

| 2-MILE RUN STANDARDS |     |       |    |       |     |       |    |       |    |       |   |           |       |       |     |       |     |       |     |       |   |     |   |           |   |   |
|----------------------|-----|-------|----|-------|-----|-------|----|-------|----|-------|---|-----------|-------|-------|-----|-------|-----|-------|-----|-------|---|-----|---|-----------|---|---|
| AGE GROUP            |     | 17-21 |    | 22-26 |     | 27-31 |    | 32-36 |    | 37-41 |   | AGE GROUP |       | 42-46 |     | 47-51 |     | 52-56 |     | 57-61 |   | 62+ |   | AGE GROUP |   |   |
| Time                 | M   | F     | M  | F     | M   | F     | M  | F     | M  | F     | M | F         | Time  | M     | F   | M     | F   | M     | F   | M     | F | M   | F | Time      | M | F |
| 12:54                |     |       |    |       |     |       |    |       |    |       |   |           | 12:54 |       |     |       |     |       |     |       |   |     |   | 12:54     |   |   |
| 13:00                | 100 |       |    | 100   |     |       |    |       |    |       |   |           | 13:00 |       |     |       |     |       |     |       |   |     |   | 13:00     |   |   |
| 13:06                | 99  |       |    | 99    |     |       |    |       |    |       |   |           | 13:06 |       |     |       |     |       |     |       |   |     |   | 13:06     |   |   |
| 13:12                | 97  |       |    | 96    |     |       |    |       |    |       |   |           | 13:12 |       |     |       |     |       |     |       |   |     |   | 13:12     |   |   |
| 13:18                | 96  |       |    | 97    |     | 100   |    | 100   |    |       |   |           | 13:18 |       |     |       |     |       |     |       |   |     |   | 13:18     |   |   |
| 13:24                | 94  |       |    | 96    |     | 99    |    | 99    |    |       |   |           | 13:24 |       |     |       |     |       |     |       |   |     |   | 13:24     |   |   |
| 13:30                | 93  |       |    | 94    |     | 96    |    | 96    |    |       |   |           | 13:30 |       |     |       |     |       |     |       |   |     |   | 13:30     |   |   |
| 13:36                | 92  |       |    | 93    |     | 97    |    | 97    |    | 100   |   |           | 13:36 |       |     |       |     |       |     |       |   |     |   | 13:36     |   |   |
| 13:42                | 90  |       |    | 92    |     | 96    |    | 96    |    | 99    |   |           | 13:42 |       |     |       |     |       |     |       |   |     |   | 13:42     |   |   |
| 13:48                | 89  |       |    | 91    |     | 95    |    | 95    |    | 98    |   |           | 13:48 |       |     |       |     |       |     |       |   |     |   | 13:48     |   |   |
| 13:54                | 88  |       |    | 90    |     | 94    |    | 95    |    | 97    |   |           | 13:54 |       |     |       |     |       |     |       |   |     |   | 13:54     |   |   |
| 14:00                | 86  |       |    | 89    |     | 92    |    | 94    |    | 97    |   |           | 14:00 |       |     |       |     |       |     |       |   |     |   | 14:00     |   |   |
| 14:06                | 85  |       |    | 88    |     | 91    |    | 93    |    | 96    |   |           | 14:06 | 100   |     |       |     |       |     |       |   |     |   | 14:06     |   |   |
| 14:12                | 83  |       |    | 87    |     | 90    |    | 92    |    | 95    |   |           | 14:12 | 99    |     |       |     |       |     |       |   |     |   | 14:12     |   |   |
| 14:18                | 82  |       |    | 86    |     | 89    |    | 91    |    | 94    |   |           | 14:18 | 98    |     |       |     |       |     |       |   |     |   | 14:18     |   |   |
| 14:24                | 81  |       |    | 84    |     | 88    |    | 90    |    | 93    |   |           | 14:24 | 97    |     | 100   |     |       |     |       |   |     |   | 14:24     |   |   |
| 14:30                | 79  |       |    | 83    |     | 87    |    | 89    |    | 92    |   |           | 14:30 | 97    |     | 99    |     |       |     |       |   |     |   | 14:30     |   |   |
| 14:36                | 78  |       |    | 82    |     | 86    |    | 88    |    | 91    |   |           | 14:36 | 96    |     | 98    |     |       |     |       |   |     |   | 14:36     |   |   |
| 14:42                | 77  |       |    | 81    |     | 85    |    | 87    |    | 91    |   |           | 14:42 | 95    |     | 98    |     | 100   |     |       |   |     |   | 14:42     |   |   |
