

## 5 Star 5 Steps Scoring

### Sprint

**13.0 secs +** = 5 points. **14.0 +** = 4 points. **14.5 +** = 3 points. **16s +** = 2 points **19s +** = 1 point.

### Hurdles

**13.5secs +** = 5 points. **14.5+** = 4 points. **15.5+** = 3 points. **17.5+** = 2 points. **20.0+** = 1 point

### High Jump

**1m** = 5 points. **85cm** = 4 points. **70cm** = 3 points. **55cm** = 2 points. **40cm** = 1 point.

### Standing Long Jump

**2m +** = 5 points. **1.75m +** = 4 points. **1.50m** = 3 points. **1.25m** = 2 points. **1m** = 1 point.

### Standing triple jump

**7m +** = 5 points. **6m +** = 4 points. **5m +** = 3 points. **4m +** = 2 points. **3m +** = 1 point.

### Soccer Ball Chest Push

**7m+** = 5 points. **6m+** 4 points. **5m+** = 3 points. **4m+** = 2 points. **5m+** = 1 point.

### Vortex Throw

**25m+** = 5 points. **20m+** = 4 points. **15m+** = 3 points. **10m+** = 2 points. **5m+** = 1 point.

**Add points for best three events;**

**5 Star Award = 15**

**4 Star Award = 12**

**3 Star Award = 9**

**2 Star Award = 6**

**1 Star Award = 3**