



## ***FIRE ACADEMY INFORMATION PACKET***

*Moreno Valley College conducts a full-time (16 week) Basic Firefighter Academy during the Spring and Fall semester of each year. Upon completion, students earn 21.5 college units and receive a total of 22 certifications from the California State Fire Marshal's Office, California State Fire Training Institute, the National Wildland Coordinating Group, Cal FIRE and FEMA.*

***\*\*\* Academy Dates, Times, and Fees are Subject to Change. \*\*\****

### **Important Dates**

#### **Application Submission**

**Fall Academy Applications Accepted: May 1<sup>st</sup> through May 31<sup>st</sup>.**

**Spring Academy Applications Accepted: Nov 1<sup>st</sup>.**

**Through Nov. 30<sup>th</sup>.**

**\*\*\* Only Online applications will be accepted and considered. \*\*\***

**\* NO EXCEPTIONS\***

#### **Application Submission Method:**

**Online @ <https://www.mvc.edu/btc/fire/>**

#### **Application review and email notification of acceptance:**

**Fall Academy notifications will be made during the 1<sup>st</sup> week of June**

**Spring Academy notifications will be made during the 3<sup>rd</sup> week of December**

#### **FIT S3A Intro to Fire Academy & Physical Conditioning:**

**(Mondays 0800 – 1700)**

**Fall Academy: First 6 Mondays of the summer session**

**Spring Academy: First 6 Mondays of the winter session**

#### **Basic Fire Fighter Academy Sessions**

**Fall Academy: Late August through mid-December**

**Spring Academy: April through the first week of June**

#### **Graduation:**

**Held at 10:00 am the Saturday immediately following week 16**



## **Basic Fire Academy Application Instructions**

1. ***Handwritten applications will not be accepted.*** Applications must be completed online. All required supporting documentation must be uploaded at the time of application completion @ <https://www.mvc.edu/btc/fire/academy.cfm>
2. You may still apply if you have prerequisites in progress however:
  - a) All prerequisites must be completed prior to the end of FIT S3A
  - b) Applicants with completed prerequisites will be given priority

## **Basic Firefighter Academy Prerequisites:**

**All prerequisites must be completed by the end of FIT-S3A**

### **1. Fire Protection Organization (FIT 1) or equivalent.**

Proof of successfully completing “Fire Protection Organization” (FIT 1) or an equivalent course can be done by submitting unofficial transcripts. Classes taken out-of-state or with an ROP will need to be reviewed by our Department Chair to determine if it meets equivalency. If this is the case, a copy of the course syllabus will need to be submitted.

### **2. EMT Certification**

*A current copy of a California State EMT or NREMT card* must be provided. For information on how to obtain your California EMT certification, please visit:

<http://www.emsa.ca.gov/EMT>

### **3. Physical Abilities Test**

Students must pass a CPAT or BIDDLE which must be valid within 12 months prior to the start of the Fire Academy. Test information can be found at the following links:

a) **CPAT**

<http://www.cffjac.org/go/jac/cpat/>

b) **BIDDLE**

<http://www.riohondofire.com/biddle-physical-agility>

<https://www.mtsac.edu/kinesiology/pat/>

<http://www.sac.edu/AcademicProgs/HST/FireTech/Pages/Physical-Ability-Test.aspx>



#### **4. Physical/Medical Exams**

MVC requires all cadets participating in Intro to Fire Academy & Physical Conditioning for Fire Academy (FIT S3A), and the Basic Firefighter Academy (FIT-S3) to complete a physical/medical exam prior to starting FIT S3A. This exam must be complete and submitted with the initial academy application. Applicants may obtain their physical at Moreno Valley College Health Services for a fee. For more info: [www.mvc.edu/services/hs/](http://www.mvc.edu/services/hs/)

***Medical clearance documentation must be submitted with your application to be eligible for enrollment in the Basic Firefighter Academy (FIT S3)***

#### **5. FIT-S3A Intro to Fire Academy & Physical Conditioning for Fire Academy**

This physical conditioning and orientation program prepares students for the physical and emotional demands of the Basic Firefighter Academy by including muscular strength development, cardio respiratory endurance training, body composition assessments, physical agility, and flexibility training. Additionally, students will be introduced to the paramilitary format and behavioral norms associated of the Basic Firefighter Academy

