

# 7th Grade Running

## Rubrics

### **Mile Run/Figure 8:**

5 points = 11:00 minutes or less

4 points = 11:01 to 12:00

3 points = 12:01 to 13:00

2 points = 13:01 to 14:00

1 point = 14:01 to 16:00

### **PACER:**

5 points = 30 plus laps

4 points = 25 to 29 laps

3 points = 20 to 24 laps

2 points = 15 to 19 laps

1 point = 5 to 14 laps



