

South Bronx Physical Fitness @ Mott Haven Campus

**730 Concourse Village West
Bronx, NY 10451**

Bronx Leadership Academy II H.S.
Rose LoBianco, Principal
(718) 292-7171

P188X
Shanie Johnson, Principal
(718) 292-7441

Careers in Sports H.S.
Johanny Garcia, Principal
(718) 292-7110

Bronx Legacy H.S.
Henry Encarnación, Principal
(718) 504-4040

Lou Schlanger, Athletic Director
(718) 292-5551
Fax (718) 292-6113
lschlanger@schools.nyc.gov

October 31, 2025

Physical Fitness Coach

Dear Fitness Coach:

The ***South Bronx Physical Fitness Club*** is pleased to extend an invitation for your school to participate in the **35th Annual *South Bronx John D'Allara Invitational***. **The meet will be held on Saturday, April 25, 2026, beginning at 10:30 AM, and concluding with an awards ceremony at approximately 2:30 PM.**

This competition can also be used as a “qualifying meet” for the ***National Fitness Championships*** to be held (date and location TBD). Please note that in our meet, as well as the Nationals, boys and girls are tested and scored using identical guidelines (see Marine Corps enclosures). The five events will be conducted in the following sequence as such:

1. ***Planks** - conducted on standard “wrestling” type mats (3 minute 45 second event).
2. **Pushups** - conducted on hardwood gym floor (2-minute time limit).
3. **Standing Long Jump** - conducted on standard rubber long jump mats.
4. **Pull-Ups** - conducted on taped pull-up bars. Chalk will be provided.
5. **300 Yard Shuttle Run** - conducted on artificial turf; each length is 60 yards x 5 = 300 yards (If weather is inclement, the run is conducted on hardwood gym floor; each gym length 25 yards x 12 = 300 yards).

Teams consist of five or six members; scoring is based upon the top five scorers for each team. Trophies and medals will be awarded to the 1st, 2nd, and 3rd place teams (and their respective members) in both the male and female divisions. In addition, there will be individual high scoring medals for both divisions (male and female), in the standing long jump, shuttle run, and overall high scorer. At the conclusion of the “regular” competition there will also be a **rope-climbing** contest (for which medals will be awarded) and the presentation of ***The LoCascio Cup*** (for highest season cumulative point total).

- Ignore 1st column on testing chart. Situps/crunches have been replaced by planks

A \$50 entry fee is required for each school entering the meet. This fee will defray the cost of awards for the competitors. **Please return your entry form by April 15th** to reserve a slot in this **35th Annual South Bronx John D'Allara Invitational Meet.**

We hope to see your team on April 25th!

Sincerely yours,

Lou Schlanger
Physical Fitness Coordinator
Cell – (914) 299-7531

P.S. For N.Y.C. schools, free transportation passes are available from your Regional Office of the Superintendent, if you file a “school trip form”. Please feel free to call me anytime regarding this meet or the physical fitness program, in general.

*****Note: Current medical approval for the participants is the responsibility of each coach for his or her own team.**

SOUTH BRONX JOHN D'ALLARA INVITATIONAL

MEET ENTRY FORM

----- I will attend the SBJDI meet

----- I will not attend the SBJDI meet but I am interested in the Physical
Fitness Program and/or future meets

----- I will not attend the SBJDI meet

School _____

School colors _____

Number of teams: male _____ female _____

Name of coach/coaches _____

Signature of coach _____

***** Note: Current medical approval for the
participants is the responsibility of each
coach for his or her own team.**

PLEASE RETURN BY APRIL 15, 2026 TO:

Lou Schlanger
Mott Haven CHS

730 Concourse Village West
Tower C – Room C61
Bronx, N.Y. 10451

or:

