

## Varsity Fitness Test

### Grass Times

1. 800m (3:30)-rest 1:30
2. shuttle 6, 18, 60 (0:40)-rest 1:00
3. 400m (1:30)-rest 1:00
4. shuttle (0:40)-rest 1:00
5. shuttle (0:45)-rest 1:15
6. 400m (1:30)-rest 1:30
7. shuttle (0:45)-rest 1:15
8. 800m (3:45)

### Turf Times

1. 800m (3:20)-rest 1:30
2. shuttle 6, 18, 60 (0:37)-rest 1:00
3. 400m (1:25)-rest 1:00
4. shuttle (0:37)-rest 1:00
5. shuttle (0:40)-rest 1:15
6. 400m (1:25)-rest 1:30
7. shuttle (0:40)-rest 1:15
8. 800 (3:30)