

## Appendix F – PFT Score Charts

### ONE-MILE RUN/WALK FOR BOYS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds <b>AGE</b>										
PERCENTILE	8	9	10	11	12	13	14	15	16	17+
100	8:48	8:31	7:57	7:32	7:11	6:50	6:26	6:20	6:08	6:06
95	9:00	8:47	8:08	7:45	7:25	7:00	6:33	6:29	6:18	6:14
90	9:23	9:04	8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23
85	9:38	9:12	8:37	8:14	7:56	7:20	6:59	6:48	6:33	6:32
80	9:56	9:30	8:59	8:27	8:05	7:29	7:09	6:57	6:44	6:40
75	10:15	9:47	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50
70	10:39	10:07	9:29	9:01	8:25	7:55	7:29	7:16	6:58	6:57
65	11:05	10:30	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04
60	11:27	10:46	10:10	9:46	8:58	8:17	7:59	7:39	7:20	7:14
55	11:55	11:03	10:32	10:07	9:11	8:35	8:13	7:52	7:35	7:24
50	12:08	11:20	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35
45	12:30	11:44	11:14	10:54	10:00	9:10	8:48	8:29	8:09	7:52
40	12:54	12:08	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06
35	13:23	12:33	12:15	12:00	10:52	10:02	9:35	9:05	8:56	8:25
30	14:10	12:59	13:07	12:29	11:30	10:39	10:18	9:34	9:22	8:56
25	14:57	13:52	13:50	13:08	12:11	11:43	11:22	10:10	10:17	9:23
20	16:08	15:01	14:47	14:35	13:14	12:47	12:11	11:25	11:49	10:15
0	22:40	19:40	23:00	23:32	23:05	24:12	18:10	21:44	20:15	16:45

### ONE-MILE RUN/WALK FOR GIRLS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds <b>AGE</b>										
PERCENTILE	8	9	10	11	12	13	14	15	16	17+
100	10:02	9:30	9:19	9:02	8:23	8:13	7:59	8:08	8:23	8:15
95	10:20	10:03	9:38	9:22	8:52	8:29	8:20	8:24	8:39	8:34
90	10:55	10:22	10:08	9:44	9:15	8:49	8:36	8:40	8:50	8:52
85	11:20	10:45	10:19	10:04	9:36	9:09	8:50	8:55	9:11	9:15
80	11:38	10:58	10:42	10:24	10:05	9:30	9:09	9:09	9:25	9:33
75	11:53	11:13	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51
70	12:10	11:32	11:00	11:00	10:44	10:07	9:51	9:37	10:09	10:08
65	12:30	11:52	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22
60	12:46	12:13	11:40	11:36	11:23	10:57	10:25	10:18	10:58	10:48
55	13:07	12:24	11:58	12:00	11:47	11:20	10:51	10:40	11:15	11:05
50	13:31	12:48	12:08	12:21	12:01	11:40	11:10	11:00	11:44	11:20
45	13:56	13:19	12:30	12:42	12:24	12:00	11:36	11:20	12:08	12:00
40	14:21	13:44	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11
35	14:53	14:07	13:29	13:44	13:35	13:01	12:18	12:19	13:23	12:40
30	15:19	14:57	14:00	14:16	14:12	14:10	12:56	13:33	14:16	13:03
25	15:45	15:40	14:30	14:44	14:39	14:49	14:10	14:13	16:03	14:01
20	16:55	16:58	15:43	16:07	16:00	16:10	15:44	15:17	18:00	15:14
0	20:40	24:00	24:00	21:02	24:54	20:45	20:04	24:07	21:00	28:50

ENDURANCE RUN OPTIONS (MODIFIED)

Percentile Scores Based on Age/Test Scores in Minutes and Seconds **BOYS**

AGE	PERCENTILE	8 *	9 *
	95	3:30	3:30
	90	3:41	3:42
	85	3:49	3:46
	80	3:55	3:54
	75	4:02	3:59
	70	4:09	4:04
	65	4:16	4:09
	60	4:22	4:14
	55	4:31	4:20
	50	4:39	4:27
	45	4:47	4:33
	40	4:57	4:44
	35	5:07	4:54
	30	5:20	5:05
	25	5:40	5:24
	20	6:00	5:49
	5	6:33	6:30