##### **a. Physical Fitness Assessment (PFA) Guidelines**

1. While enrolled in FIT-S3A Introduction to Fire Academy and Physical Conditioning, students will be required to participate in physical conditioning (PC) activities and must pass a Physical Fitness Assessment (PFA) consisting of push-ups, crunches, and a 1.5 mile run. ***Fitness Charts for your age and gender can be found at the end of this document.***
2. Students must achieve a minimum composite score of 75 points to successfully complete FIT S3A and be enrolled in FIT S3 Basic Fire Academy
3. Students will have one minute to complete as many correct repetitions as possible for push-ups and crunches. Points will vary according to age and gender.
4. Students will receive a score on a 0 – 100 point scale based on the following maximum component scores:
  - a) 50 points for aerobic fitness assessment (1.5 mile run)
  - b) 25 points for push-ups
  - c) 25 points for crunches



## **b. Physical Fitness Assessment (PFA)**

### 1. Crunches

- a) Arms folded across chest
- b) Feet flat on the ground – no wider than hips
- c) Touch both elbows to their respective leg at the top of each repetition
- d) Both shoulder blades must touch ground
- e) Rest in “up” position for up to 5 seconds (don’t touch legs with arms)

### 2. Push-ups

- a) Hands should be shoulder width apart or narrower
- b) Keep body straight throughout exercise (except during rest periods)
- c) Arms must bend to minimum of 90 degrees at the bottom of each repetition
- d) Rest in “up” position

### 3. 1.5 mile run (timed)

## **c. Fitness Recommendations for Potential Applicants:**

1. Crunches & Push-ups: Take the self-test score and multiply it by three. This number will be the total number of repetitions that should be performed every other day. Perform as many repetitions as physically able, resting for one minute between each set. Continue this process until the total goal as determined above is met.
2. Aerobic Running: The minimum recommendation is to 20 minutes per day, three days per week for three weeks. After three weeks, increase your time to 30 minutes per day. It is strongly recommended that the MVC Fire Academy Training Plan is started as early as possible prior to arrival into the S3A and Basic Firefighter Academy.

***\*FIT-S3A is not an open class. Only candidates that are accepted to attend the Basic Firefighter Academy will be enrolled by the college into this course\****



## **Financial Aid**

All applicants are encouraged to apply for financial aid as early as possible at [www.fafsa.gov](http://www.fafsa.gov) and use Moreno Valley College Code # 041735. For further information, contact Student Financial Services at: (951)571-6139 or [StudentFinancialServices@mvc.edu](mailto:StudentFinancialServices@mvc.edu) or Riverside County Workforce Development @ <https://rivcoeda.org/Workforce-Development-Centers-Nav-Only/WDC-Information/Workforce-Development-Centers>

## **Applicant Selection Process:**

The Basic Fire Academy is open to 50 students who meet the program prerequisites listed above. Potential candidates will be selected based on the criteria (ranking) listed below.

1. Applicants with completed applications, have completed and uploaded all prerequisites, and are sponsored or nominated by a participating Riverside County Training Officers Association (RCTOA) Fire Agency Will be placed in **Rank 1.**
2. Non-Sponsored Applicants with complete applications who have met all required prerequisites will be placed in **Rank 2.**
3. Non Sponsored applicants who have completed 2 of the 3 prerequisites with the 3rd. in process will be placed in **Rank 3.**
4. Non-Sponsored applicants with 1 of 3 prerequisites with 2 of 3 in process will be placed in **Rank 4.**

\*A total of 60 applicants will be selected to participate in the FIT S-3A Pre-Academy. The top 50 candidates will advance to the Basic Fire Academy.\*



## Sponsorships & Nominations

1. Sponsorship: If a Department is sponsoring a cadet, they should provide the cadet with NFPA compliant safety gear/equipment and accept responsibility for replacement or repair of such gear/equipment as necessary. Any financial support given to a cadet is at the agency's discretion.
2. Nomination: Department's recommending an applicant may provide equipment or financial support for the cadet at the agency's discretion.
3. The Sponsoring or nominating Department's *Training Chief, Training Captain or designee*, must submit a letter of sponsorship or nomination on department letterhead to MVC Fire Technology, Attn: Fire Academy Coordinator. A copy must be included in the application packet.

