

Cosumnes Oaks Phys. Ed. Wolfpack Run (1.5+ miles) Grading Scale

100 Point Scale (Updated 8-13-2015)

Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade
5:30 secs. or better	9:37 to 9:53	100	A+	5:31 to 6:00	10:03 to 10:20	100	A+	6:01 to 6:30	10:56 to 11:14	100	A+
	9:54 to 10:10	96	A		10:21 to 10:37	96	A		11:15 to 11:32	96	A
	10:11 to 10:26	92	A-		10:38 to 10:54	92	A-		11:33 to 11:51	92	A-
	10:27 to 10:43	88	B+		10:55 to 11:11	88	B+		11:52 to 12:10	88	B+
	10:44 to 10:59	84	B		11:12 to 11:29	84	B		12:11 to 12:29	84	B
	11:00 to 11:16	80	B-		11:30 to 11:46	80	B-		12:30 to 12:47	80	B-
	11:17 to 11:32	76	C		11:47 to 12:04	76	C		12:48 to 13:06	76	C
	11:33 to 11:48	72	C-		12:05 to 12:21	72	C-		13:07 to 13:25	72	C-
	11:49 to 12:05	68	D+		12:22 to 12:38	68	D+		13:26 to 13:44	68	D+
	12:06 to 12:22	64	D		12:39 to 12:55	64	D		13:45 to 14:02	64	D
	12:23 to 12:38	60	D-		12:56 to 13:12	60	D-		14:03 to 14:22	60	D-
	12:39 to 12:54	50	F+		13:13 to 13:30	50	F+		14:23 to 14:40	50	F+
	12:55 to 13:11	40	F		12:31 to 13:47	40	F		14:41 to 14:59	40	F
	13:12 to 13:28	30	F		13:48 to 14:04	30	F		15:00 to 15:17	30	F
	13:29 to 13:44	20	F		14:05 to 14:22	20	F		15:18 to 15:37	20	F
13:45 to 13:58	10	F-	14:23 to 14:36	10	F-	15:38 to 15:53	10	F-			
13:59 +	0	F-	14:37 +	0	F-	15:54 +	0	F-			
6:31 to 7:00	11:48 to 12:08	100	A+	7:01 to 7:30	12:41 to 13:02	100	A+	7:31 to 8:00	13:33 to 13:56	100	A+
	12:09 to 12:28	96	A		13:03 to 13:23	96	A		13:57 to 14:19	96	A
	12:29 to 12:48	92	A-		13:24 to 13:45	92	A-		14:20 to 14:42	92	A-
	12:49 to 13:08	88	B+		13:46 to 14:07	88	B+		14:43 to 15:05	88	B+
	13:09 to 13:29	84	B		14:08 to 14:29	84	B		15:06 to 15:29	84	B
	13:30 to 13:49	80	B-		14:30 to 14:50	80	B-		15:30 to 15:52	80	B-
	13:50 to 14:10	76	C		14:51 to 15:12	76	C		15:53 to 16:15	76	C
	14:11 to 14:29	72	C-		15:13 to 15:34	72	C-		16:16 to 16:39	72	C-
	14:30 to 14:50	68	D+		15:35 to 15:56	68	D+		16:40 to 17:02	68	D+
	14:51 to 15:10	64	D		15:57 to 16:17	64	D		17:03 to 17:25	64	D
	15:11 to 15:30	60	D-		16:18 to 16:39	60	D-		17:26 to 17:48	60	D-
	15:31 to 15:50	50	F+		16:40 to 17:01	50	F+		17:49 to 18:11	50	F+
	15:51 to 16:11	40	F		17:02 to 17:23	40	F		18:12 to 18:35	40	F
	16:12 to 16:31	30	F		17:24 to 17:44	30	F		18:36 to 18:58	30	F
	16:32 to 16:51	20	F		17:45 to 18:06	20	F		18:59 to 19:22	20	F
16:52 to 17:09	10	F-	18:07 to 18:25	10	F-	19:23 to 19:41	10	F-			
17:10 +	0	F-	18:26 +	0	F-	19:42 +	0	F-			