| 14:48                | 75  |       |    | 80    |     | 84    |    | 86    |    | 90    |   |           | 14:48 | 94    |     | 97    |     | 99    |     |       |   |     |   | 14:48     |   |   |
| 14:54                | 74  |       |    | 79    |     | 83    |    | 85    |    | 89    |   |           | 14:54 | 93    |     | 96    |     | 98    |     |       |   |     |   | 14:54     |   |   |
| 15:00                | 72  |       |    | 78    |     | 82    |    | 85    |    | 88    |   |           | 15:00 | 92    |     | 95    |     | 98    |     |       |   |     |   | 15:00     |   |   |
| 15:06                | 71  |       |    | 77    |     | 81    |    | 84    |    | 87    |   |           | 15:06 | 91    |     | 95    |     | 97    |     |       |   |     |   | 15:06     |   |   |
| 15:12                | 70  |       |    | 76    |     | 79    |    | 83    |    | 86    |   |           | 15:12 | 90    |     | 94    |     | 96    |     |       |   |     |   | 15:12     |   |   |
| 15:18                | 68  |       |    | 74    |     | 78    |    | 82    |    | 86    |   |           | 15:18 | 90    |     | 93    |     | 96    |     | 100   |   |     |   | 15:18     |   |   |
| 15:24                | 67  |       |    | 73    |     | 77    |    | 81    |    | 85    |   |           | 15:24 | 89    |     | 92    |     | 95    |     | 99    |   |     |   | 15:24     |   |   |
| 15:30                | 66  |       |    | 72    |     | 76    |    | 80    |    | 84    |   |           | 15:30 | 88    |     | 91    |     | 94    |     | 98    |   |     |   | 15:30     |   |   |
| 15:36                | 64  | 100   |    | 71    | 100 | 75    |    | 79    |    | 83    |   |           | 15:36 | 87    |     | 91    |     | 93    |     | 97    |   |     |   | 15:36     |   |   |
| 15:42                | 63  | 99    | 70 | 99    | 74  |       | 78 |       | 82 |       |   |           | 15:42 | 86    |     | 90    |     | 92    |     | 97    |   | 100 |   | 15:42     |   |   |
| 15:48                | 61  | 98    | 69 | 98    | 73  | 100   | 77 |       | 81 |       |   |           | 15:48 | 85    |     | 89    |     | 91    |     | 96    |   | 99  |   | 15:48     |   |   |
| 15:54                | 60  | 96    | 68 | 97    | 72  | 99    | 76 | 100   | 80 |       |   |           | 15:54 | 84    |     | 88    |     | 91    |     | 95    |   | 98  |   | 15:54     |   |   |
| 16:00                | 59  | 95    | 67 | 96    | 71  | 98    | 75 | 99    | 80 |       |   |           | 16:00 | 83    |     | 87    |     | 90    |     | 94    |   | 97  |   | 16:00     |   |   |
| 16:06                | 57  | 94    | 66 | 95    | 70  | 97    | 75 | 99    | 79 |       |   |           | 16:06 | 83    |     | 87    |     | 89    |     | 93    |   | 96  |   | 16:06     |   |   |
| 16:12                | 56  | 93    | 64 | 94    | 69  | 97    | 74 | 98    | 78 |       |   |           | 16:12 | 82    |     | 86    |     | 88    |     | 92    |   | 95  |   | 16:12     |   |   |
| 16:18                | 54  | 92    | 63 | 93    | 68  | 96    | 73 | 97    | 77 |       |   |           | 16:18 | 81    |     | 85    |     | 87    |     | 91    |   | 94  |   | 16:18     |   |   |
| 16:24                | 53  | 90    | 62 | 92    | 66  | 95    | 72 | 97    | 76 |       |   |           | 16:24 | 80    |     | 84    |     | 87    |     | 90    |   | 93  |   | 16:24     |   |   |
| 16:30                | 52  | 89    | 61 | 91    | 65  | 94    | 71 | 96    | 75 |       |   |           | 16:30 | 79    |     | 84    |     | 86    |     | 90    |   | 93  |   | 16:30     |   |   |
| 16:36                | 50  | 88    | 60 | 90    | 64  | 93    | 70 | 95    | 74 |       |   |           | 16:36 | 78    |     | 83    |     | 85    |     | 89    |   | 92  |   | 16:36     |   |   |
| 16:42                | 49  | 87    | 59 | 89    | 63  | 92    | 69 | 94    | 74 |       |   |           | 16:42 | 77    |     | 82    |     | 84    |     | 88    |   | 91  |   | 16:42     |   |   |
| 16:48                | 48  | 85    | 58 | 88    | 62  | 91    | 68 | 94    | 73 |       |   |           | 16:48 | 77    |     | 81    |     | 84    |     | 87    |   | 90  |   | 16:48     |   |   |
| 16:54                | 46  | 84    | 57 | 87    | 61  | 91    | 67 | 93    | 72 |       |   |           | 16:54 | 76    |     | 80    |     | 83    |     | 86    |   | 89  |   | 16:54     |   |   |
