

## EXTENDED MILE RUN TIMES FOR COLOR GUARD COMPETITION

Mile Run			Mile Run		
M	F	Point Value	M	F	Point Value
0:00	0:00	0	4:02:00	5:32:00	149
3:00:00	3:00:00	165	4:03:00	5:33:00	149
	4:45:00	165	4:04:00	5:34:00	148
	4:46:00	164	4:05:00	5:35:00	148
	4:47:00	164	4:06:00	5:36:00	148
	4:48:00	164	4:07:00	5:37:00	147
	4:49:00	163	4:08:00	5:38:00	147
	4:50:00	163	4:09:00	5:39:00	147
	4:51:00	163	4:10:00	5:40:00	146
	4:52:00	162	4:11:00	5:41:00	146
	4:53:00	162	4:12:00	5:42:00	146
	4:54:00	162	4:13:00	5:43:00	145
	4:55:00	161	4:14:00	5:44:00	145
	4:56:00	161	4:15:00	5:45:00	145
	4:57:00	161	4:16:00	5:46:00	144
	4:58:00	160	4:17:00	5:47:00	144
	4:59:00	160	4:18:00	5:48:00	144
3:30:00	5:00:00	160	4:19:00	5:49:00	143
3:31:00	5:01:00	159	4:20:00	5:50:00	143
3:32:00	5:02:00	159	4:21:00	5:51:00	143
3:33:00	5:03:00	159	4:22:00	5:52:00	142
3:34:00	5:04:00	158	4:23:00	5:53:00	142
3:35:00	5:05:00	158	4:24:00	5:54:00	142
3:36:00	5:06:00	158	4:25:00	5:55:00	141
3:37:00	5:07:00	157	4:26:00	5:56:00	141
3:38:00	5:08:00	157	4:27:00	5:57:00	141
3:39:00	5:09:00	157	4:28:00	5:58:00	140
3:40:00	5:10:00	156	4:29:00	5:59:00	140
3:41:00	5:11:00	156	4:30:00	6:00:00	140
3:42:00	5:12:00	156	4:31:00	6:01:00	139
3:43:00	5:13:00	155	4:32:00	6:02:00	139
3:44:00	5:14:00	155	4:33:00	6:03:00	139
3:45:00	5:15:00	155	4:34:00	6:04:00	138
3:46:00	5:16:00	154	4:35:00	6:05:00	138
3:47:00	5:17:00	154	4:36:00	6:06:00	138
3:48:00	5:18:00	154	4:37:00	6:07:00	137
3:49:00	5:19:00	153	4:38:00	6:08:00	137
3:50:00	5:20:00	153	4:39:00	6:09:00	137
3:51:00	5:21:00	153	4:40:00	6:10:00	136
3:52:00	5:22:00	152	4:41:00	6:11:00	136
3:53:00	5:23:00	152	4:42:00	6:12:00	136
3:54:00	5:24:00	152	4:43:00	6:13:00	135
3:55:00	5:25:00	151	4:44:00	6:14:00	135
3:56:00	5:26:00	151	4:45:00	6:15:00	135
3:57:00	5:27:00	151	4:46:00	6:16:00	134
3:58:00	5:28:00	150	4:47:00	6:17:00	134
3:59:00	5:29:00	150	4:48:00	6:18:00	134
4:00:00	5:30:00	150	4:49:00	6:19:00	133
4:01:00	5:31:00	149	4:50:00	6:20:00	133