### **Participating Riverside County Training Officers' Association (RCTOA) Fire Agencies:**

Cathedral City F.D.	(allotted 2 spots)	Corona F.D.	(allotted 2 spots)
Hemet F.D.	(allotted 2 spots)	Idyllwild F.D.	(allotted 2 spots)
Morongo F.D.	(allotted 2 spots)	Murrieta F.D.	(allotted 2 spots)
Palm Springs F.D.	(allotted 2 spots)	Pechanga F.D.	(allotted 2 spots)
Riverside City F.D.	(allotted 2 spots)	CalFIRE RivCo	(allotted 4 spots)

***\*Sponsored applicants must have all academy requirements completed at time of application\****

***\*Please contact the above Agencies individually for further information\****



## Basic Firefighter Academy Fees

*All costs are estimates and subject to change*

### Estimated Cost Breakdown

1. 21.5 Units at \$46.00 per unit	\$ 989.00
2. Certificates & Testing	\$1070.00
3. Health Fees	\$ 20.00
4. Student Activities Fees	\$ 30.00
5. Jones & Bartlett Fund. Firefighting Skills & Haz-Mat Response 4E WB Wildland FF 2E. ISBN# 9781284236064	
<a href="https://checkout.jblearning.com/cart/Default.aspx?bc=23606-4&amp;ref=psg&amp;coupon=MVC25">https://checkout.jblearning.com/cart/Default.aspx?bc=23606-4&amp;ref=psg&amp;coupon=MVC25</a>	\$200.96
<b>6. <u>Physical Fitness Equipment &amp; Miscellaneous Uniforms</u></b>	
a) Water Bottle, 1 gallon	\$9.99 ea.
b) Navy Shorts w/logo	\$17.99 ea.
c) Tee Shirt S/S with logo & name	\$13.50 ea.
d) Tee Shirt L/S with logo & name	\$16.25 ea.
e) P.T. Sweatshirt with logo & name	\$22.75 ea.
f) P.T. Sweat pant with logo	\$16.75 ea.
<b>7. <u>Fire Academy Uniforms</u></b>	
a. Tac squad Navy Blue Poly/Cotton Pant	\$20.99/pr.
b. Tac Squad Navy Blue L/S Poly/Cotton Shirt	\$21.99 ea.
c. 1-3/4" Basket Weave Belt	\$15.99 ea.
d. MVC Fire Academy Shoulder Patch (1 per shirt)	\$2.99 ea.
e. MVC School of Public Safety Patch (1 per shirt)	\$3.99 ea.
f. ROTHCO Cofram Dress Shoe	\$34.99
g. Tac Squad Black Jacket (requires patches)	\$41.99
h. Black Clip on Tie	\$5.99 ea.
i. Silver Tie Bar	\$4.49 ea.
j. Name Emb. 1/2" First Initial, Last name	\$3.00 ea.
k. Black Station Boots	\$225.00
l. Leather Shield	\$150.00
8. Leather Class Shield & Structure Helmet (multiple options) Available	\$296.95
9. NFPA Structural firefighting boots, flash hood, goggles, gloves, Structural & Wildland Firefighting Safety Gear	N/C
<b>Estimated cost</b>	<b>\$3270.00</b>



# Fire Academy Fitness Chart

## Males Under 25

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
9:36 or faster	50.00	62 or more	25	55 or more	25
9:37-9:48	47.50	61	24.5	53-54	24.5
9:49-10:12	45.00	60	24	52	24
10:13-10:36	43.50	59	23.5	50-51	23.5
10:37-11:06	42.00	57-58	23	48-49	23
11:07-11:36	40.50	52-56	22.5	46-47	22
11:37-12:12	39.00	49-51	22	44-45	21
12:13-12:54	37.50	45-48	21	42-43	20
12:55-13:36	36.00	41-44	20	40-41	19
13:37-14:24	34.00	37-40	19	38-39	18
14:25-14:54	32.00	33-36	18	36-37	16
14:55-15:18	30.00	30-32	16.5	35	14
15:19-15:48	27.00	27-29	15	33-34	12
15:49-16:24	24.00	24-26	13.5	32	10
16:25-16:54	21.00	21-23	12	30-31	8
16:55-17:36	18.00	19-20	10	28-29	6
17:37-18:12	15.00	17-18	8	27	3
18:13-18:54	12.00	15-16	6	less than 27	0
18:55-19:42	9.00	14	3		
19:43-20:36	6.00	less than 14	0		
20:37-21:30	3.00				
slower than 21:30	0.00				





