

## Practice Record Time = Grade / Week

$$3+ = 105$$

$$2.75 = 103$$

$$2.5 = 100$$

$$2.25 = 96$$

$$2 = 92$$

$$1.75 = 88$$

$$1.5 = 84$$

$$1.25 = 80$$

$$1 = 76$$

$$.75 = 72$$

$$.5 = 70$$

$$.25 = 65$$

$$0 = 60$$