**GIRLS**

AGE	8 *	9 *
	3:58	3:53
	4:06	4:04
	4:18	4:13
	4:27	4:20
	4:34	4:28
	4:42	4:37
	4:48	4:43
	4:56	4:50
	5:02	4:57
	5:10	5:05
	5:15	5:12
	5:25	5:23
	5:37	5:36
	5:50	5:48
	6:02	6:02
	6:20	6:28
	6:56	7:12

CURL-UP FOR BOYS

Percentile Scores Based on Age/Test in No. of Curl-ups in 60 seconds **AGE**

PERCENTILE	8	9	10	11	12	13	14	15	16	17+
100	40	41	45	47	50	53	56	57	56	55
95	38	40	43	45	48	51	54	55	53	53
90	37	38	41	43	47	50	52	53	51	51
85	36	37	40	42	45	48	51	51	50	50
80	35	35	40	40	44	46	49	50	48	48
75	34	34	38	39	43	45	48	49	48	46
70	32	33	36	38	42	43	47	47	46	45
65	31	32	35	37	40	42	45	45	45	44
60	30	31	34	36	39	41	44	44	44	43
55	29	30	33	35	38	40	42	43	42	41
50	28	29	32	34	37	39	41	41	40	40
45	26	27	30	32	35	38	40	40	40	40
40	25	26	30	31	34	36	39	38	38	38
35	23	24	28	29	32	34	37	36	37	36
30	20	22	25	27	30	32	35	35	35	35
25	18	20	23	25	27	30	33	32	31	32
20	14	16	19	20	25	26	28	29	27	27
0	0	1	4	0	7	0	0	0	6	1

CURL-UP FOR GIRLS

Percentile Scores Based on Age/Test in No. of Curl-ups in 60 seconds **AGE**

PERC	8	9	10	11	12	13	14	15	16	17+
ENTI										
LE										
100	38	39	40	42	45	46	47	48	45	44
95	36	38	38	40	43	44	45	46	43	41
90	35	36	37	39	41	42	43	44	41	40
85	33	35	35	37	40	42	42	41	40	38
80	31	34	34	35	39	40	41	40	38	37
75	30	32	32	35	38	40	40	39	37	36
70	30	31	32	33	36	38	39	37	36	35
65	29	30	30	32	35	37	37	36	35	34
60	28	30	29	31	34	36	36	35	34	33
55	27	29	28	30	32	35	35	34	33	31
50	25	27	27	29	31	33	34	32	32	30
45	24	26	26	28	30	31	32	31	30	30
40	23	25	25	27	29	30	31	30	30	28
35	22	23	23	25	27	28	30	28	27	25
30	20	20	21	24	25	26	28	26	25	25
25	18	19	19	20	23	23	25	23	23	22
20	12	13	14	16	20	19	20	20	19	19
0	0	0	0	2	0	0	0	0	0	0

PARTIAL CURL-UP FOR BOYS (MODIFIED)

Percentile Scores Based on Age/Test in No. of Curl-ups every 3 sec. **AGE**

PERC	8	9	10	11	12	13	14	15	16	17+
ENTI										
LE										
95	30	37	35	43	64	59	62	75	73	66
90	27	33	35	40	58	55	58	70	61	63
85	26	30	30	37	54	51	54	67	50	58
80	25	27	29	35	48	48	52	60	48	50
75	22	26	28	30	42	45	50	51	45	50
70	20	23	27	29	36	42	48	50	40	47
65	17	22	25	27	34	40	43	47	38	44
60	17	20	24	26	32	39	40	45	37	42
55	16	19	21	23	31	37	39	42	36	41
50	15	18	20	22	31	35	33	40	34	39
45	14	16	19	21	29	31	31	36	33	33
40	13	15	19	21	27	31	30	32	30	31
35	12	14	16	18	26	30	30	30	29	30
30	11	14	14	18	24	30	28	29	28	28
25	10	11	12	17	22	28	24	26	24	25
20	9	11	10	13	18	21	24	22	23	24
5	7	10	7	8	11	16	21	20	16	19

