

CHART 4 - 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	22	50	42	400	7//	19//
A		30	22	49	40	395	7//	19//
A-		30	22	49	37	390	7//	19//
B+		28	21	47	34	380	7 1/4//	20//
B		28	21	46	32	375	7 1/4//	20//
B-		28	21	46	30	365	7 1/4//	20//
C+		26	19	44	28	355	7 1/2//	21//
C		26	19	43	26	345	7 1/2//	21//
C-		26	19	43	24	335	7 1/2//	21//
D+		24	18	41	21	325	7 3/4//	23//
D		24	18	40	19	315	7 3/4//	23//
D-		24	18	40	17	300	7 3/4//	23//
Minutes for each exercise		2	1	1	1	6	//Your actual time	//Your actual time