

CHART 2 - Physical Capacity Rating Scale - RCAF 5BX Plan

Level	Date	EXERCISE					1 Mile Run	2 Mile Walk
		1	2	3	4	5	In Minutes	
A+		30	23	33	20	500	9//	30//
A		29	21	31	19	485	9//	31//
A-		28	20	29	18	470	9//	32//
B+		26	18	27	17	455	9 1/2//	33//
B		24	17	25	16	445	9 1/2//	33//
B-		22	16	23	15	440	9 1/2//	33//
C+		20	15	21	14	425	10//	34//
C		19	14	19	13	410	10//	34//
C-		18	13	17	12	395	10//	34//
D+		16	12	15	11	380	10 1/2//	35//
D		15	11	14	10	360	10 1/2//	35//
D-		14	10	13	9	335	10 1/2//	35//
Minutes for each exercise		2	1	1	1	6	//Your actual time	//Your actual time