PARTIAL CURL-UP FOR GIRLS (MODIFIED)

Percentile Scores Based on Age/Test in No. of Curl-ups every 3 sec. **AGE**

PERCENTILE	8	9	10	11	12	13	14	15	16	17+
95	30	37	33	43	50	59	48	38	49	58
90	27	33	29	40	49	52	44	37	41	50
85	26	30	28	39	43	50	41	35	35	49
80	25	27	27	37	40	46	40	35	32	48
75	22	26	26	34	39	45	37	30	29	44
70	20	23	25	32	34	41	33	30	27	42
65	17	22	25	30	32	40	31	28	26	40
60	17	20	24	27	30	40	30	26	26	40
55	16	19	24	25	29	38	30	25	24	35
50	15	18	21	24	26	36	28	25	23	33
45	14	16	20	23	25	36	26	22	21	30
40	13	15	19	21	24	32	25	22	20	30
35	12	14	18	20	22	29	22	20	20	30
30	11	14	17	18	21	27	21	19	19	28
25	10	11	17	18	19	22	20	15	16	26
20	9	11	12	18	16	20	16	13	15	24
5	7	10	10	14	4	16	10	10	11	11

FLEXED-ARM HANG FOR BOYS (12 and under only)

Percentile Scores Based on Age/Test Scores in Seconds **AGE**

PERCENTILE	8	9	10	11	12
100	23	24	31	31	30
95	18	20	25	26	25
90	17	18	22	22	21
85	15	16	20	19	19
80	14	14	17	17	16
75	12	12	15	15	15
70	11	11	14	13	13
65	10	10	12	11	12
60	9	8	10	10	10
55	8	8	8	9	9
50	6	7	7	7	8
45	5	5	6	6	6
40	4	5	5	5	5
35	3	3	3	4	4
30	2	3	2	3	2
25	1	2	1	1	1
20	0	0	0	0	0
0	0	0	0	0	0

FLEXED-ARM HANG FOR GIRLS

Percentile Scores Based on Age/Test Scores in Seconds **AGE**

PER	8	9	10	11	12	13	14	15	16	17+
CEN										
TILE										
100	17	20	22	20	21	21	25	28	24	24
95	15	16	19	16	16	19	21	23	21	20
90	13	14	16	14	14	16	18	18	18	18
85	11	12	14	13	13	14	16	15	16	15
80	10	11	12	11	11	12	13	12	13	12
75	10	10	11	9	10	10	11	10	10	11
70	9	9	9	8	8	9	10	9	9	10
65	8	8	8	7	7	8	9	7	7	7
60	7	7	7	6	6	6	7	6	6	6
55	6	6	6	5	5	5	6	5	5	5
50	5	5	5	4	4	5	5	4	4	5
45	4	4	4	4	3	4	4	4	3	4
40	3	3	3	3	2	3	3	3	2	2
35	3	2	2	2	1	1	2	2	2	2
30	1	1	1	1	1	1	1	1	1	1
25	0	0	0	0	0	0	0	1	0	1
20	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0

PULL-UPS FOR BOYS

Percentile Scores Based on Age/Test Scores in Number of Pull-ups **AGE**

PER	8	9	10	11	12	13	14	15	16	17+
CEN										
TILE										
100		7	7		10	11		11		13
95		6	7		9	10		10		12
90		5	6		8	10		10		11
85		5	5		7	9		9		10
80		4	5		6	8		8		10
75		3	4		6	7		8		10
70		3	4		5	7		7		9
65		2	3		5	6		7		8
60		2	2		4	5		7		7
55		1	2		4	5		6		7
50		1	1		3	4		5		6
45		1	1		3	4		5		5
40		0	1		2	3		4		5
35		0	0		1	2		4		4
30		0	0		1	2		3		3
25		0	0		0	1		2		2
20		0	0		0	0		0		1
0		0	0		0	0		0		0