Scan and email to lschlan@schools.nyc.gov

National High School Physical Fitness Program

Scoring Chart

Points	Sit Ups	Push Ups	Long Jump **	Pull Ups	300 Yd. Run *	Points	Points	Sit Ups	Push Ups	Long Jump **	Pull Ups	300 Yd. Run *	Points	Points	Sit Ups	Push Ups	Long Jump **	Pull Ups	300 Yd. Run *	Points
1	11		5'8½"		68.75	1	34	44	14	7'1"		60.50	34	67	77	44	8'5½"		52.25	67
2	12		5'9"		68.50	2	35	45		7'1½"		60.25	35	68	78		8'6"	22	52.00	68
3	13		5'9½"	1	68.25	3	36	46	15	7'2"	12	60.00	36	69	79		8'6½"		51.75	69
4	14		5'10"		68.00	4	37	47		7'2½"		59.75	37	70	80	45	8'7"		51.50	70
5	15		5'10½"		67.75	5	38	48	16	7'3"		59.50	38	71	81		8'7½"		51.25	71
6	16		5'11"	2	67.50	6	39	49		7'3½"	13	59.25	39	72	82	46	8'8"	23	51.00	72
7	17		5'11½"		67.25	7	40	50	17	7'4"		59.00	40	73	83		8'8½"		50.75	73
8	18	1	6'		67.00	8	41	51	18	7'4½"		58.75	41	74	84	47	8'9"		50.50	74
9	19		6' ½"	3	66.75	9	42	52	19	7'5"	14	58.50	42	75	85		8'9½"		50.25	75
10	20	2	6'1"		66.50	10	43	53	20	7'5½"		58.25	43	76	86	48	8'10"	24	50.00	76
11	21		6'1½"		66.25	11	44	54	21	7'6"		58.00	44	77	87		8'10½"		49.75	77
12	22	3	6'2"	4	66.00	12	45	55	22	7'6½"	15	57.75	45	78	88	49	8'11"		49.50	78
13	23		6'2½"		65.75	13	46	56	23	7'7"		57.50	46	79	89		8'11½"		49.25	79
14	24	4	6'3"		65.50	14	47	57	24	7'7½"		57.25	47	80	90	50	9'	25	49.00	80
15	25		6'3½"	5	65.25	15	48	58	25	7'8"	16	57.00	48	81			9' ½"		48.75	81
16	26	5	6'4"		65.00	16	49	59	26	7'8½"		56.75	49	82	91	51	9'1"		48.50	82
17	27		6'4½"		64.75	17	50	60	27	7'9"		56.50	50	83			9'1½"		48.25	83
18	28	6	6'5"	6	64.50	18	51	61	28	7'9½"	17	56.25	51	84	92	52	9'2"	26	48.00	84
19	29		6'5½"		64.25	19	52	62	29	7'10"		56.00	52	85			9'2½"		47.75	85
20	30	7	6'6"		64.00	20	53	63	30	7'10½"		55.75	53	86	93	53	9'3"		47.50	86
21	31		6'6½"	7	63.75	21	54	64	31	7'11"	18	55.50	54	87			9'3½"		47.25	87
22	32	8	6'7"		63.50	22	55	65	32	7'11½"		55.25	55	88	94	54	9'4"	27	47.00	88
23	33		6'7½"		63.25	23	56	66	33	8'		55.00	56	89			9'4½"		46.75	89
24	34	9	6'8"	8	63.00	24	57	67	34	8' ½"	19	54.75	57	90	95	55	9'5"		46.50	90
25	35		6'8½"		62.75	25	58	68	35	8'1"		54.50	58	91			9'5½"		46.25	91
26	36	10	6'9"		62.50	26	59	69	36	8'1½"		54.25	59	92	96	56	9'6"	28	46.00	92
27	37		6'9½"	9	62.25	27	60	70	37	8'2"	20	54.00	60	93			9'6½"		45.75	93
28	38	11	6'10"		62.00	28	61	71	38	8'2½"		53.75	61	94	97	57	9'7"		45.50	94
29	39		6'10½"		61.75	29	62	72	39	8'3"		53.50	62	95			9'7½"		45.25	95
30	40	12	6'11"	10	61.50	30	63	73	40	8'3½"	21	53.25	63	96	98	58	9'8"	29	45.00	96
31	41		6'11½"		61.25	31	64	74	41	8'4"		53.00	64	97			9'8½"		44.75	97
32	42	13	7'		61.00	32	65	75	42	8'4½"		52.75	65	98	99	59	9'9"		44.50	98
33	43		7' ½"	11	60.75	33	66	76	43	8'5"		52.50	66	99			9'9½"		44.25	99
														100	100	60	9'10"	30	44.00	100

*Indicates seconds elapsed

Planks

EQUIPMENT: Mats, such as those used for tumbling or wrestling.