8:01 to 8:30	14:01 to 14:15	100	A+	8:31 to 9:00	14:52 to 15:17	100	A+	9:01 to 9:30	15:43 to 16:10	100	A+
	14:16 to 14:50	96	A		15:18 to 15:44	96	A		16:11 to 16:38	96	A
	14:51 to 15:14	92	A-		15:45 to 16:10	92	A-		16:39 to 17:06	92	A-
	15:15 to 15:39	88	B+		16:11 to 16:36	88	B+		17:07 to 17:33	88	B+
	15:40 to 16:04	84	B		16:37 to 17:03	84	B		17:34 to 18:01	84	B
	16:05 to 16:29	80	B-		17:04 to 17:29	80	B-		18:02 to 18:29	80	B-
	16:30 to 16:53	76	C		17:30 to 17:54	76	C		18:30 to 18:56	76	C
	16:54 to 17:18	72	C-		17:55 to 18:22	72	C-		18:57 to 19:24	72	C-
	17:19 to 17:43	68	D+		18:23 to 18:48	68	D+		19:25 to 19:51	68	D+
	17:44 to 18:08	64	D		18:49 to 19:14	64	D		19:52 to 20:20	64	D
	18:09 to 18:32	60	D-		19:15 to 19:40	60	D-		20:21 to 20:47	60	D-
	18:33 to 18:57	50	F+		19:41 to 20:06	50	F+		20:48 to 21:15	50	F+
	18:58 to 19:22	40	F		20:07 to 20:32	40	F		21:16 to 21:43	40	F
	19:23 to 19:47	30	F		20:33 to 20:59	30	F		21:44 to 22:11	30	F
	19:48 to 20:11	20	F		21:00 to 21:25	20	F		22:12 to 22:38	20	F
20:12 to 20:36	10	F-	21:26 to 21:51	10	F-	22:39 to 23:06	10	F-			
20:37 +	0	F-	21:52 +	0	F-	23:07 +	0	F-			

Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade
9:31 to 10:00	16:34 to 17:02	100	A+	10:01 to 10:30	17:25 to 17:55	100	A+	10:31 to 11:00	18:16 to 18:47	100	A+
	17:03 to 17:32	96	A		17:56 to 18:26	96	A		18:48 to 19:20	96	A
	17:33 to 18:01	92	A-		18:27 to 18:56	92	A-		19:21 to 19:52	92	A-
	18:02 to 18:30	88	B+		18:57 to 19:27	88	B+		19:53 to 20:24	88	B+
	18:31 to 19:00	84	B		19:28 to 19:58	84	B		20:25 to 20:56	84	B
	19:01 to 19:29	80	B-		19:59 to 20:29	80	B-		20:57 to 21:29	80	B-
	19:30 to 19:58	76	C		20:30 to 21:00	76	C		21:30 to 22:01	76	C
	19:59 to 20:27	72	C-		21:01 to 21:30	72	C-		22:02 to 22:33	72	C-
	20:28 to 20:56	68	D+		21:31 to 22:01	68	D+		22:34 to 23:05	68	D+
	20:57 to 21:26	64	D		22:02 to 22:32	64	D		23:06 to 23:38	64	D
	21:27 to 21:55	60	D-		22:33 to 23:02	60	D-		23:39 to 24:10	60	D-
	21:56 to 22:24	50	F+		23:03 to 23:33	50	F+		24:11 to 24:42	50	F+
	22:25 to 22:53	40	F		23:34 to 24:04	40	F		24:43 to 25:14	40	F
	22:54 to 23:23	30	F		24:05 to 24:35	30	F		25:15 to 25:47	30	F
	23:24 to 23:52	20	F		24:36 to 25:05	20	F		25:48 to 26:19	20	F
23:53 to 24:21	10	F-	25:06 to 25:36	10	F-	26:20 to 26:51	10	F-			
24:22 +	0	F-	25:37 +	0	F-	26:52 +	0	F-			
Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade
