

## BPFA Conversion Tables: MSFT (Multi-stage Fitness Test)

**Table 1:** BPFA conversion table, MSFT, under 30-39 age groups

Age Group	Under 30		30-34		35-39	
Points	M	F	M	F	M	F
100	12	10/6	11/9	10/2	11/5	9/8
99	11/11	10/5		10/1	11/4	9/7
98	11/10		11/8	10/0	11/3	9/6
97		10/4	11/7	9/10	11/2	
96	11/9	10/3	11/6	9/9		9/5
95	11/8	10/2		9/8	11/1	9/4
94		10/1	11/5	9/7	11/0	9/3
93	11/7	10/0	11/4	9/6	10/10	9/2
92	11/6	9/10	11/3			9/1
91		9/9	11/2	9/5	10/9	9/0
90	11/5	9/8		9/4	10/8	8/10
89	11/4	9/7	11/1	9/3	10/7	8/9
88		9/6	11/0	9/2		8/8
87	11/3		10/10	9/1	10/6	8/7
86	11/2	9/5		9/0	10/5	8/6
85	11/1	9/4	10/9	8/10	10/4	8/5
84		9/3	10/8	8/9	10/3	
83	11/0	9/2	10/7	8/8		8/4
82	10/10	9/1		8/7	10/2	8/3
81	10/9	9/0	10/6	8/6	10/1	8/2
80		8/10	10/5	8/5	10/0	8/1
79	10/8	8/9	10/4			8/0
78	10/7	8/8	10/3	8/4	9/10	7/9
77		8/7		8/3	9/9	7/8
76	10/6	8/6	10/2	8/2	9/8	7/7
75	10/5	8/5	10/1	8/1		
74			10/0	8/0	9/7	7/6
73	10/4	8/4		7/9	9/6	7/5
72	10/3	8/3	9/10	7/8	9/5	7/4
71		8/2	9/9			
70	10/2	8/1	9/8	7/7	9/4	7/3
69	10/1	8/0		7/6	9/3	7/2
68		7/9	9/7	7/5	9/2	7/1
67	10/0	7/8	9/6	7/4	9/1	
66	9/10		9/5			7/0
65		7/7	9/4	7/3	9/0	6/9
64	9/9	7/6		7/2	8/10	6/8
63	9/8	7/5	9/3	7/1	8/9	6/7
62		7/4	9/2	7/0	8/8	
61	9/7		9/1			6/6
60	9/6	7/3		6/9	8/7	6/5
59	9/5	7/2	9/0	6/8	8/6	6/4
58		7/1	8/10	6/7	8/5	
57	9/4	7/0	8/9			6/3
56	9/3			6/6	8/4	6/2
55		6/9	8/8	6/5	8/3	6/1
54	9/2	6/8	8/7	6/4	8/2	
53	9/1	6/7	8/6			6/0
52			8/5	6/3	8/1	5/8
51	9/0	6/6		6/2	8/0	5/7
50	8/10	6/5	8/4	6/1	7/9	5/6

**Table 2:** BPFA conversion table, MSFT, 40-54 age groups

Age Group	40-44		45-49		50-54	
Points	M	F	M	F	M	F
100	11/2	9/4	11/0	8/10	10/6	8/3
99		9/3	10/10	8/9	10/5	8/2
98	11/1	9/2	10/9	8/8	10/4	8/1
97	11/0	9/1	10/8	8/7	10/3	8/0
96	10/10	9/0	10/7	8/6	10/2	7/9
95	10/9	8/10		8/5	10/1	7/8
94	10/8	8/9	10/6		10/0	
93		8/8	10/5	8/4	9/10	7/7
92	10/7	8/7	10/4	8/3	9/9	7/6
91	10/6	8/6	10/3	8/2	9/8	7/5
90	10/5	8/5	10/2	8/1	9/7	7/4
89	10/4		10/1	8/0	9/6	7/3
88	10/3	8/4	10/0	7/9	9/5	
87		8/3	9/10	7/8	9/4	7/2
86	10/2	8/2	9/9		9/2-3	7/1
85	10/1	8/1	9/8	7/7	9/1	7/0
84	10/0	8/0	9/7	7/6	9/0	6/9
83	9/10	7/9	9/6	7/5	8/10	6/8
82	9/9	7/8		7/4	8/9	6/7
81	9/8		9/5		8/8	
80		7/7	9/4	7/3	8/7	6/6
79	9/7	7/6	9/3	7/2	8/6	6/5
78	9/6	7/5	9/2	7/1	8/5	6/4
77	9/5	7/4	9/1		8/4	6/3
76	9/4		9/0	7/0	8/3	6/2
75	9/3	7/3	8/10	6/9	8/2	
74	9/2	7/2	8/9	6/8	8/1	6/1
73		7/1	8/8	6/7	8/0	6/0
72	9/1		8/7	6/6	7/9	5/8
71	9/0	7/0	8/6		7/8	5/7
70	8/10	6/9	8/5	6/5	7/7	5/6
69	8/9	6/8		6/4	7/6	
68	8/8	6/7	8/4		7/5	5/5
67			8/3	6/3	7/4	5/4
66	8/7	6/6	8/2	6/2	7/3	5/3
65	8/6	6/5	8/1	6/1	7/2	5/2
64	8/5	6/4	8/0		7/1	5/1
63	8/4		7/9	6/0	7/0	
62	8/3	6/3	7/8	5/8	6/9	5/0
61		6/2		5/7		4/8
60	8/2	6/1	7/7	5/6	6/8	4/7
59	8/1		7/6		6/7	4/6
58	8/0	6/0	7/5	5/5	6/6	4/5
57	7/9	5/8	7/4	5/4	6/5	
56	7/8	5/7		5/3	6/4	4/4
55		5/6	7/3		6/3	4/3
54	7/7		7/2	5/2	6/2	4/2
53	7/6	5/5	7/1	5/1	6/1	4/1
52		5/4		5/0	6/0	4/0
51	7/5	5/3	7/0	4/8		
50	7/4		6/9		5/8	