TIME LIMIT: Three Minutes forty-five seconds for maximum (100) points

MCJROTC Physical Fitness Test Planks

Time	M	F
0:00	0	0
0:01	0	0
0:02	0	0
0:03	0	0
0:04	0	0
0:05	0	0
0:06	0	0
0:07	0	0
0:08	0	0
0:09	0	0
0:10	0	0
0:11	0	0
0:12	0	0
0:13	0	0
0:14	0	0
0:15	0	0
0:16	0	0
0:17	0	0
0:18	0	0
0:19	0	0
0:20	0	0
0:21	0	0
0:22	0	0
0:23	0	0
0:24	0	0
0:25	0	0
0:26	0	0
0:27	0	0
0:28	0	0
0:29	0	0
0:30	0	0
0:31	0	0

0:32	0	0
0:33	0	0
0:34	0	0
0:35	0	0
0:36	0	0
0:37	0	0
0:38	0	0
0:39	0	0
0:40	0	0
0:41	0	0
0:42	0	0
0:43	0	0
0:44	0	0
0:45	0	0
0:46	0	0
0:47	0	0
0:48	0	0
0:49	0	0
0:50	0	0
0:51	0	0
0:52	0	0
0:53	0	0
0:54	0	0
0:55	0	0
0:56	0	0
0:57	0	0
0:58	0	0
0:59	0	0
1:00	0	0
1:01	0	0
1:02	0	0
1:03	0	0
1:04	0	0
1:05	0	0

1:06	0	0
1:07	0	0
1:08	0	0
1:09	0	0
1:10	40	40
1:11	40	40
1:12	40	40
1:13	41	41
1:14	41	41
1:15	41	41
1:16	42	42
1:17	42	42
1:18	43	43
1:19	43	43
1:20	43	43
1:21	44	44
1:22	44	44
1:23	45	45
1:24	45	45
1:25	45	45
1:26	46	46
1:27	46	46
1:28	46	46
1:29	47	47
1:30	47	47
1:31	48	48
1:32	48	48
1:33	48	48
1:34	49	49
1:35	49	49
1:36	50	50
1:37	50	50
1:38	50	50
1:39	51	51

1:40	51	51
1:41	52	52
1:42	52	52
1:43	52	52
1:44	53	53
1:45	53	53
1:46	53	53
1:47	54	54
1:48	54	54
1:49	55	55
1:50	55	55
1:51	55	55
1:52	56	56
1:53	56	56
1:54	57	57
1:55	57	57
1:56	57	57
1:57	58	58
1:58	58	58
1:59	58	58
2:00	59	59
2:01	59	59
2:02	60	60
2:03	60	60
2:04	60	60
2:05	61	61
2:06	61	61
2:07	62	62
2:08	62	62
2:09	62	62
2:10	63	63
2:11	63	63
2:12	64	64
2:13	64	64

2:14	64	64
2:15	65	65
2:16	65	65
2:17	65	65
2:18	66	66
2:19	66	66
2:20	67	67
2:21	67	67
2:22	67	67
2:23	68	68
2:24	68	68
2:25	69	69
2:26	69	69
2:27	69	69
2:28	70	70
2:29	70	70
2:30	70	70
2:31	71	71
2:32	71	71
2:33	72	72
2:34	72	72
2:35	72	72
2:36	73	73
2:37	73	73
2:38	74	74
2:39	74	74
2:40	74	74
2:41	75	75
2:42	75	75
2:43	76	76
2:44	76	76
2:45	76	76
2:46	77	77
2:47	77	77

2:48	77	77
2:49	78	78
2:50	78	78
2:51	79	79
2:52	79	79
2:53	79	79
2:54	80	80
2:55	80	80
2:56	81	81
2:57	81	81
2:58	81	81
2:59	82	82
3:00	82	82
3:01	82	82
3:02	83	83
3:03	83	83
3:04	84	84
3:05	84	84
3:06	84	84
3:07	85	85
3:08	85	85
3:09	86	86
3:10	86	86
3:11	86	86
3:12	87	87
3:13	87	87
3:14	88	88
3:15	88	88
3:16	88	88
3:17	89	89
3:18	89	89
3:19	89	89
3:20	90	90
3:21	90	90

3:22	91	91
3:23	91	91
3:24	91	91
3:25	92	92
3:26	92	92
3:27	93	93
3:28	93	93
3:29	93	93
3:30	94	94
3:31	94	94
3:32	94	94
3:33	95	95
3:34	95	95
3:35	96	96
3:36	96	96
3:37	96	96
3:38	97	97
3:39	97	97
3:40	98	98
3:41	98	98
3:42	98	98
3:43	99	99
3:44	99	99
3:45	100	100

Push-Ups

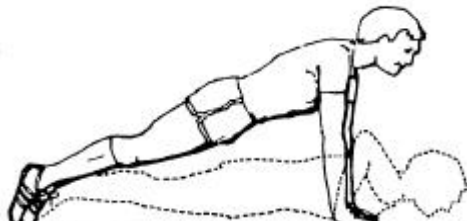
EQUIPMENT: Mats, such as those used for tumbling or wrestling.

