

CHART 1 - Physical Capacity Rating Scale - RCAF 5BX Plan								
Level	Date	EXERCISE					1/2 Mile Run	1 Mile Walk
		1	2	3	4	5	In Minutes	
A+		20	18	22	13	400	5 1/2//	17//
A		18	17	20	12	375	5 1/2//	17//
A-		16	15	18	11	335	5 1/2//	17//
B+		14	13	16	9	320	6//	18//
B		12	12	14	8	305	6//	18//
B-		10	11	12	7	280	6//	18//
C+		8	9	10	6	260	6 1/2//	19//
C		7	8	9	5	235	6 1/2//	19//
C-		6	7	8	4	205	6 1/2//	19//
D+		4	5	6	3	175	7//	20//
D		3	4	5	3	145	7 1/2//	21//
D-		2	3	4	2	100	8//	21//
Minutes for each exercise		2	1	1	1	6	//Your actual time	//Your actual time