RIGHT ANGLE PUSH-UPS FOR BOYS (MODIFIED)

Percentile Scores Based on Age/Test Scores in # of Push-ups every 3 sec. **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16	17+
95	17	18	22	27	31	39	40	42	44	53
90	15	17	21	26	30	35	37	40	41	50
85	14	17	20	24	28	35	32	37	40	46
80	13	15	18	23	25	31	30	35	36	44
75	12	15	18	20	24	30	28	34	34	43
70	11	13	16	19	20	28	25	32	32	41
65	10	12	14	16	20	26	24	31	30	40
60	9	12	14	15	18	24	24	30	30	37
55	9	11	13	15	17	21	22	30	29	35
50	8	10	12	14	15	20	21	27	28	34
45	8	9	12	12	15	20	20	25	25	30
40	7	8	11	10	13	16	18	25	25	30
35	7	8	11	10	12	16	18	24	25	27
30	6	7	10	8	10	12	15	21	23	25
25	6	5	8	5	9	11	13	20	22	23
20	4	5	7	3	7	9	11	18	20	21
5	2	3	4	1	4	4	7	15	15	20

RIGHT ANGLE PUSH-UPS FOR GIRLS (MODIFIED)

Percentile Scores Based on Age/Test Scores in # of Push-ups every 3 sec. **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16	17+
95	17	18	20	19	20	21	20	20	24	25
90	15	17	19	18	20	17	19	20	22	22
85	14	17	19	17	17	17	15	20	20	20
80	13	15	17	17	15	15	12	18	19	19
75	12	15	17	16	12	14	11	18	16	18
70	11	13	14	15	11	13	10	16	15	17
65	10	12	14	12	10	12	10	15	13	16
60	9	12	13	11	10	11	10	15	12	16
55	9	11	11	9	10	10	9	15	12	15
50	8	10	10	8	8	10	8	13	12	15
45	8	9	10	8	7	8	5	11	11	14
40	7	8	9	7	5	7	5	11	10	12
35	7	8	8	7	5	6	5	11	8	11
30	6	7	8	6	3	5	5	10	5	9
25	6	5	7	4	2	4	3	7	4	7
20	4	5	4	2	1	3	2	5	3	5
5	2	3	1	1	1	2	1	2	1	2

## SHUTTLE RUN FOR BOYS

Percentile Scores Based on Age/Test Scores in Seconds and Tenths **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16	17+
100	11.1	10.9	10.3	10.0	9.8	9.5	9.1	9.0	8.7	8.7
95	11.2	11.0	10.5	10.2	9.9	9.6	9.3	9.1	8.9	8.9
90	11.4	11.1	10.7	10.4	10.0	9.8	9.4	9.2	8.9	8.9
85	11.5	11.3	10.8	10.5	10.1	9.9	9.5	9.3	9.0	9.0
80	11.8	11.5	11.0	10.6	10.3	10.0	9.6	9.4	9.1	9.1
75	11.9	11.6	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2
70	12.0	11.8	11.3	11.0	10.5	10.1	9.8	9.5	9.3	9.3
65	12.2	11.9	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4
60	12.3	12.0	11.6	11.2	10.7	10.3	10.0	9.8	9.5	9.5
55	12.5	12.2	11.8	11.4	10.8	10.4	10.1	9.9	9.6	9.6
50	12.7	12.5	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6
45	13.0	12.8	12.2	11.7	11.1	10.7	10.3	10.1	9.8	9.8
40	13.3	13.0	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9
35	13.6	13.3	12.7	12.2	11.4	11.0	10.7	10.4	10.1	10.1
30	13.8	13.6	13.1	12.6	11.6	11.1	11.0	10.7	10.3	10.3
25	14.2	14.1	13.6	13.0	12.0	11.4	11.3	11.0	10.6	10.6
20	15.0	14.5	14.5	13.5	12.4	12.0	12.0	11.8	11.1	11.1
0	18.0	18.8	16.9	16.8	16.1	16.4	19.9	19.8	23.0	23.0