## EXTENDED MILE RUN TIMES FOR COLOR GUARD COMPETITION

Mile Run					Mile Run		
M	F	Point Value			M	F	Point Value
4:51:00	6:21:00	133			5:40:00	7:10:00	116
4:52:00	6:22:00	132			5:41:00	7:11:00	116
4:53:00	6:23:00	132			5:42:00	7:12:00	116
4:54:00	6:24:00	132			5:43:00	7:13:00	115
4:55:00	6:25:00	131			5:44:00	7:14:00	115
4:56:00	6:26:00	131			5:45:00	7:15:00	115
4:57:00	6:27:00	131			5:46:00	7:16:00	114
4:58:00	6:28:00	130			5:47:00	7:17:00	114
4:59:00	6:29:00	130			5:48:00	7:18:00	114
5:00:00	6:30:00	130			5:49:00	7:19:00	113
5:01:00	6:31:00	129			5:50:00	7:20:00	113
5:02:00	6:32:00	129			5:51:00	7:21:00	113
5:03:00	6:33:00	129			5:52:00	7:22:00	112
5:04:00	6:34:00	128			5:53:00	7:23:00	112
5:05:00	6:35:00	128			5:54:00	7:24:00	112
5:06:00	6:36:00	128			5:55:00	7:25:00	111
5:07:00	6:37:00	127			5:56:00	7:26:00	111
5:08:00	6:38:00	127			5:57:00	7:27:00	111
5:09:00	6:39:00	127			5:58:00	7:28:00	110
5:10:00	6:40:00	126			5:59:00	7:29:00	110
5:11:00	6:41:00	126			6:00:00	7:30:00	110
5:12:00	6:42:00	126			6:01:00	7:31:00	109
5:13:00	6:43:00	125			6:02:00	7:32:00	109
5:14:00	6:44:00	125			6:03:00	7:33:00	109
5:15:00	6:45:00	125			6:04:00	7:34:00	108
5:16:00	6:46:00	124			6:05:00	7:35:00	108
5:17:00	6:47:00	124			6:06:00	7:36:00	108
5:18:00	6:48:00	124			6:07:00	7:37:00	107
5:19:00	6:49:00	123			6:08:00	7:38:00	107
5:20:00	6:50:00	123			6:09:00	7:39:00	107
5:21:00	6:51:00	123			6:10:00	7:40:00	106
5:22:00	6:52:00	122			6:11:00	7:41:00	106
5:23:00	6:53:00	122			6:12:00	7:42:00	106
5:24:00	6:54:00	122			6:13:00	7:43:00	105
5:25:00	6:55:00	121			6:14:00	7:44:00	105
5:26:00	6:56:00	121			6:15:00	7:45:00	105
5:27:00	6:57:00	121			6:16:00	7:46:00	104
5:28:00	6:58:00	120			6:17:00	7:47:00	104
5:29:00	6:59:00	120			6:18:00	7:48:00	104
5:30:00	7:00:00	120			6:19:00	7:49:00	103
5:31:00	7:01:00	119			6:20:00	7:50:00	103
5:32:00	7:02:00	119			6:21:00	7:51:00	103
5:33:00	7:03:00	119			6:22:00	7:52:00	102
5:34:00	7:04:00	118			6:23:00	7:53:00	102
5:35:00	7:05:00	118			6:24:00	7:54:00	102
5:36:00	7:06:00	118			6:25:00	7:55:00	101
5:37:00	7:07:00	117			6:26:00	7:56:00	101
5:38:00	7:08:00	117			6:27:00	7:57:00	101
5:39:00	7:09:00	117			6:28:00	7:58:00	100