# Fire Academy Fitness Chart

## Males 25-29

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
9:36 or faster	50.00	57 or more	25	53 or more	25
9:37-9:48	47.50	56	24.5	51-52	24.5
9:49-10:12	45.00	55	24	50	24
10:13-10:36	43.50	54	23.5	48-49	23.5
10:37-11:06	42.00	52-53	23	46-47	23
11:07-11:36	40.50	48-51	22.5	44-45	22
11:37-12:12	39.00	45-47	22	42-43	21
12:13-12:54	37.50	41-44	21	40-41	20
12:55-13:36	36.00	37-40	20	38-39	19
13:37-14:24	34.00	34-36	19	36-37	18
14:25-14:54	32.00	30-33	18	34-35	16
14:55-15:18	30.00	27-29	16.5	33	14
15:19-15:48	27.00	25-26	15	31-32	12
15:49-16:24	24.00	23-24	13.5	30	10
16:25-16:54	21.00	20-22	12	28-29	8
16:55-17:36	18.00	17-19	10	27	6
17:37-18:12	15.00	15-16	8	26	3
18:13-18:54	12.00	14	6	less than 26	0
18:55-19:42	9.00	13	3		
19:43-20:36	6.00	less than 13	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



# Fire Academy Fitness Chart

## Males 30-35

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
9:48 or faster	50.00	52 or more	25	51 or more	25
9:49-10:12	47.50	50-51	24.5	49-50	24.5
10:13-10:24	45.00	49	24	48	24
10:25-10:54	43.50	48	23.5	46-47	23.5
10:55-11:24	42.00	46-47	23	44-45	23
11:25-11:54	40.50	43-45	22.5	42-43	22
11:55-12:30	39.00	40-42	22	40-41	21
12:31-12:54	37.50	36-39	21	38-39	20
12:55-13:36	36.00	33-35	20	36-37	19
13:37-14:24	34.00	30-32	19	34-35	18
14:25-14:54	32.00	27-29	18	33	16
14:55-15:18	30.00	24-26	16.5	31-32	14
15:19-15:48	27.00	22-23	15	30	12
15:49-16:24	24.00	20-21	13.5	28-29	10
16:25-16:54	21.00	17-19	12	26-27	8
16:55-17:36	18.00	16	10	25	6
17:37-18:12	15.00	15	8	23-24	3
18:13-18:54	12.00	14	6	less than 23	0
18:55-19:42	9.00	13	3		
19:43-20:36	6.00	less than 13	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



# Fire Academy Fitness Chart

## Males 35-39

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
09:47 or faster	50.00	46 or more	25	49 or more	25
9:37-9:48	47.50	45	24.5	47-48	24.5
9:49-10:12	45.00	44	24	46	24
10:13-10:36	43.50	42-43	23.5	44-45	23.5
10:37-11:06	42.00	41	23	42-43	23
11:07-11:36	40.50	38-40	22.5	40-41	22
11:37-12:12	39.00	35-37	22	38-39	21
12:13-12:54	37.50	32-34	21	36-37	20
12:55-13:36	36.00	30-31	20	34-35	19
13:37-14:24	34.00	27-29	19	32-33	18
14:25-14:54	32.00	24-26	18	30-31	16
14:55-15:18	30.00	21-23	16.5	29	14
15:19-15:48	27.00	19-20	15	27-28	12
15:49-16:24	24.00	18	13.5	25-26	10
16:25-16:54	21.00	17	12	23-24	8
16:55-17:36	18.00	16	10	22	6
17:37-18:12	15.00	15	8	20-21	3
18:13-18:54	12.00	14	6	less than 20	0
18:55-19:42	9.00	13	3		
19:43-20:36	6.00	less than 13	0		
20:37-21:30	3.00				
slower than 21:30	0.00				