TIME LIMIT: Two Minutes

IMPORTANT: Rest pause is permitted in up position only.

Position: Hands are placed palm down on mat, thumbs directly under the shoulders. Body is held in a straight line from the shoulders to the feet with no part of the body touching the floor. Elbows are locked with arms forming a straight line from the shoulders to the wrists. Feet may be no more than one foot apart. Counter lies face down on the mat opposite the competitor, placing his hand palm down under the competitor's chest.

Execution: The competitor lowers his body by bending the elbows and bringing torso downward until the chest touches the back of the counters hand (females are counted by the competitor's chin touching the counter's fist). The body must maintain a straight line from the shoulder to the feet. The competitor then returns to the starting position, again maintaining his body in a straight line. The elbows must lock straight before the next repetition begins.



Standing Long Jump

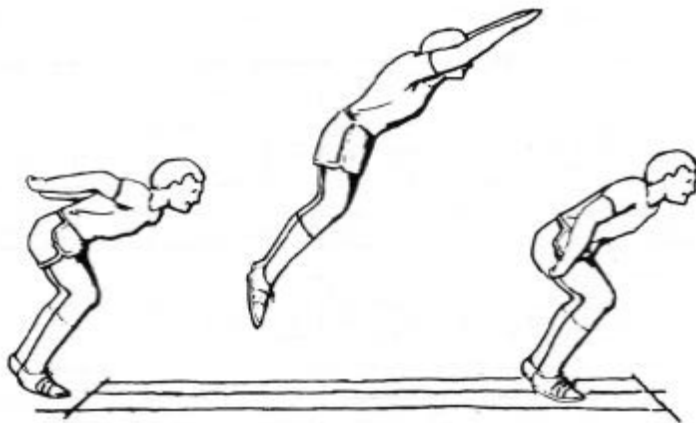
EQUIPMENT: Any level surface where competitor can jump into a soft area. Take off line should be clearly marked. Tape measure is required to measure distance.

TIME LIMIT: Three jumps to be completed in two minutes.

IMPORTANT: Only the best of three jumps will be recorded for score. Measuring is from take-off line to the nearest point of contact on the landing. Stepping over the line and continuing the jump is a foul and counts as an attempt. Foul jumps are not measured. Falling or stepping backward after the landing will result in measurement to that point of contact rather than where the feet first touched.

Position: Competitor stands with feet comfortably apart, toes just behind an established take off line. Knees may be flexed, and arms may be swung forward and backward in a rhythmical motion to build momentum.

Execution: Jump forward as far as possible. Landing may be on one or both feet.



Pull-Ups

EQUIPMENT: Pull-up bars, approximately 1 ½" outside diameter.

TIME LIMIT: No time limit for this event.

IMPORTANT: Competitors are permitted to rest in the down position only.

Position: Hang from bar with palms away from body, thumbs curled under or around the bar. Arms and legs must be completely extended with feet off the floor. Ankles may be crossed to keep legs together.

Execution: Pull body straight up, placing chin over the bar. Return to starting position with arms fully extended.



Shuttle Run (300 Yards)

EQUIPMENT: Two pylons spaced 60 yards apart. Stopwatch required to time event. Starting pistols required to properly start the event.

TIME LIMIT: Scored in ratio to total elapsed time required to complete the run.

IMPORTANT: The run is continuous without stopping. If competitor fails to complete the run, he receives no points. If a competitor knocks over a pylon while making a turn, he must return it to the upright position before continuing the event. Provided adequate equipment and timers are available, more than one competitor may run the event at one time. Running area should be level. **The same footwear must be worn throughout all five events.**

Position: Runners may use a standing distance type start or a crouched sprinter's start. No part of the body may touch any point on the ground over the starting line and no device such as starting blocks or depressions may be used to assist the competitors.

Execution: Each competitor runs the 60 yard distance five times, making a complete turn around each marker. On the fifth leg of the run the competitor's total elapsed time for the event is clocked and recorded as he/she crosses past the pylon.

