 | 5.2 | 4.70 | 10.00 | 9.00 | 2.96 | **22** |
| **21** | 34 | 1.32 | 24 | 3.90 | - | 37 | 7.25 | 3.50 | 18.8 | 4.16 | 0.82 | 5.1 | 4.60 | 9.5 | 8.5 | 2.93 | **21** |
| **20** | 32 | 1.30 | 23 | 3.80 | 22 | 37.5 | 7 | 3.40 | 19.00 | 4.20 | 0.80 | 5.00 | 4.50 | 9.00 | 8.00 | 2.90 | **20** |
| **19** | 30 | 1.25 | 22 | 3.75 | - | 38 | 6.75 | 3.30 | 19.2 | 4.24 | 0.75 | 4.8 | 4.40 | 8.5 | 7.50 | 2.85 | **19** |
| **18** | 28 | 1.20 | - | 3.70 | 21 | 38.5 | 6.5 | 3.20 | 19.4 | 4.28 | 0.70 | 4.6 | 4.30 | 8.00 | 7.00 | 2.80 | **18** |
| **17** | 26 | 1.15 | 21 | 3.60 | - | 39 | 6.25 | 3.10 | 19.6 | 4.32 | 0.65 | 4.4 | 4.20 | 7.5 | 6.50 | 2.75 | **17** |
| **16** | 24 | 1.10 | 20 | 3.50 | 20 | 39.5 | 6 | 3.00 | 19.8 | 4.36 | 0.60 | 4.2 | 4.10 | 7.00 | 6.00 | 2.70 | **16** |
| **15** | 22 | 1.05 | 19 | 3.40 | 19 | 40 | 5.75 | 2.90 | 20.00 | 4.40 | 0.55 | 4.00 | 4.00 | 6.5 | 5.50 | 2.65 | **15** |
| **14** | 21 | 1.00 | 18 | 3.35 | 18 | 40.5 | 5.5 | 2.80 | 20.2 | 4.45 | 0.50 | 3.75 | 3.75 | 6.00 | 5.00 | 2.60 | **14** |
| **13** | 20 | 0.95 | 17 | 3.25 | 17 | 41 | 5.25 | 2.70 | 20.4 | 4.50 | 0.45 | 3.5 | 3.50 | 5.5 | 4.50 | 2.55 | **13** |
| **12** | 18 | 0.90 | 16 | 3.20 | 16 | 42 | 5 | 2.60 | 20.6 | 4.55 | 0.4 | 3.00 | 3.25 | 5.00 | 4.00 | 2.50 | **12** |
| **11** | 16 | 0.85 | 15 | 3.10 | 15 | 43 | 4.75 | 2.50 | 20.8 | 5.00 | 0.3 | 2.50 | 3.00 | 4.5 | 3.70 | 2.45 | **11** |
| **10** | 14 | 0.80 | 14 | 3.00 | 14 | 44 | 4.5 | 2.40 | 21.00 | 5.05 |  | 2.4 | 2.75 | 4.00 | 3.30 | 2.40 | **10** |
| **9** | 12 | 0.75 | 13 | 2.90 | 13 | 45 | 4.25 | 2.20 | 21.2 | 5.10 |  | 2.3 | 2.50 | 3.75 | 3.00 | 2.30 | **9** |
| **8** | 11 | 0.70 | 12 | 2.75 | 12 | 46 | 4 | 2.00 | 21.4 | 5.15 | 0.25 | 2.2 | 2.25 | 3.50 | 2.70 | 2.20 | **8** |
| **7** | 9 | 0.65 | 11 | 2.60 | 11 | 48 | 3.75 | 1.90 | 21.6 | 5.20 |  | 2.1 | 2.00 | 3.25 | 2.30 | 2.10 | **7** |
| **6** | 8 | 0.60 | 10 | 2.50 | 10 | 50 | 3.5 | 1.80 | 21.8 | 5.25 |  | 2.0 | 1.75 | 3.00 | 2.00 | 2.00 | **6** |
| **5** | 7 | 0.55 | 9 | 2.25 | 9 | 52 | 3.25 | 1.70 | 22.00 | 5.30 | 0.2 | 1.9 | 1.50 | 2.75 | 1.75 | 1.90 | **5** |
| **4** | 5 | 0.50 | 8 | 2.00 | 8 | 54 | 3 | 1.50 | 22.1 | 5.35 |  | 1.8 | 1.25 | 2.50 | 1.5 | 1.80 | **4** |
| **3** | 3 | 0.45 | 6 | 1.75 | 7 | 56 | 2.5 | 1.30 | 22.4 | 5.40 | 0.15 | 1.7 | 1.00 | 2.25 | 1.25 | 1.60 | **3** |
| **2** | 2 | 0.40 | 4 | 1.60 | 6 | 58 | 2 | 1.10 | 22.7 | 5.45 |  | 1.6 | 0.75 | 2.00 | 1.00 | 1.50 | **2** |
| **1** | 1 | 0.35 | 3 | 1.50 | 4 | 60 | 1 | 1.00 | 23.00 | 5.50 | 0.1 | 1.50 | 0.50 | 1.5 | 0.5 | 1.00 | **1** |