

CHART 3 - 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	32	47	24	550	8//	25//
A		30	31	45	22	540	8//	25//
A-		30	30	43	21	525	8//	25//
B+		28	28	41	20	510	8 1/4//	26//
B		28	27	39	19	500	8 1/4//	26//
B-		28	26	37	18	490	8 1/4//	26//
C+		26	25	35	17	480	8 1/2//	27//
C		26	24	34	17	465	8 1/2//	27//
C-		26	23	33	16	450	8 1/2//	27//
D+		24	22	31	15	430	8 3/4//	28//
D		24	21	30	15	415	8 3/4//	28//
D-		24	20	29	15	400	8 3/4//	29//
Minutes for each exercise		2	1	1	1	6	//Your actual time	//Your actual time