11:01 to 11:30	18:34 to 19:06	100	A+	11:31 to 12:00	19:24 to 19:57	100	A+	12:01 to 12:30	20:20 to 20:48	100	A+
	19:07 to 19:40	96	A		19:58 to 20:32	96	A		20:49 to 21:25	96	A
	19:41 to 20:14	92	A-		20:33 to 21:08	92	A-		21:26 to 22:02	92	A-
	20:15 to 20:47	88	B+		21:09 to 21:43	88	B+		22:03 to 22:38	88	B+
	20:48 to 21:21	84	B		21:44 to 22:18	84	B		22:39 to 23:15	84	B
	21:22 to 21:55	80	B-		22:19 to 22:53	80	B-		23:16 to 23:52	80	B-
	21:56 to 22:29	76	C		22:54 to 23:29	76	C		23:53 to 24:29	76	C
	22:30 to 23:02	72	C-		23:30 to 24:04	72	C-		24:30 to 25:05	72	C-
	23:03 to 23:36	68	D+		24:05 to 24:39	68	D+		25:06 to 25:42	68	D+
	23:37 to 24:10	64	D		24:40 to 25:14	64	D		25:43 to 26:19	64	D
	24:11 to 24:44	60	D-		25:15 to 25:50	60	D-		26:20 to 26:56	60	D-
	24:45 to 25:17	50	F+		25:51 to 26:25	50	F+		26:57 to 27:32	50	F+
	25:18 to 25:51	40	F		26:26 to 27:00	40	F		27:33 to 28:09	40	F
	25:52 to 26:25	30	F		27:01 to 27:35	30	F		28:10 to 28:46	30	F
	26:26 to 26:59	20	F		27:36 to 28:11	20	F		28:47 to 29:23	20	F
27:00 to 27:32	10	F-	28:12 to 28:46	10	F-	29:23 to 29:59	10	F-			
27:33 +	0	F-	28:47 to 29:22	0	F-	30:00 to 30:36	0	F-			
Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade	Your Best Mile Time	Time to earn this Grade	Points	Grade
12:31 to 13:00	21:03 to 21:39	100	A+	13:01 to 14:00	22:17 to 22:56	100	A+	14:01 or longer	23:06 to 23:47	100	A+
	21:40 to 22:17	96	A		22:57 to 23:36	96	A		23:48 to 24:29	96	A
	22:18 to 22:56	92	A-		23:37 to 24:17	92	A-		24:30 to 25:11	92	A-
	22:57 to 23:34	88	B+		24:18 to 24:57	88	B+		25:12 to 25:53	88	B+
	23:35 to 24:12	84	B		24:58 to 25:38	84	B		25:54 to 26:35	84	B
	24:13 to 24:50	80	B-		25:39 to 26:18	80	B-		26:36 to 27:17	80	B-
	24:51 to 25:29	76	C		26:19 to 26:59	76	C		27:18 to 27:59	76	C
	25:30 to 26:07	72	C-		27:00 to 27:39	72	C-		28:00 to 28:41	72	C-
	26:08 to 26:45	68	D+		27:40 to 28:20	68	D+		28:42 to 29:23	68	D+
	26:46 to 27:23	64	D		28:21 to 29:00	64	D		29:24 to 30:05	64	D
	27:24 to 28:02	60	D-		29:01 to 29:41	60	D-		30:06 to 30:47	60	D-
	28:03 to 28:40	50	F+		29:42 to 30:21	50	F+		30:48 to 31:29	50	F+
	28:41 to 29:18	40	F		30:22 to 31:02	40	F		31:30 to 32:11	40	F
	29:19 to 29:56	30	F		31:03 to 31:42	30	F		32:12 to 32:53	30	F
	29:57 to 30:35	20	F		31:43 to 32:23	20	F		32:54 to 33:35	20	F
30:36 to 31:13	10	F-	32:24 to 33:03	10	F-	33:36 to 34:17	10	F-			
31:14 to 31:51	0	F-	33:04 to 33:44	0	F-	34:18 to 34:59	0	F-			