| 17:00                | 45  | 83    | 56 | 86    | 60  | 90    | 66 | 92    | 71 | 100   |   |           | 17:00 | 75    |     | 80    |     | 82    |     | 85    |   | 88  |   | 17:00     |   |   |
| 17:06                | 43  | 82    | 54 | 85    | 59  | 89    | 65 | 92    | 70 | 99    |   |           | 17:06 | 74    |     | 79    |     | 81    |     | 84    |   | 87  |   | 17:06     |   |   |
| 17:12                | 42  | 81    | 53 | 84    | 58  | 88    | 65 | 91    | 69 | 99    |   |           | 17:12 | 73    |     | 78    |     | 80    |     | 83    |   | 86  |   | 17:12     |   |   |
| 17:18                | 41  | 79    | 52 | 83    | 57  | 87    | 64 | 90    | 69 | 98    |   |           | 17:18 | 72    |     | 77    |     | 80    |     | 83    |   | 85  |   | 17:18     |   |   |
| 17:24                | 39  | 78    | 51 | 82    | 56  | 86    | 63 | 90    | 68 | 97    |   |           | 17:24 | 71    | 100 | 76    |     | 79    |     | 82    |   | 84  |   | 17:24     |   |   |
| 17:30                | 38  | 77    | 50 | 81    | 55  | 85    | 62 | 89    | 67 | 96    |   |           | 17:30 | 70    | 99  | 76    |     | 78    |     | 81    |   | 83  |   | 17:30     |   |   |
| 17:36                | 37  | 76    | 49 | 80    | 54  | 85    | 61 | 88    | 66 | 96    |   |           | 17:36 | 70    | 99  | 75    | 100 | 77    |     | 80    |   | 82  |   | 17:36     |   |   |
| 17:42                | 35  | 75    | 48 | 79    | 52  | 84    | 60 | 88    | 65 | 95    |   |           | 17:42 | 69    | 98  | 74    | 99  | 76    |     | 79    |   | 81  |   | 17:42     |   |   |
| 17:48                | 34  | 73    | 47 | 78    | 51  | 83    | 59 | 87    | 64 | 94    |   |           | 17:48 | 68    | 97  | 73    | 99  | 76    |     | 78    |   | 80  |   | 17:48     |   |   |
| 17:54                | 32  | 72    | 46 | 77    | 50  | 82    | 58 | 86    | 63 | 94    |   |           | 17:54 | 67    | 97  | 73    | 98  | 75    |     | 77    |   | 80  |   | 17:54     |   |   |
| 18:00                | 31  | 71    | 44 | 76    | 49  | 81    | 57 | 86    | 63 | 93    |   |           | 18:00 | 66    | 96  | 72    | 97  | 74    |     | 77    |   | 79  |   | 18:00     |   |   |
| 18:06                | 30  | 70    | 43 | 75    | 48  | 80    | 56 | 85    | 62 | 92    |   |           | 18:06 | 65    | 96  | 71    | 97  | 73    |     | 76    |   | 78  |   | 18:06     |   |   |
| 18:12                | 28  | 68    | 42 | 74    | 47  | 80    | 55 | 84    | 61 | 92    |   |           | 18:12 | 64    | 95  | 70    | 96  | 73    |     | 75    |   | 77  |   | 18:12     |   |   |
| 18:18                | 27  | 67    | 41 | 73    | 46  | 79    | 55 | 83    | 60 | 91    |   |           | 18:18 | 63    | 94  | 69    | 96  | 72    |     | 74    |   | 76  |   | 18:18     |   |   |
| 18:24                | 26  | 66    | 40 | 72    | 45  | 78    | 54 | 83    | 59 | 90    |   |           | 18:24 | 63    | 94  | 69    | 95  | 71    |     | 73    |   | 75  |   | 18:24     |   |   |
| 18:30                | 24  | 65    | 39 | 71    | 44  | 77    | 53 | 82    | 58 | 89    |   |           | 18:30 | 62    | 93  | 68    | 94  | 70    |     | 72    |   | 74  |   | 18:30     |   |   |
| 18:36                | 23  | 64    | 38 | 70    | 43  | 76    | 52 | 81    | 57 | 89    |   |           | 18:36 | 61    | 92  | 67    | 94  | 69    |     | 71    |   | 73  |   | 18:36     |   |   |
| 18:42                | 21  | 62    | 37 | 69    | 42  | 75    | 51 | 81    | 57 | 88    |   |           | 18:42 | 60    | 92  | 66    | 93  | 69    |     | 70    |   | 72  |   | 18:42     |   |   |
| 18:48                | 20  | 61    | 36 | 68    | 41  | 74    | 50 | 80    | 56 | 87    |   |           | 18:48 | 59    | 91  | 65    | 92  | 68    |     | 70    |   | 71  |   | 18:48     |   |   |
| 18:54                | 19  | 60    | 34 | 67    | 39  | 74    | 49 | 79    | 55 | 87    |   |           | 18:54 | 58    | 90  | 65    | 92  | 67    |     | 69    |   | 70  |   | 18:54     |   |   |
| 19:00                | 17  | 59    | 33 | 66    | 38  | 73    | 48 | 79    | 54 | 86    |   |           | 19:00 | 57    | 90  | 64    | 91  | 66    | 100 | 68    |   | 69  |   | 19:00     |   |   |
| 19:06                | 16  | 58    | 32 | 65    | 37  | 72    | 47 | 78    | 53 | 85    |   |           | 19:06 | 57    | 89  | 63    | 91  | 65    | 99  | 67    |   | 68  |   | 19:06     |   |   |
| 19:12                | 14  | 56    | 31 | 64    | 36  | 71    | 46 | 77    | 52 | 85    |   |           | 19:12 |       |     |       |     |       |     |       |   |     |   |           |   |   |