

BINGHAM TOP TEN POINT SYSTEM

1. BENCH PRESS..... 1 point per pound
2. SQUAT 1 point per pound
3. POWER CLEAN 1 point per pound
4. DIPS 10 points per dip
5. JUMP ROPE (2 MIN.) 1 point per repetition
6. STEP-UPS (1 MIN.) 4 points per step-up
7. VERTICAL JUMP 10 points per inch jumped

8. AGILITY RUN

6.2 = 400 pts.	7.8 = 200 pts.
6.4 = 375 pts.	8.0 = 175 pts.
6.6 = 350 pts.	8.2 = 150 pts.
6.8 = 325 pts.	8.4 = 125 pts.
7.0 = 300 pts.	8.6 = 100 pts.
7.2 = 275 pts.	8.8 = 75 pts.
7.4 = 250 pts.	9.0 = 50 pts.
7.6 = 225 pts.	9.0+ = 25 pts.

9. 40 YARD DASH

4.3 = 400 pts.	5.1 = 200 pts.
4.4 = 375 pts.	5.2 = 175 pts.
4.5 = 350 pts.	5.3 = 150 pts.
4.6 = 325 pts.	5.4 = 125 pts.
4.7 = 300 pts.	5.5 = 100 pts.
4.8 = 275 pts.	5.6 = 75 pts.
4.9 = 250 pts.	5.7 = 50 pts.
5.0 = 225 pts.	5.8+ = 25 pts.

10. MILE RUN

4.51 = 400 pts.	6.51 = 200 pts.
5.06 = 375 pts.	7.06 = 175 pts.
5.21 = 350 pts.	7.21 = 150 pts.
5.36 = 325 pts.	7.36 = 125 pts.
5.51 = 300 pts.	7.51 = 100 pts.
6.06 = 275 pts.	8.06 = 75 pts.
6.21 = 250 pts.	8.21 = 50 pts.
6.36 = 225 pts.	8.36+ = 25 pts.