



# CONNECTICUT STATE REFEREE PROGRAM



## USSF Fitness Test Worksheet

Date: \_\_\_\_\_ Location: \_\_\_\_\_

Lead Instructor: \_\_\_\_\_

Timer: \_\_\_\_\_ Distance/Lap: \_\_\_\_\_

	Name	Age	12 Minute Run	Distance (meters)	50 m (sec)	200 m (sec)
			laps + partial (¼ or ½ or ¾)			
1			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
2			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
3			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
4			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
5			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
6			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
7			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
8			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
9			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
10			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
11			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
12			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
13			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
14			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			
15			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Partial:			