



20-Meter Shuttle Run Test

Multi-athlete recording sheet

Date _____ Assessor _____ Location _____ Warm-up/version _____

FIELD / UNIT	ATHLETE 1	ATHLETE 2	ATHLETE 3	ATHLETE 4	ATHLETE 5	ATHLETE 6	ATHLETE 7	ATHLETE 8
Protocol/audio version								
Completed shuttles								
Final stage								
First miss stage								
Stop reason								
Surface								
Temperature								
Symptoms								
Estimated value/formula								
Coach notes								

RECORD THE EXACT PROTOCOL AND STOP REASON.
Compare like-for-like conditions. Do not convert this sheet into medical diagnosis, clearance or unsupported universal pass/fail standards.