# Fire Academy Fitness Chart

## Males 40+

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
10:24 or faster	50.00	40 or more	25	47 or more	25
10:25-10:36	47.50	39	24.5	45-46	24.5
10:37-10:54	45.00	28	24	43-44	24
10:55-11:24	43.50	37	23.5	41-42	23.5
11:25-11:54	42.00	36	23	39-40	23
11:55-12:30	40.50	33-35	22.5	37-38	22
12:31-13:12	39.00	31-32	22	35-36	21
13:13-13:36	37.50	28-30	21	33-34	20
13:37-14:24	36.00	26-27	20	31-32	19
14:25-15:18	34.00	23-25	19	29-30	18
15:19-15:48	32.00	21-22	18	27-28	16
15:49-16:24	30.00	20	16.5	26	14
16:25-16:54	27.00	19	15	24-25	12
16:55-17:36	24.00	18	13.5	22-23	10
17:37-18:12	21.00	17	12	20-21	8
18:13-18:54	18.00	16	10	19	6
18:55-19:42	15.00	15	8	17-18	3
19:43-20:36	12.00	14	6	less than 17	0
20:37-21:30	9.00	13	3		
21:31-22:30	6.00	less than 13	0		
22:31-23:36	3.00				
slower than 23:36	0.00				



# Fire Academy Fitness Chart

## Females Under 25

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
11:06 or faster	50.00	42 or more	25	51 or more	25
11:07-11:36	47.50	41	24.5	50	23.75
11:37-11:54	45.00	40	23.75	49	22.5
11:55-12:30	43.50	38-39	23.25	46-48	22
12:31-13:12	42.00	37	22.5	44-45	21.25
13:13-14:00	40.50	34-36	22	42-43	20.75
14:01-14:54	39.00	31-33	21.25	40-41	20
14:55-15:18	37.50	27-30	20.75	37-39	19.5
15:19-15:48	36.00	24-26	20	35-36	18.75
15:49-16:24	34.00	21-23	19.5	33-34	18.5
16:25-16:54	32.00	18-20	18.75	30-32	18.25
16:55-17:36	30.00	16-17	18.5	28-29	18
17:37-18:12	27.00	14-15	18.25	26-27	17.75
18:13-18:54	24.00	12-13	18	24-25	17.5
18:55-19:42	21.00	10-11	17.75	22-23	15
19:43-20:36	18.00	9	17.5	20-21	10
20:37-21:30	15.00	8	15	18-19	5
21:31-22:30	12.00	7	12.5	less than 18	0
22:31-23:36	9.00	6	10		
23:37-24:48	6.00	5	7.5		
24:49-26:06	3.00	4	5		
slower than 26:07	0.00	3	2.5		
		less than 2	0		



# Fire Academy Fitness Chart

## Females 25-29

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
11:24 or faster	50.00	41 or more	25	47 or more	25
11:25-11:36	47.50	40	24.5	46	23.75
11:37-11:54	45.00	38-39	23.75	45	22.5
11:55-12:30	43.50	36-37	23.25	42-44	22
12:31-13:12	42.00	35	22.5	40-41	21.25
13:13-14:00	40.50	31-34	22	38-39	20.75
14:01-14:54	39.00	28-30	21.25	36-37	20
14:55-15:18	37.50	25-27	20.75	34-35	19.5
15:19-15:48	36.00	22-24	20	31-33	18.75
15:49-16:24	34.00	19-21	19.5	29-30	18.5
16:25-16:54	32.00	16-18	18.75	27-28	18.25
16:55-17:36	30.00	14-15	18.5	25-26	18
17:37-18:12	27.00	13	18.25	23-24	17.75
18:13-18:54	24.00	11 12	18	21-22	17.5
18:55-19:42	21.00	10	17.75	19-20	15
19:43-20:36	18.00	8 9	17.5	17-18	10
20:37-21:30	15.00	7	15	15-16	5
21:31-22:30	12.00	6	12.5	less than 15	0
22:31-23:36	9.00	5	10		
23:37-24:48	6.00	4	7.5		
24:49-26:06	3.00	3	5		
slower than 26:06	0.00	2	2.5		
		less than 2	0		



