CHAPTER 3

PHYSICAL PERFORMANCE PROGRAM PROCEDURES

REVISED OCTOBER 2025

TABLE OF CONTENTS

THIS PAGE INTENTIONALLY LEFT BLANK

CHAPTER 3

PHYSICAL PERFORMANCE PROGRAM PROCEDURES

1. TESTING PROCEDURES OF CALIFORNIA HIGHWAY PATROL CADETS.

   a. Cadet testing and results shall be conducted in accordance with the Work Sample Test Battery Proctor Manual, (Annex A), developed by the Commission on Peace Officer Standards and Training.

   b. The Work Sample Test Battery (WSTB) will be conducted between the 14th and 16th week of cadet training at the Academy. Cadets successful in the WSTB shall have a completed CHP 270D, Physical Performance Test, retained in their field personnel folder. (Refer to Chapter 5, Test Documentation, Annex A, of this manual.) Upon successful completion of the WSTB and graduation from the Academy, new officers are eligible for the Physical Performance Program salary differential, which is described in Chapter 1, Physical Performance Program Requirements, of this manual.

2. CADET REMEDIAL TESTING.

   a. In order to graduate from the Academy, all cadets must successfully complete the WSTB with a passing score.

   b. All cadets failing to achieve a passing score on their initial WSTB attempt will undergo a two-week remedial training program. Upon completion of the two-week remedial training program, the cadet(s) will be tested again. Rejection from employment will be recommended for any cadet who fails to achieve the minimum standards.

THIS PAGE INTENTIONALLY LEFT BLANK

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL

CALIFORNIA COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

WORK SAMPLE TEST BATTERY PROCTOR MANUAL 2025

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

POST BASIC COURSE WORK SAMPLE TEST BATTERY

Published December 2012

Revised September 2025

For information about copies of this publication, contact:

POST Basic Training Bureau
860 Stillwater Road, Suite 100
West Sacramento, CA 95605
(916) 227-4252

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

ADMONITION: The Commission on Peace Officer Standards and Training (POST) Work Sample Test Battery (WSTB) is **NOT** a Selection Test.

The POST WSTB Proctor Manual describes how the WSTB is to be set up, administered, and scored within a POST-certified Basic Course.

The WSTB contains a valid sample of physically demanding work tasks performed by California patrol officers. The WSTB was designed and validated to be a Basic Course graduation standard. It shall never be used as an academy pre-test or other "selection (hiring) test" which candidates must pass in order to gain entrance into any POST-certified Basic Training Course or to be hired by an agency.

Safe and successful completion of the test requires that examinees:

(1) Possess a certain minimal level of physical fitness/preparedness which is achieved via a physical conditioning program; and

(2) Have mastered the particular methods and techniques required to successfully and safely complete all the components of the test (such as scaling a six-foot wall or safely lifting and moving an incapacitated person).

The POST Basic Course requires the course presenter (academy) to carry out a mandatory, POST-specified physical conditioning training program which includes instruction and practice on all the physical tasks that are contained in the WSTB. This conditioning program and the targeted instruction on techniques both occur before the administration of the WSTB so as to ensure students are physically prepared to attempt the test.

WORK SAMPLE TEST BATTERY PROCTOR MANUAL

TABLE OF CONTENTS

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

A. Introduction.

This manual documents the test procedures to be used by Basic Academy staff to set up, administer, and score the Work Sample Test Battery (WSTB). The manual also contains construction plans for required equipment.

The WSTB shall be administered for practice and assessment during the foundational phase and the peak performance phase of the physical conditioning program, and shall be administered as a final examination at the conclusion of the physical conditioning program. Students shall wear appropriate clothing and footwear consistent with a Commission on Peace Officer Standards and Training (POST)-approved physical conditioning program. The WSTB is one test, to be administered in one setting, and shall not be combined with any other test or learning activity. The test consists of the five events listed below:

OBSTACLE COURSE/AGILITY RUN	Run a 99-yard obstacle course consisting of several sharp turns, a number of curb-height obstacles, and a 34-inch-high obstacle that must be vaulted.
CHAIN LINK FENCE	Lift and drag 165-pound, lifelike dummy 32 feet.
BODY DRAG	Run 5 yards to a 6-foot chain link fence, climb over the fence, and continue running another 25 yards.
SOLID FENCE CLIMB	Run 5 yards to a 6-foot solid fence, climb over the fence, and continue running another 25 yards.
500-YARD RUN	Run 500 yards.

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

B. <u>Administration of the POST Work Sample Test Battery</u>.

For purposes of assuring standardization across the state, all test equipment must meet stated specifications, and all test protocols must be strictly followed. Overall test administration and all instructional activities must be conducted by staff that have completed the POST specialized instructor training requirement for Basic Course Physical Training Instructors.

A training session shall be held for those persons selected to be test proctors. The training session shall be administered by a qualified physical training instructor.

An approach which has been found to be particularly effective for proctor training consists of having the proctors, as a group, go through the following step-by-step process for each event in the test battery.

1. Review and discuss test proctor instructions.

2. Set up all testing equipment as specified in the instructions.

3. Review the setup for correctness; note critical features of the setup and/or errors made in the setup.

4. Administer tests to each other; proctors take turns being test subjects; as appropriate, proctors compare test results obtained for a given test subject (e.g., stopwatch readings).

5. Critique and discuss the results of trial administrations; note critical features of the test administrations; resolve all discrepancies identified during the trial administrations.

6. Continue Steps 4 and 5 as necessary.

At the conclusion of this process, each proctor assumes their designated test station, and several volunteers proceed from station to station through the entire test battery. This allow the proctors to field test and identify any revisions that need to be made in the sequencing of events.