## SHUTTLE RUN FOR GIRLS

Percentile Scores Based on Age/Test Scores in Seconds and Tenths **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16	17+
100	11.8	11.1	10.8	10.5	10.4	10.2	10.1	10.0	10.1	10.0
95	12.0	11.3	11.1	10.6	10.5	10.4	10.3	10.1	10.2	10.2
90	12.1	11.5	11.3	10.8	10.7	10.5	10.5	10.3	10.4	10.3
85	12.2	11.7	11.4	11.0	10.8	10.6	10.6	10.4	10.5	10.4
80	12.4	11.9	11.6	11.1	10.9	10.8	10.8	10.6	10.6	10.6
75	12.6	12.1	11.8	11.2	11.0	10.9	10.9	10.7	10.7	10.7
70	12.8	12.2	11.9	11.4	11.2	11.0	11.0	10.8	10.8	10.9
65	12.9	12.5	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0
60	13.0	12.7	12.2	11.7	11.4	11.2	11.3	11.1	11.0	11.1
55	13.3	12.9	12.4	11.9	11.5	11.4	11.4	11.2	11.2	11.2
50	13.5	13.0	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3
45	13.7	13.2	12.8	12.2	11.9	11.6	11.7	11.5	11.5	11.5
40	13.9	13.4	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
35	14.3	13.7	13.3	12.8	12.3	12.0	12.1	11.9	11.9	11.9
30	14.8	14.0	13.7	13.0	12.5	12.4	12.5	12.2	12.2	12.1
25	15.2	14.6	14.2	13.4	12.9	12.8	12.9	12.6	12.6	12.7
20	16.2	15.6	15.0	14.0	13.4	13.4	14.0	13.2	13.2	13.2
0	20.5	20.5	17.8	20.6	16.1	19.8	21.4	16.6	15.4	19.8

SIT AND REACH FOR BOYS (MODIFIED)

Percentile Scores Based on Age/Test Scores in Centimeters **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16
99	31	31	30	31	31	33	36	37	38
95	30	30	29	30	30	32	34	36	37
90	29	29	28	29	29	30	33	34	36
85	28	28	28	28	29	29	31	33	35
80	27	28	27	27	28	28	30	32	34
75	27	27	26	26	27	27	30	32	32
70	26	26	26	26	27	27	29	31	31
65	25	25	25	25	26	26	28	30	30
60	25	25	24	24	25	25	27	29	29
55	24	24	23	23	24	24	26	28	28
50	23	23	22	23	23	23	25	27	27
45	23	22	21	22	22	22	24	26	26
40	22	22	20	21	21	20	23	24	25
35	20	20	18	18	18	18	21	22	21
30	18	18	17	16	16	15	18	19	18
25	16	16	12	12	13	12	15	13	11

SIT AND REACH FOR GIRLS (MODIFIED)

Percentile Scores Based on Age/Test Scores in Centimeters **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16
99	33	33	33	34	36	38	40	43	42
95	32	32	32	33	35	37	39	42	41
90	31	31	31	32	34	36	38	41	39
85	30	30	30	31	33	35	36	40	38
80	30	30	29	30	32	33	36	39	37
75	29	29	29	30	32	32	35	37	36
70	28	28	28	29	31	31	34	37	35
65	28	28	28	29	30	31	33	36	34
60	27	27	27	28	29	30	32	34	33
55	26	26	27	27	28	29	31	33	33
50	25	25	26	26	27	27	30	32	32
45	24	24	25	25	26	26	29	32	31
40	23	23	24	24	25	24	28	31	30
35	22	22	22	23	23	23	26	30	28
30	21	21	21	22	22	22	24	28	26
25	19	20	19	20	20	20	23	25	23
20	17	17	16	16	15	17	18	19	14