# Fire Academy Fitness Chart

## Females 30-35

### Aerobic Fitness

### Muscle Fitness

### Muscle Fitness

1.5 mile run		Push-ups		Crunches	
11:54 or faster	50.00	40 or more	25	42 or more	25
11:55-12:30	47.50	39	24.5	41	23.75
12:31-12:54	45.00	37-38	23.75	40	22.5
12:55-13:12	43.50	35-36	23.25	37-39	22
13:13-13:36	42.00	33-34	22.5	35-36	21.25
13:37-14:24	40.50	29-32	22	33-34	20.75
14:25-14:54	39.00	26-28	21.25	31-32	20
14:55-15:18	37.50	23-25	20.75	29-30	19.5
15:19-15:48	36.00	20-22	20	27-28	18.75
15:49-16:24	34.00	17-19	19.5	25-26	18.5
16:25-16:54	32.00	14-16	18.75	23-24	18.25
16:55-17:36	30.00	12 13	18.5	22	18
17:37-18:12	27.00	11	18.25	20-21	17.75
18:13-18:54	24.00	10	18	18-19	17.5
18:55-19:42	21.00	9	17.75	16-17	15
19:43-20:36	18.00	7 8	17.5	13-15	10
20:37-21:30	15.00	6	15	11 12	5
21:31-22:30	12.00	5	12.5	less than 11	0
22:31-23:36	9.00	4	10		
23:37-24:48	6.00	3	7.5		
24:49-26:06	3.00	2	5		
slower than 26:06	0.00	1	2.5		
		0	0		



# Fire Academy Fitness Chart

## Females 35-39

Aerobic Fitness		Muscle Fitness		Muscle Fitness	
1.5 mile run		Push-ups		Crunches	
11:54 or faster	50.00	30 or more	25	40 or more	25
11:55-12:30	47.50	29	24	38-39	23.75
12:31-12:54	45.00	28	23.75	37	22.5
12:55-13:12	43.50	27	23.5	35-36	22
13:13-13:36	42.00	26	22.5	33-34	21.25
13:37-14:24	40.50	23-25	22	31-32	20.75
14:25-14:54	39.00	21-22	21.25	29-30	20
14:55-15:18	37.50	19-20	21.75	27-28	19.5
15:19-15:48	36.00	17-18	20	25-26	18.75
15:49-16:24	34.00	15-16	19.5	23-24	18.5
16:25-16:54	32.00	13-14	18.75	21-22	18.25
16:55-17:36	30.00	11-12	18.5	20	18
17:37-18:12	27.00	10	18.25	18-19	17.75
18:13-18:54	24.00	9	18	16-17	17.5
18:55-19:42	21.00	8	17.75	14-15	15
19:43-20:36	18.00	6-7	17.5	12-13	10
20:37-21:30	15.00	4-5	15	9-11	5
21:31-22:30	12.00	3	7.5	less than 9	0
22:31-23:36	9.00	1-2	5		
23:37-24:48	6.00	0	0		
24:49-26:06	3.00				
slower than 26:06	0.00				





# Fire Academy Fitness Chart

## Females 40+

Aerobic Fitness		Muscle Fitness		Muscle Fitness	
1.5 mile run		Push-ups		Crunches	
12:30 or faster	50.00	20 or more	25	38 or more	25
12:31-12:54	47.50	19	23.75	36-37	23.75
12:55-13:12	45.00	18	22.5	34-35	22.5
13:13-14:00	43.50	16-17	22	32-33	22
14:01-14:54	42.00	15	21.25	30-31	21.25
14:55-15:48	40.50	14	20.75	28-29	20.75
15:49-16:24	39.00	13	20	26-27	20
16:25-16:54	37.50	12	19.5	24-25	19.5
16:55-17:36	36.00	11	18.75	22-23	18.75
17:37-18:12	34.00	9-10	18.5	20-21	18.5
18:13-18:54	32.00	8	18.25	18-19	18.25
18:55-19:42	30.00	7	18	17	18
19:43-20:36	27.00	6	17.75	15-16	17.75
20:37-21:30	24.00	5	17.5	13-14	17.5
21:31-22:30	21.00	3-4	15	11-12	15
22:31-23:36	18.00	2	10	9-10	10
23:37-24:48	15.00	1	5	7-8	5
24:49-26:06	12.00	0	0	less than 7	0
26:07-27:36	9.00				
27:37-29:18	6.00				
29:19-31:12	3.00				
slower than 31:12	0.00				