C. Protocols for Test Administration.

Each test is administered at a separate test station. All tests are timed. Record time to the tenth of a second, disregarding the hundredth. For example, 9.58 or 9.53 would be recorded as 9.5. With the exception of the 500-Yard Run, each event shall be administered up to two times if the student desires to better their first trial time on each event. Students are permitted to decline to take the second trial. The single trial time, or the best time of two trials, if done, would be used to determine the student's score for each event. Each trial must be followed by a two-minute minimum rest. Following a warm-up, events can be conducted in any order, but the 500-Yard Run must be administered last.

Obstacle Course/Agility Run

Materials: Stopwatch, measuring device, traffic cones (16), 6-inch x 6-inch x 3-foot curbs (3), and 34-inch-high obstacle. (See Materials Description, page 9.)

Setup:

1. Position obstacles and traffic cones (as specified in Figures 1, 2a, and 2b, pages 10 and 11) on an appropriate surface, relatively flat, with adequate traction (e.g., smooth, flat, dry, paved, all-weather track, or a hard-packed surface). Recheck all measurements to verify all obstacles are correctly positioned.

Procedures:

1. INSTRUCTIONS TO STUDENT: "This test simulates a short-distance foot pursuit such as might occur in the parking lot of an office complex. The test requires you to make frequent changes in direction while running as fast as possible. The test will be administered up to two times, with a two-minute rest period between administrations."

2. Walk the length of the course with the student. Point out the boundaries and emphasize that the student must step over all the curbs before vaulting the 34-inch obstacle. During the vault, the student must place both hands on top of the 34-inch obstacle beam and jump with both feet (not straddle) over the obstacle. Other than two hands touching the obstacle beam, no other body contact (e.g., foot, knee) is permitted to assist the student during the vault jump.

3. Position the student at the start line.

4. Remind the student of the following:

    a. They are to run the course as quickly as possible.

b. They will be offered two trials, with at least a two-minute rest period between trials.

c. They must complete the course as instructed; failure to do so will result in a failed attempt. Any deviation from the path or course pattern will result in a failed attempt.

5. Assume a position approximately halfway between the start/finish lines as shown in the diagram. Set the stopwatch at zero and start the test with the command, "Ready, go."

6. Record the time to the tenth of a second, disregarding the hundredth (e.g., 17.38 or 17.33 would be recorded as 17.3).

7. Allow the student a minimum of two minutes to rest.

8. Retest the student following the same procedures.

9. Direct the student to the next test station.

Body Drag

Materials: Stopwatch, 165-pound dummy, measuring device, traffic cones (4), and tape to mark dummy feet placement/start/finish line. (See Materials Description, page 9.)

Setup:

1. Test is to be administered on an appropriate surface, relatively flat, with adequate traction (e.g., smooth, flat, dry, paved, short grass, all-weather track, or hard-packed surface). Measure and mark start/finish lines 32 feet apart. Allow 10 to 15 feet beyond each line for the candidate to stop at the conclusion of the test. Mark lines with tape or chalk and traffic cones.

2. Position the dummy (as specified in Figure 3, page 12) face-side up with the head toward the finish line and the feet 12 inches behind the start line. Mark the 12-inch feet placement behind the start line for testing consistency.

3. Spotters may be used as a safety precaution. The spotter(s) should not touch the student unless instructed to do so by the proctor, or if the tested student is falling. If the student falls, the spotter(s) should protect the tested student's head from striking the ground.

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

Procedures:

1. INSTRUCTIONS TO STUDENT: "This test simulates moving someone who is physically incapacitated. The test requires that you lift and drag a lifelike dummy that is lying face-up on the floor while you move or shuffle backwards. The dummy must be lifted and dragged 32 feet. You will be given up to two trials, with a minimum two-minute rest period. When lifting and dragging the dummy, do not grab or pull the dummy by the arms. Do not grab the dummy by the head, as this may damage the dummy. You cannot lift the dummy over your shoulder. You will lift and drag the dummy in one fluid motion. Time starts when the dummy's feet cross the starting line and ends when the feet cross the finish line. DO NOT JERK THE DUMMY UP WHEN LIFTING IT. Do not drop the dummy upon completion."

2. Staff shall demonstrate a safe technique of grasping and lifting the dummy under the arms to protect the student's back and knees.

3. Remind the student that lifting, standing, and dragging of the dummy is conducted in one fluid motion, while moving the dummy as fast as possible because the test is timed.

4. Instruct the student to keep the dummy's feet on the ground during the drag. Inform the student that the test will begin when the dummy's feet cross the starting line. Start the test and begin timing when the dummy's feet cross the starting line. End the test and stop timing when the student drags the dummy's feet across the finish line.

   a. Failure to complete the body drag as instructed will result in a failed attempt.

5. Record the time to the tenth of a second, disregarding the hundredth (e.g., 7.54 or 7.57 would be recorded as 7.5 seconds).

6. Allow the student to rest a minimum of two minutes.

7. Retest the student following the same procedures.

Fence Climbs

Materials: Stopwatch; traffic cones (8); 6-foot solid and chain link fences; matting to cover the side supports of the fences, if used; and cushioned landing surface. (See Materials Description, page 10; and fence specifications in Figures 4, 5, and 6, pages 13 through 15.)

Setup:

1. Position the fence in the center of a stretch of level, dry ground approximately 50 yards in length. Surface must be relatively flat, with adequate traction (e.g., smooth, flat, dry, paved, short grass, all-weather track, or hard-packed). Put matting on the side support rails, if utilized. Students are to land on an appropriate cushioned surface (e.g., foam or rubber landing pad) to minimize the possibility of injury.