V-SIT REACH FOR BOYS

Percentile Scores Based on Age/Test Scores in Inches **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16	17+
100	3.0	3.0	4.0	4.0	4.0	3.5	4.5	5.0	6.0	7.0
95	2.5	3.0	3.0	4.0	3.0	3.0	4.0	5.0	5.5	6.0
90	2.0	2.0	3.0	3.0	3.0	2.5	3.5	4.0	5.0	5.5
85	2.0	2.0	2.0	2.5	2.0	2.0	3.0	4.0	4.5	5.0
80	1.0	1.5	2.0	2.0	2.0	1.5	2.5	3.0	4.0	4.5
75	1.0	1.0	1.5	2.0	1.5	1.0	2.0	3.0	3.5	4.0
70	1.0	1.0	1.0	1.0	1.0	1.0	2.0	2.5	3.0	3.5
65	0.5	1.0	1.0	1.0	1.0	0.5	1.0	2.0	3.0	3.0
60	0.0	0.0	0.5	1.0	0.0	0.0	1.0	2.0	2.0	3.0
55	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.0	2.0	2.0
50	-1.0	-0.5	0.0	0.0	-0.5	-1.0	0.0	1.0	1.5	1.5
45	-1.0	-1.0	0.0	-1.0	-1.0	-1.0	0.0	0.0	1.0	1.0
40	-1.5	-1.5	-1.0	-1.0	-2.0	-2.0	-1.0	0.0	0.5	1.0
35	-2.0	-2.0	-2.0	-2.0	-2.0	-2.5	-2.0	-1.0	0.0	0.0
30	-3.0	-2.5	-2.5	-3.0	-3.0	-3.0	-2.0	-2.0	-1.0	-1.0
25	-3.0	-3.0	-3.5	-3.5	-4.5	-4.0	-4.0	-3.0	-3.0	-2.0
20	-4.0	-5.0	-5.0	-5.0	-6.0	-6.0	-5.0	-5.0	-4.0	-4.0
0	-10.0	-13.0	-12.0	-10.0	-12.0	-12.5	-12.0	-10.0	-12.0	-10.0

V-SIT REACH FOR GIRLS

Percentile Scores Based on Age/Test Scores in Inches **AGE**

PER CEN TILE	8	9	10	11	12	13	14	15	16	17+
100	4.5	5.5	6.0	6.5	7.0	7.0	8.0	8.0	9.0	8.0
95	4.0	5.0	5.0	6.0	6.0	6.0	7.0	7.5	8.0	7.5
90	4.0	4.0	5.0	5.0	6.0	6.0	6.5	7.0	8.0	7.0
85	3.5	4.0	4.0	5.0	5.0	5.0	6.0	6.5	7.0	6.0
80	3.0	3.5	4.0	4.5	5.0	5.0	6.0	6.0	7.0	6.0
75	3.0	3.0	3.0	4.0	4.5	4.5	5.0	6.0	6.0	5.5
70	2.5	3.0	3.0	4.0	4.0	4.0	5.0	5.0	6.0	5.0
65	2.0	2.0	3.0	3.0	3.5	3.5	4.5	5.0	5.5	4.5
60	2.0	2.0	2.5	3.0	3.0	3.0	4.0	4.5	5.0	4.0
55	1.5	2.0	2.0	2.5	3.0	3.0	4.0	4.0	4.5	4.0
50	1.0	1.0	2.0	2.0	2.5	2.5	3.5	3.5	4.0	3.5
45	1.0	1.0	1.0	1.5	2.0	2.0	3.0	3.0	4.0	3.0
40	0.5	0.0	1.0	1.0	2.0	2.0	2.5	2.0	3.0	2.5
35	0.0	0.0	0.5	1.0	1.0	1.0	2.0	2.0	2.5	2.0
30	0.0	-0.5	0.0	0.0	0.5	0.5	1.0	1.0	2.0	1.5
25	-1.0	-1.0	-1.0	-0.5	0.0	0.0	0.0	0.5	1.0	1.0
20	-2.5	-3.0	-2.5	-3.0	-2.5	-2.5	-1.5	-1.0	-0.5	-1.0
0	-6.0	-11.0	-17.0	-11.0	-11.0	-11.0	-10.0	-10.0	-6.0	-12.0