

15-Meter PACER Individual Score Sheet

Teacher _____ Class period _____ Date _____

Lap = one 15-meter length

Level	Laps																	
1	1	2	3	4	5	6	7	8	9									
2	10	11	12	13	14	15	16	17	18	19								
3	20	21	22	23	24	25	26	27	28	29	30							
4	31	32	33	34	35	36	37	38	39	40	41	42						
5	43	44	45	46	47	48	49	50	51	52	53	54						
6	55	56	57	58	59	60	61	62	63	64	65	66	67					
7	68	69	70	71	72	73	74	75	76	77	78	79	80					
8	81	82	83	84	85	86	87	88	89	90	91	92	93	94				
9	95	96	97	98	99	100	101	102	103	104	105	106	107	108				
10	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123			
11	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138			
12	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154		
13	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	
14	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	
15	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206
16	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224

Lane _____ Scorer's signature _____ Laps completed _____

From The Cooper Institute, 2017, *FitnessGram Administration Manual: The Journey to MyHealthyZone*, 5th ed. (Champaign, IL: Human Kinetics).