2. Measure and mark the start lines 5 yards from each side of the fence, and the finish lines 25 yards from each side of the fence. Use two traffic cones to mark each line.

3. The solid fence must be made of Douglas fir clear wood and remain in its natural wooden state (i.e., free from paint, stain, textured paper, or any other aid that would provide an advantage or disadvantage to the student).

Procedures:

1. INSTRUCTIONS TO STUDENT: "Two tests of your ability to climb over fences will be administered at this station. Both fences are 6 feet high. One fence is solid wood and the other is chain link. The amount of time it takes you to climb the fences will be recorded. For each test, you are to run up to the fence, scale the fence, and continue running to the finish line. You will have up to two trials on each fence with at least a two-minute rest period between administrations. Your fastest time will be utilized as your score. You may use any method you wish to get over the fences. However, you may not use the side supports in any manner to get over the fences. If you do, you will be scored as if you had failed to get over the fence. If you are unsuccessful in your first attempt to get over a fence, continue trying until you succeed."

2. Position the student at the start line for the 6-foot chain link fence climb (5 yards from the fence).

3. Inform the student that they:

   a. Are to approach and climb the fence and run to the finish line beyond the fence as quickly as possible.

   b. May use any method to climb the fence as long as the side supports are not used.

   c. May continue trying to climb the fence if not successful in their first attempt.

   d. Will be tested up to two times on each fence.

   e. Will be instructed to start the test with the command, "Ready, go."

4. Assume a position adjacent to the fence, set the stopwatch at zero, and start the test with the command, "Ready, go."

5. Observe whether the student uses the side supports to get over the fence. Consider the student to have failed to clear the fence if they use the side support.

6. Record the time to the tenth of a second, disregarding the hundredth (e.g., 8.62 or 8.68 would be recorded as 8.6).

7. Allow the student to rest a minimum of two minutes.

8. Readminister the test following the same procedures.

9. Repeat Steps 4 through 8 for the other fence.

500-Yard Run

Materials: Stopwatch, measuring device, and traffic cones (2).

Setup:

1. Test is to be given on an appropriate surface, relatively flat, with adequate traction (e.g., smooth, flat, dry, paved, all-weather track, or hard-packed). The course width should be appropriate for the number of students. Turns should be gradual to allow full-speed running. The start and finish lines shall be visibly marked.

Procedures:

1. INSTRUCTIONS TO STUDENT: "This test simulates a long-distance foot pursuit and requires that you run 500 yards. When taking the test, try to pace yourself. Do not try to sprint the entire distance. The test will be administered only once. Walking this event will result in a failed attempt, at which point you will fail the WSTB."

2. Position the student at the start line.

3. Set the stopwatch at zero and start the test with the command, "Ready, go."

4. Approach the finish line as the student approaches the finish line.

5. Record the time to the tenth of a second, disregarding the hundredth (e.g., 120.29 or 120.21 would be recorded as 120.2 seconds).

6. Review the student's test form to confirm that all test scores have been recorded.

7. Observe the student during cool-down. Encourage the student to walk around. Discourage the student from lying or sitting down. **Notify the appropriate personnel if the student exhibits signs of physical distress** (dizziness, nausea, pallor, cold sweat, etc.).

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

D. Test Scoring Procedures.

Because a student's total test performance is the best indication of their overall ability to perform the physical demands of the job, scores on the individual events of the WSTB are combined to arrive at a total test score for each student. Scoring the tests in this manner, as opposed to scoring each individual test on a pass/fail basis, allows students to compensate for performing less than optimally on one test by performing extremely well on other tests.

The score for each student shall be determined one of two ways:

(1) By manually converting times to points using the conversion tables on pages 16 through 20, then summing up points for all five events to determine the student's total score; or

(2) By inputting the times into the POST-provided Excel spreadsheet. The Excel spreadsheet will automatically calculate each student's score. A presenter-developed Excel spreadsheet for scoring is prohibited.

Either method shall be used. An example scoresheet for manual scoring and the automated scoring spreadsheet are both available on the POST website, at www.post.ca.gov.

E. Minimum Standard.

A minimum score of 384 must be obtained to demonstrate sufficient physical ability to perform as a patrol officer. If the student does not successfully complete all five events, the student fails the test.

Students who fail the final WSTB on their first attempt shall:

(a) Be provided with their scores on the initial attempt;

(b) Have a reasonable period of time established by the academy to prepare for a retest; and

(c) Be provided with an opportunity to be retested on the final WSTB. If a student fails their second attempt on the final WSTB, the student fails the course.