## EXTENDED MILE RUN TIMES FOR COLOR GUARD COMPETITION

Mile Run					Mile Run		
M	F	Point Value			M	F	Point Value
6:29:00	7:59:00	100			7:18:00	8:48:00	84
6:30:00	8:00:00	100			7:19:00	8:49:00	83
6:31:00	8:01:00	99			7:20:00	8:50:00	83
6:32:00	8:02:00	99			7:21:00	8:51:00	83
6:33:00	8:03:00	99			7:22:00	8:52:00	82
6:34:00	8:04:00	98			7:23:00	8:53:00	82
6:35:00	8:05:00	98			7:24:00	8:54:00	82
6:36:00	8:06:00	98			7:25:00	8:55:00	81
6:37:00	8:07:00	97			7:26:00	8:56:00	81
6:38:00	8:08:00	97			7:27:00	8:57:00	81
6:39:00	8:09:00	97			7:28:00	8:58:00	80
6:40:00	8:10:00	96			7:29:00	8:59:00	80
6:41:00	8:11:00	96			7:30:00	9:00:00	80
6:42:00	8:12:00	96			7:31:00	9:01:00	79
6:43:00	8:13:00	95			7:32:00	9:02:00	79
6:44:00	8:14:00	95			7:33:00	9:03:00	79
6:45:00	8:15:00	95			7:34:00	9:04:00	78
6:46:00	8:16:00	94			7:35:00	9:05:00	78
6:47:00	8:17:00	94			7:36:00	9:06:00	78
6:48:00	8:18:00	94			7:37:00	9:07:00	77
6:49:00	8:19:00	93			7:38:00	9:08:00	77
6:50:00	8:20:00	93			7:39:00	9:09:00	77
6:51:00	8:21:00	93			7:40:00	9:10:00	76
6:52:00	8:22:00	92			7:41:00	9:11:00	76
6:53:00	8:23:00	92			7:42:00	9:12:00	76
6:54:00	8:24:00	92			7:43:00	9:13:00	75
6:55:00	8:25:00	91			7:44:00	9:14:00	75
6:56:00	8:26:00	91			7:45:00	9:15:00	75
6:57:00	8:27:00	91			7:46:00	9:16:00	74
6:58:00	8:28:00	90			7:47:00	9:17:00	74
6:59:00	8:29:00	90			7:48:00	9:18:00	74
7:00:00	8:30:00	90			7:49:00	9:19:00	73
7:01:00	8:31:00	89			7:50:00	9:20:00	73
7:02:00	8:32:00	89			7:51:00	9:21:00	73
7:03:00	8:33:00	89			7:52:00	9:22:00	72
7:04:00	8:34:00	88			7:53:00	9:23:00	72
7:05:00	8:35:00	88			7:54:00	9:24:00	72
7:06:00	8:36:00	88			7:55:00	9:25:00	71
7:07:00	8:37:00	87			7:56:00	9:26:00	71
7:08:00	8:38:00	87			7:57:00	9:27:00	71
7:09:00	8:39:00	87			7:58:00	9:28:00	70
7:10:00	8:40:00	86			7:59:00	9:29:00	70
7:11:00	8:41:00	86			8:00:00	9:30:00	70
7:12:00	8:42:00	86			8:01:00	9:31:00	69
7:13:00	8:43:00	85			8:02:00	9:32:00	69
7:14:00	8:44:00	85			8:03:00	9:33:00	69
7:15:00	8:45:00	85			8:04:00	9:34:00	68
7:16:00	8:46:00	84			8:05:00	9:35:00	68
7:17:00	8:47:00	84			8:06:00	9:36:00	68

