

ARMY COMBAT FITNESS TEST SCORECARD

For use of this form, see ATP 7-22.01; the proponent agency is TRADOC.

NOTE: To convert raw scores to scaled scores, refer to the ACFT event score conversion tables posted to the Army Combat Fitness Test website at <https://www.army.mil/acft>.

Body Composition Testing will **NOT** be conducted on the same day as the ACFT. To avoid fitness and injury, height and weight should be recorded at least 7 days before or at least 7 days after the ACFT when feasible.

FOR OFFICIAL USE ONLY

NAME (Last, First, MI)

GENDER ☐ MALE ☐ FEMALE

UNIT/LOCATION

PRIVACY ACT STATEMENT

AUTHORITY: 10 USC 7013, Department of the Army; 10 USC 671, Members not to be assigned outside United States before completing training; 10 USC 14503, Discharge of officers with less than six years of commissioned service or found not qualified for promotion to first lieutenant or lieutenant (junior grade); Army Regulation 350-1, Army Training and Leader Development.

PRINCIPAL PURPOSE: The Army Combat Fitness Test (ACFT) assesses a Soldier's combat fitness capability. Fitness test standards are adjusted for age and gender. For additional information, see the System of Records Notice 8005, Defense Training Records, <https://www.federalregister.gov/documents/2020/12/28/2020-26548/privacy-act-of-1974-system-of-records>.

ROUTINE USES: There is no specific routine uses anticipated for this form, however, it may be subject to a number of proper and necessary routine uses identified in the system of records notice(s) specified in the purpose statement above.

DISCLOSURE: Voluntary. However, failure to provide identifying information may prevent ability to remain in the military.

TEST ONE

DATE (YYYYMMDD) MOS PAY GRADE AGE

BODY COMPOSITION DATE:

HEIGHT (inches) WEIGHT lbs. ☐ GO ☐ NOGO BODY FAT % ☐ GO ☐ NOGO

3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))

1ST ATTEMPT 2ND ATTEMPT POINTS GRADER INITIALS

STANDING POWER THROW (distance thrown - check longest (meters - centimeters))

1ST THROW 2ND THROW POINTS GRADER INITIALS

HAND-RELEASE PUSH-UP (number of correctly performed repetitions)

REPETITIONS POINTS GRADER INITIALS

SPRINT - DRAG - CARRY (overall event time (minutes - seconds))

TIME POINTS GRADER INITIALS

PLANK (maintain proper straight line position (minutes - seconds))

TIME POINTS GRADER INITIALS

2 - MILE RUN (overall event time (minutes - seconds))

TIME POINTS GRADER INITIALS

30-SECOND SIT-UP / 100-YARD WALK (circle or use the drop down list (overall time to reach required distance (minutes - seconds))

TIME ☐ GO ☐ NOGO POINTS (60-0) GRADER INITIALS

SOLDIER SIGNATURE DATE TOTAL POINTS

ORGANIZATION NAME (Last, First, MI) PAY GRADE ☐ GO ☐ NOGO

ORGANIZATION SIGNATURE DATE

TEST TWO

DATE (YYYYMMDD) MOS PAY GRADE AGE

BODY COMPOSITION DATE:

HEIGHT (inches) WEIGHT lbs. ☐ GO ☐ NOGO BODY FAT % ☐ GO ☐ NOGO

3 REPETITION MAXIMUM DEADLIFT (weight lifted - check heaviest (lbs.))

1ST ATTEMPT 2ND ATTEMPT POINTS GRADER INITIALS

STANDING POWER THROW (distance thrown - check longest (meters - centimeters))

1ST THROW 2ND THROW POINTS GRADER INITIALS

HAND-RELEASE PUSH-UP (number of correctly performed repetitions)

REPETITIONS POINTS GRADER INITIALS

SPRINT - DRAG - CARRY (overall event time (minutes - seconds))

TIME POINTS GRADER INITIALS

PLANK (maintain proper straight line position (minutes - seconds))

TIME POINTS GRADER INITIALS

2 - MILE RUN (overall event time (minutes - seconds))

TIME POINTS GRADER INITIALS

30-SECOND SIT-UP / 100-YARD WALK (circle or use the drop down list (overall time to reach required distance (minutes - seconds))

TIME ☐ GO ☐ NOGO POINTS (60-0) GRADER INITIALS

SOLDIER SIGNATURE DATE TOTAL POINTS

ORGANIZATION NAME (Last, First, MI) PAY GRADE ☐ GO ☐ NOGO

ORGANIZATION SIGNATURE DATE

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Great Britain. Courts



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The Late Minoan III Necropolis of Armenoi Yannis Tzedakis, Holley Martlew, Michael Tite, 2024-04-30 This is the first volume on the Late Minoan III necropolis of Armenoi in western Crete. It sets the scene, introduces the site and its topography, and offers the results of site surveys and their finds. The Late Minoan III Necropolis of Armenoi, Crete, ca. 1390-1190 BC, is the only intact complete Late Minoan necropolis presently known, of which 232 tombs have been excavated. The research project was the first large-scale genomic sampling of skeletal material from a single site in Bronze Age Greece, as well as being the first time a multi-disciplinary approach with ancient DNA as its focus has been conducted on a large, well-curated necropolis assemblage. As such, it provides a unique opportunity to answer archaeological questions, the most important of which are kinship, an analysis of the origin and ancestry of those buried in the tombs, the homogeneity of the population, or otherwise, and diet. The analysis program was only possible because the tombs had not been seriously disturbed and human skeletal remains had survived and been expertly conserved. The results of ancient DNA, stable isotope analysis, osteological analysis, and radiocarbon dating are presented, providing the first detailed record of ancestry and kinship in this iconic period of Eastern Mediterranean prehistory. In addition, the long-debated problem of the location of the wealthy city of da 22, referred to many times in the Linear B tablets, is addressed, and key evidence is presented. The rich finds in the Necropolis, the town excavation, and in the environs support the interpretation that the city that built the Necropolis is da 22.

Telephone Directory United States. Department of Defense. Each issue includes a classified section on the organization of the Dept.

Reports of Cases Argued and Determined in the English Courts of Common Law Great Britain. Courts, 1872

The Macintosh Bible Arthur Naiman, 1992. Left Brain disk contains practical detail-oriented software for keeping track of names, addresses, appointments, things to do, and the time. Right Brain disk contains creative, visually-oriented software for transferring art between documents, changing desktop appearance, etc. Third disk is America Online version 2.01.

International Classification, 1995 *Outlook* Alfred Emanuel Smith, Francis Walton, 1904 *The Outlook* Lyman Abbott, Hamilton Wright Mabie, Ernest Hamlin Abbott, Francis Rufus Bellamy, 1904 *Bulletin of the New York Public Library* New York Public Library, 1914. Includes its Report 1896-19. **New Outlook**, 1904 *Dictionary Catalog of the Research Libraries of the New York Public Library, 1911-1971* New York Public Library. Research Libraries, 1979 House documents, 1880 *A Select Bibliography for the Study, Sources, and Literature of English Mediaeval Economic History*

Hubert Hall, London School of Economics and Political Science, 1914 **House Documents** USA Congress House of Representatives, 1898 **Thesaurus of English words and phrases, enlarged by J.L. Roget** Peter Mark Roget, 1896

Host Bibliographic Record for Bound with Item Barcode 30112047793085 and Others, 1885 "A" *New English Dictionary on Historical Principles* James Augustus Henry Murray, 1908 A New English Dictionary on Historical

Principles: part 1. L (1903) James Augustus Henry Murray, 1903 Current Index to Journals in Education, 1999-04 The

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