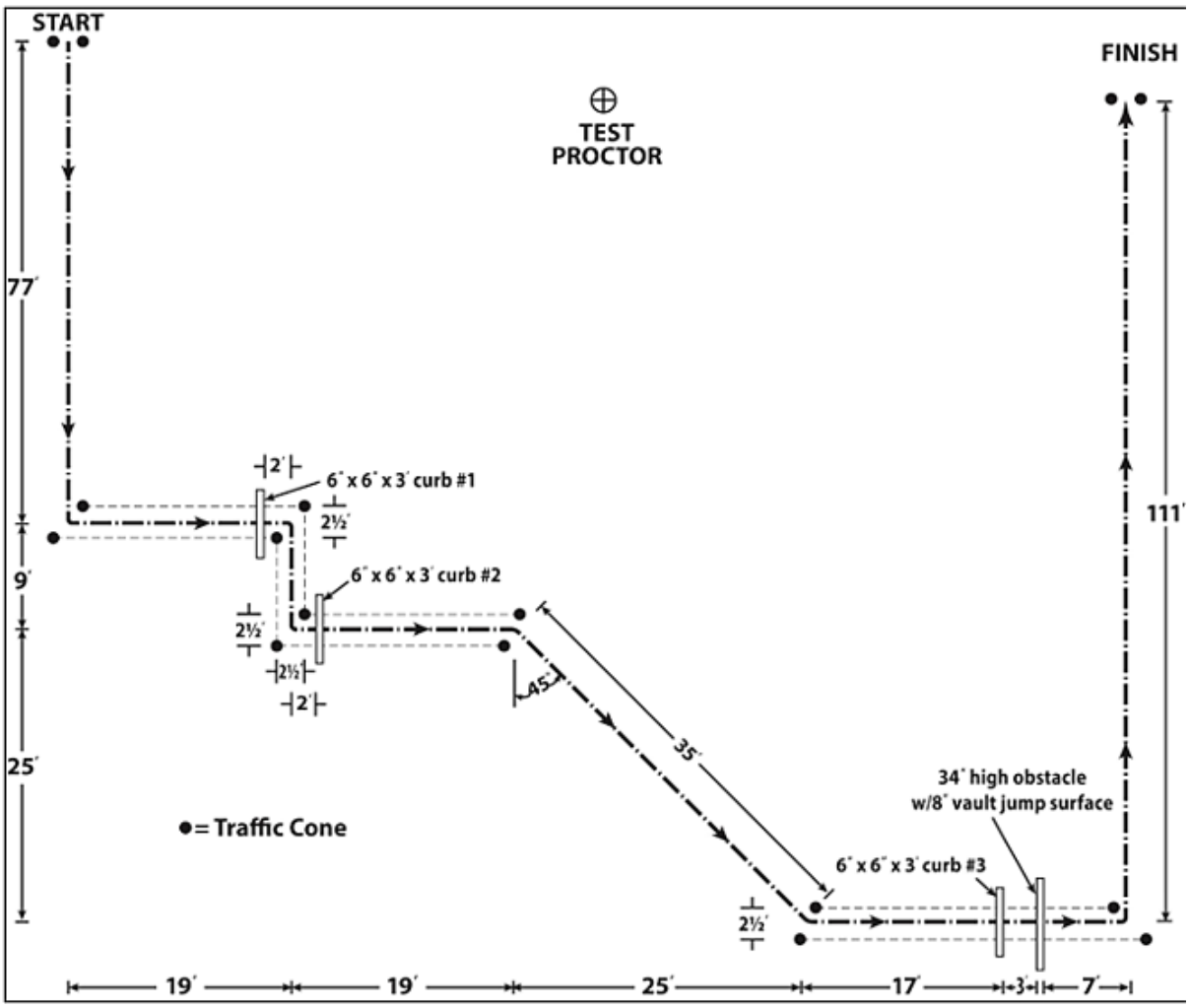
F. Materials Description.

Event	Setup	Administration	Specifications and Manufacturers of Equipment
Obstacle Course/ Agility Run	Measuring device, traffic cones (16), 6-inch x 6-inch x 3-foot curbs (3), 34-inch-high obstacle	Stopwatch	Course Diagram—Figure 1, page 12 Obstacle Diagram—Figure 2a, page 13 Curbs (3) Diagram—Figure 2b, page 13
Body Drag	Measuring device, tape to mark 12-inch feet placement and start/finish lines, traffic cones (4)	Stopwatch, 165-pound dummy	Diagram—Figure 3, page 14
Fence Climbs	Traffic cones (8); 6-foot solid and chain link fence(s); matting to cover fence supports, if used; cushioned landing surface	Stopwatch	Combination chain link and solid fence—Figure 4, page 15 Fence support braces—Figure 5, page 16 Solid fence panels—Figure 6, page 17
500-Yard Run	Measuring device, traffic cones (2)	Stopwatch	