## EXTENDED MILE RUN TIMES FOR COLOR GUARD COMPETITION

Mile Run					Mile Run		
M	F	Point Value			M	F	Point Value
8:07:00	9:37:00	67			8:56:00	10:26:00	51
8:08:00	9:38:00	67			8:57:00	10:27:00	51
8:09:00	9:39:00	67			8:58:00	10:28:00	50
8:10:00	9:40:00	66			8:59:00	10:29:00	50
8:11:00	9:41:00	66			9:00:00	10:30:00	50
8:12:00	9:42:00	66			9:01:00	10:31:00	49
8:13:00	9:43:00	65			9:02:00	10:32:00	49
8:14:00	9:44:00	65			9:03:00	10:33:00	49
8:15:00	9:45:00	65			9:04:00	10:34:00	48
8:16:00	9:46:00	64			9:05:00	10:35:00	48
8:17:00	9:47:00	64			9:06:00	10:36:00	48
8:18:00	9:48:00	64			9:07:00	10:37:00	47
8:19:00	9:49:00	63			9:08:00	10:38:00	47
8:20:00	9:50:00	63			9:09:00	10:39:00	47
8:21:00	9:51:00	63			9:10:00	10:40:00	46
8:22:00	9:52:00	62			9:11:00	10:41:00	46
8:23:00	9:53:00	62			9:12:00	10:42:00	46
8:24:00	9:54:00	62			9:13:00	10:43:00	45
8:25:00	9:55:00	61			9:14:00	10:44:00	45
8:26:00	9:56:00	61			9:15:00	10:45:00	45
8:27:00	9:57:00	61			9:16:00	10:46:00	44
8:28:00	9:58:00	60			9:17:00	10:47:00	44
8:29:00	9:59:00	60			9:18:00	10:48:00	44
8:30:00	10:00:00	60			9:19:00	10:49:00	43
8:31:00	10:01:00	59			9:20:00	10:50:00	43
8:32:00	10:02:00	59			9:21:00	10:51:00	43
8:33:00	10:03:00	59			9:22:00	10:52:00	42
8:34:00	10:04:00	58			9:23:00	10:53:00	42
8:35:00	10:05:00	58			9:24:00	10:54:00	42
8:36:00	10:06:00	58			9:25:00	10:55:00	41
8:37:00	10:07:00	57			9:26:00	10:56:00	41
8:38:00	10:08:00	57			9:27:00	10:57:00	41
8:39:00	10:09:00	57			9:28:00	10:58:00	40
8:40:00	10:10:00	56			9:29:00	10:59:00	40
8:41:00	10:11:00	56			9:30:00	11:00:00	40
8:42:00	10:12:00	56			9:31:00	11:01:00	39
8:43:00	10:13:00	55			9:32:00	11:02:00	39
8:44:00	10:14:00	55			9:33:00	11:03:00	39
8:45:00	10:15:00	55			9:34:00	11:04:00	38
8:46:00	10:16:00	54			9:35:00	11:05:00	38
8:47:00	10:17:00	54			9:36:00	11:06:00	38
8:48:00	10:18:00	54			9:37:00	11:07:00	37
8:49:00	10:19:00	53			9:38:00	11:08:00	37
8:50:00	10:20:00	53			9:39:00	11:09:00	37
8:51:00	10:21:00	53			9:40:00	11:10:00	36
8:52:00	10:22:00	52			9:41:00	11:11:00	36
8:53:00	10:23:00	52			9:42:00	11:12:00	36
8:54:00	10:24:00	52			9:43:00	11:13:00	35
8:55:00	10:25:00	51			9:44:00	11:14:00	35

## EXTENDED MILE RUN TIMES FOR COLOR GUARD COMPETITION

	Mile Run						
M	F	Point Value					
9:45:00	11:16:00	35					
9:46:00	11:17:00	34					
9:47:00	11:18:00	34					
9:48:00	11:19:00	34					
9:49:00	11:20:00	33					
9:50:00	11:21:00	33					
9:51:00	11:22:00	33					
9:52:00	11:23:00	32					
9:53:00	11:24:00	32					
9:54:00	11:25:00	32					
9:55:00	11:26:00	31					
9:56:00	11:27:00	31					
9:57:00	11:28:00	31					
9:58:00	11:29:00	30					
9:59:00	11:30:00	30					
10:00:00	11:31:00	30					
10:01:00	11:32:00	29					
10:02:00	11:33:00	29					
10:03:00	11:34:00	29					
10:04:00	11:35:00	28					
10:05:00	11:36:00	28					
10:06:00	11:37:00	28					
10:07:00	11:38:00	27					
10:08:00	11:39:00	27					
10:09:00	11:40:00	27					
10:10:00	11:41:00	26					
10:11:00	11:42:00	26					
10:12:00	11:43:00	26					
10:13:00	11:44:00	25					
10:14:00	11:45:00	25					
10:15:00	11:46:00	25					
10:16:00	30:00:00	0					
30:00:00		0					