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

Figure 1. Obstacle Course/Agility Run Diagram

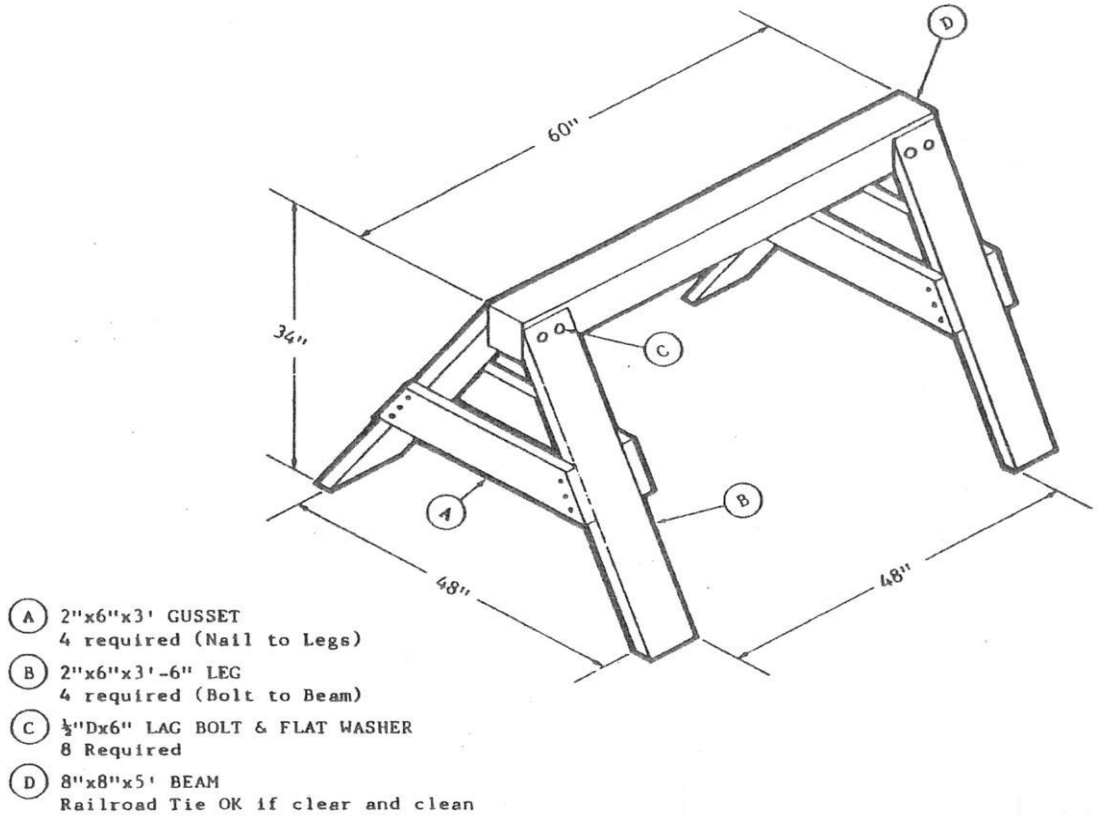


Setup:

1. Measurements of the three (3) curbs within the 2 1/2-inch path shall be measured from the center of the path.

2. The curb before the obstacle shall be measured 3 feet from the beam, not the legs.

Figure 2a. 34-Inch-High Obstacle Diagram



Note: The 8-inch x 8-inch x 5-foot beam shall be wood. Only the top of the wooden beam shall remain in its natural state (i.e., free from paint, stain, textured paper, or any other covering that would provide an advantage or disadvantage to the student).

Figure 2b. Curb(s) (3) Diagram

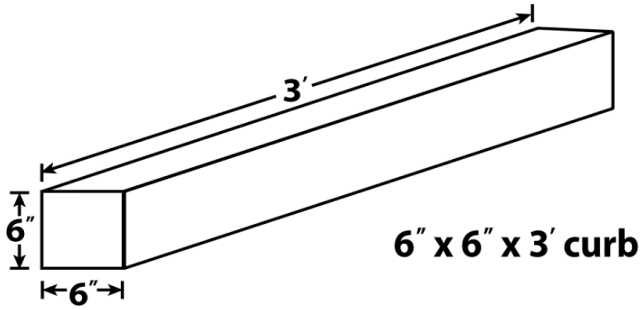
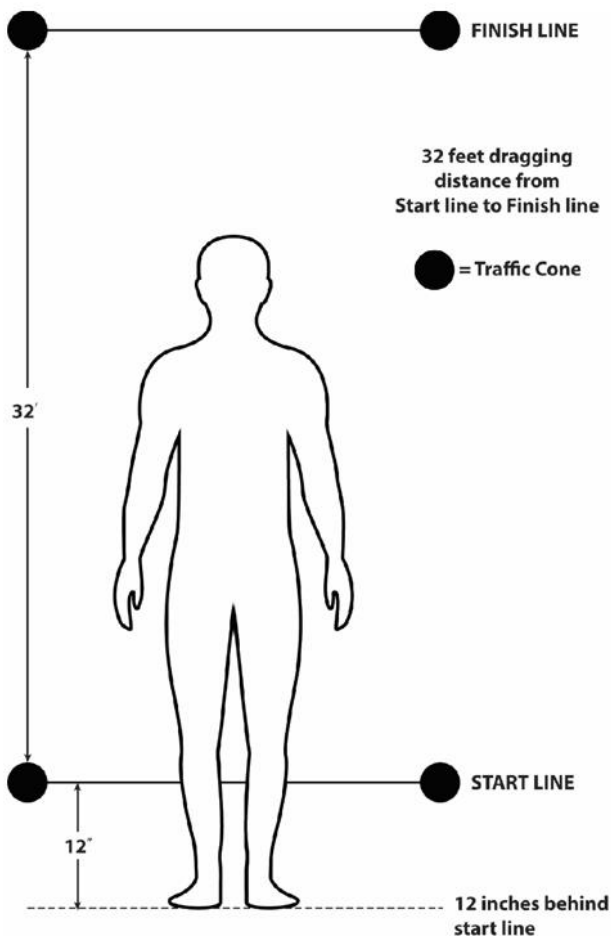


Figure 3. Body Drag Diagram



Setup:

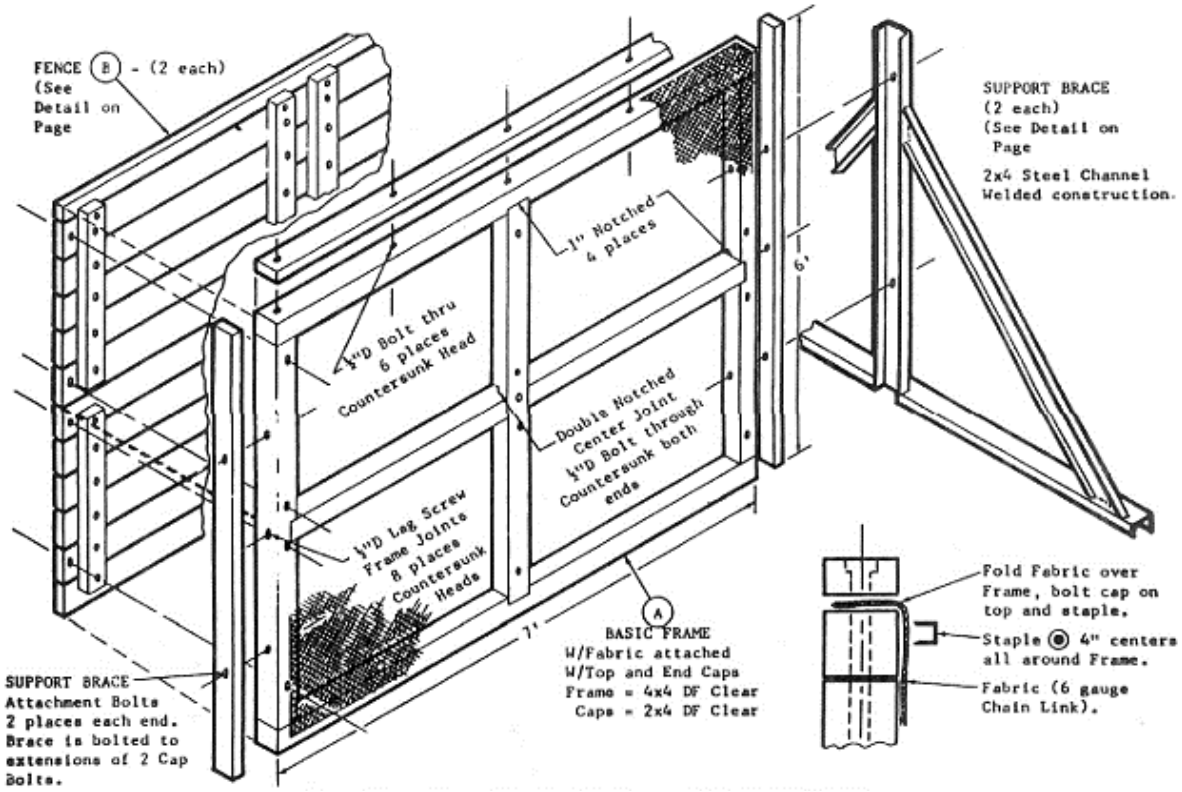
1. Position the dummy face-side up with the head toward the finish line and the feet 12 inches behind the start line.

2. Mark the 12-inch feet placement behind the start line for testing consistency.

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

Figure 4. Combination Chain Link and Solid Fence Diagram



Setup:

1. Support braces are only required for fences not anchored into the ground.

2. Standalone fences are permitted, meeting the same specifications as shown in the Figure 4. diagram above.

3. Placing material over the solid fence or chain link cap is permitted for the safety of the student.

   a. If any material is placed over the cap (e.g., fire hose, carpet), it shall not alter the 6-foot height of the fence or aid the student in climbing.

   b. Any material used shall not alter the student's ability to climb either fence or provide a disadvantage in climbing (e.g., rubber, plastic).

Figure 5. Fence Support Braces Diagram

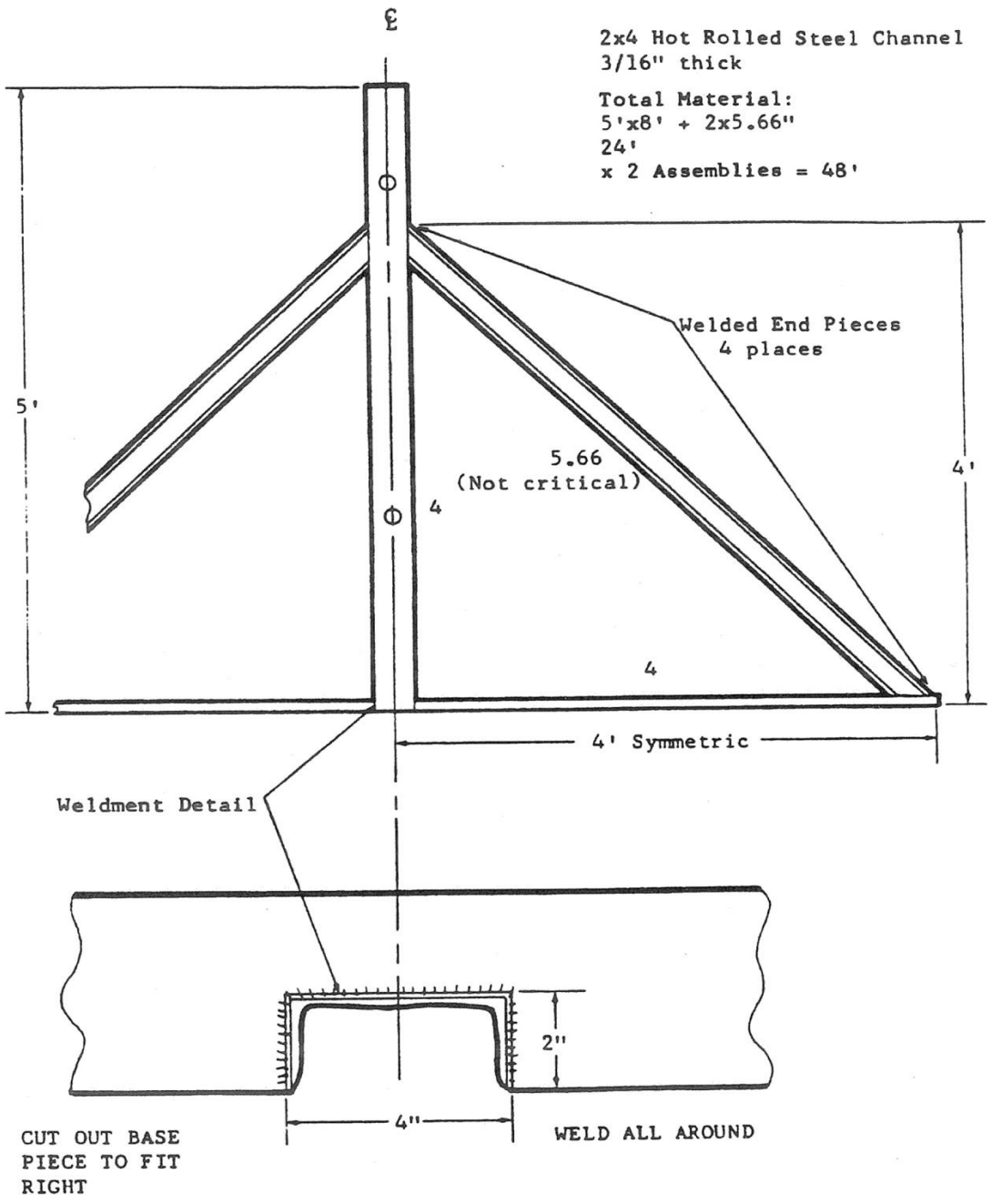
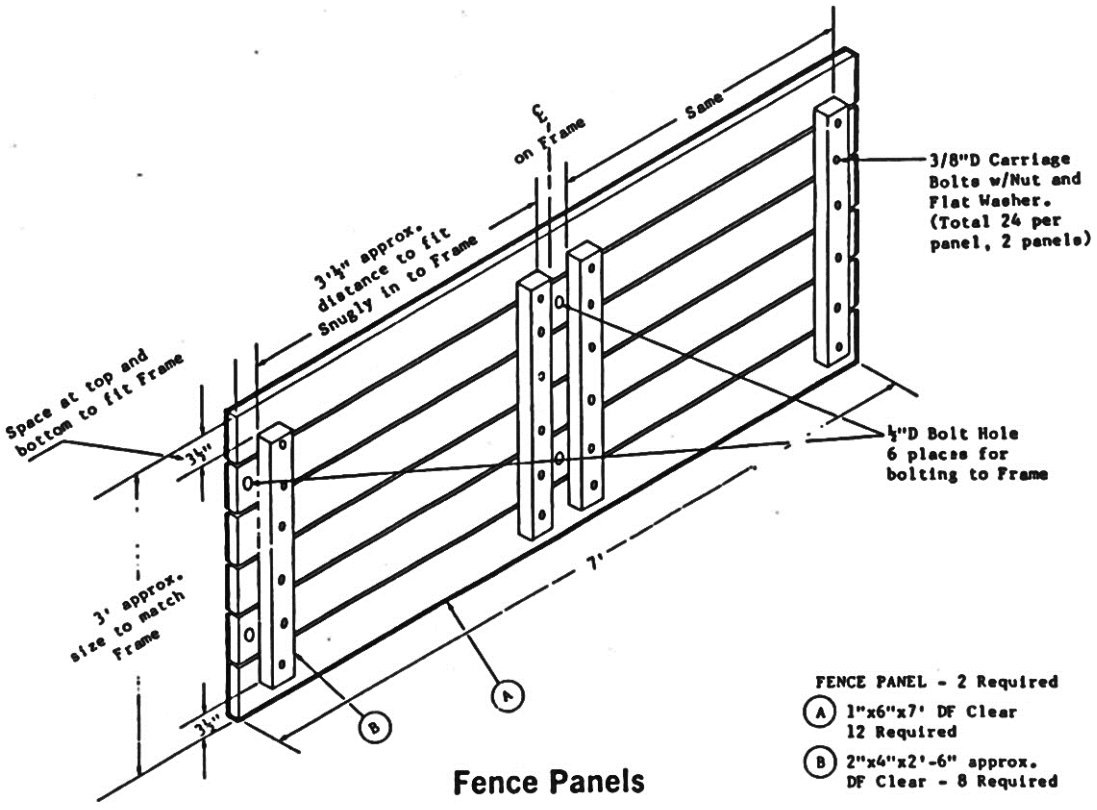


Figure 6. Solid Fence Panels Diagram



G. Work Sample Test Battery Score Conversion Tables.

OBSTACLE COURSE/AGILITY RUN

Conversion of Time to Points

Time in Seconds	Time in Tenths of a Second									
	0/10	1/10	2/10	3/10	4/10	5/10	6/10	7/10	8/10	9/10
14	248	246	245	244	243	241	240	239	238	236
15	235	234	232	231	230	229	227	226	225	224
16	222	221	220	219	217	216	215	213	212	211
17	210	208	207	206	205	203	202	201	200	198
18	197	196	195	193	192	191	189	188	187	186
19	184	183	182	181	179	178	177	176	174	173
20	172	170	169	168	167	165	164	163	162	160
21	159	158	157	155	154	153	152	150	149	148
22	146	145	144	143	141	140	139	138	136	135
23	134	133	131	130	129	128	126	125	124	122
24	121	120	119	117	116	115	114	112	111	110
25	109	107	106	105	103	102	101	100	98	97
26	96	95	93	92	91	90	88	87	86	85
27	83	82	81	79	78	77	76	74	73	72
28	71	69	68	67	66	64	63	62	60	59
29	58	57	55	54	53	52	50	49	48	47
30	45	44	43	42	40	39	38	36	35	34
31	33	31	30	29	28	26	25	24	23	21
32	20	19	17	16	15	14	12	11	10	9
33	7	6	5	4	2	1	0	0	0	0

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

BODY DRAG

Conversion of Time to Points

Time in Seconds	Time in Tenths of a Second									
	0/10	1/10	2/10	3/10	4/10	5/10	6/10	7/10	8/10	9/10
2	63	62	62	62	62	61	61	61	61	60
3	60	60	60	59	59	59	59	58	58	58
4	58	58	57	57	57	57	56	56	56	56
5	55	55	55	55	54	54	54	54	53	53
6	53	53	53	52	52	52	52	51	51	51
7	51	50	50	50	50	49	49	49	49	48
8	48	48	48	47	47	47	47	47	46	46
9	46	46	45	45	45	45	44	44	44	44
10	44	43	43	43	43	42	42	42	42	41
11	41	41	41	40	40	40	40	39	39	39
12	39	38	38	38	38	37	37	37	37	36
13	36	36	36	36	35	35	35	35	34	34
14	34	34	33	33	33	33	32	32	32	32
15	31	31	31	31	31	30	30	30	30	29
16	29	29	29	28	28	28	28	27	27	27
17	27	26	26	26	26	25	25	25	25	25
18	24	24	24	24	23	23	23	23	22	22
19	22	22	21	21	21	21	20	20	20	20
20	20	19	19	19	19	18	18	18	18	17
21	17	17	17	16	16	16	16	15	15	15
22	15	15	14	14	14	14	13	13	13	13
23	12	12	12	12	11	11	11	11	10	10
24	10	10	9	9	9	9	9	8	8	8
25	8	7	7	7	7	6	6	6	6	5
26	5	5	5	4	4	4	4	4	3	3
27	3	3	2	2	2	2	1	1	1	1
28	0	0	0	0	0	0	0	0	0	0

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

CHAIN LINK FENCE CLIMB

Conversion of Time to Points

Time in Seconds	Time in Tenths of a Second									
	0/10	1/10	2/10	3/10	4/10	5/10	6/10	7/10	8/10	9/10
4	120	119	118	117	116	115	114	113	112	111
5	109	108	107	106	105	104	103	102	101	100
6	99	98	97	95	94	93	92	91	90	89
7	88	87	86	85	84	83	82	80	79	78
8	77	76	75	74	73	72	71	70	69	68
9	66	65	64	63	62	61	60	59	58	57
10	56	55	54	52	51	50	49	48	47	46
11	45	44	43	42	41	40	39	37	36	35
12	34	33	32	31	30	29	28	27	26	25
13	23	22	21	20	19	18	17	16	15	14
14	13	12	11	10	8	7	6	5	4	3
15	2	1	0	0	0	0	0	0	0	0

SOLID FENCE CLIMB

Conversion of Time to Points

Time in Seconds	Time in Tenths of a Second									
	0/10	1/10	2/10	3/10	4/10	5/10	6/10	7/10	8/10	9/10
4	224	223	221	220	218	217	216	214	213	211
5	210	208	207	206	204	203	201	200	198	197
6	196	194	193	191	190	188	187	186	184	183
7	181	180	178	177	176	174	173	171	170	168
8	167	166	164	163	161	160	158	157	156	154
9	153	151	150	148	147	146	144	143	141	140
10	138	137	136	134	133	131	130	128	127	126
11	124	123	121	120	118	117	116	114	113	111
12	110	108	107	106	104	103	101	100	98	97
13	96	94	93	91	90	88	87	86	84	83
14	81	80	78	77	76	74	73	71	70	68
15	67	66	64	63	61	60	58	57	56	54
16	53	51	50	48	47	46	44	43	41	40
17	38	37	36	34	33	31	30	28	27	26
18	24	23	21	20	18	17	16	14	13	11
19	10	8	7	6	4	3	1	0	0	0

ANNEX A

WORK SAMPLE TEST BATTERY PROCTOR MANUAL *(continued)*

500-YARD RUN

Conversion of Time to Points

Time (Seconds)	Points	Time (Seconds)	Points
53.0 to 55.8	50	126.5 to 129.3	25
55.9 to 58.7	49	129.4 to 132.3	24
58.8 to 61.7	48	132.4 to 135.2	23
61.8 to 64.6	47	135.3 to 138.1	22
64.7 to 67.6	46	138.2 to 141.1	21
67.7 to 70.5	45	141.2 to 144.0	20
70.6 to 73.5	44	144.1 to 147.0	19
73.6 to 76.4	43	147.1 to 149.9	18
76.5 to 79.3	42	150.0 to 152.8	17
79.4 to 82.3	41	152.9 to 155.8	16
82.4 to 85.2	40	155.9 to 158.7	15
85.3 to 88.2	39	158.8 to 161.7	14
88.3 to 91.1	38	161.8 to 164.6	13
91.2 to 94.0	37	164.7 to 167.5	12
94.1 to 97.0	36	167.6 to 170.5	11
97.1 to 99.9	35	170.6 to 173.4	10
100.0 to 102.9	34	173.5 to 176.4	9
103.0 to 105.8	33	176.5 to 179.3	8
105.9 to 108.7	32	179.4 to 182.2	7
108.8 to 111.7	31	182.3 to 185.2	6
111.8 to 114.6	30	185.3 to 188.1	5
114.7 to 117.6	29	188.2 to 191.1	4
117.7 to 120.5	28	191.2 to 194.0	3
120.6 to 123.4	27	194.1 to 196.9	2
123.5 to 126.4	26	197.0 to 199.9	1