

| Day 1: November 28 |   |                     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                       |                   |                           |                             |           |
|--------------------|---|---------------------|---------------------|-----------|------|-----|---------------------|-----------|------|-----|---------------------|-----------|------|-----|---------------------|-----------|------|-----|-----------------------|-------------------|---------------------------|-----------------------------|-----------|
| Mental Arithmetic  |   | 2020-2021           |                     | 2018-2019 |      |     |                     | 2015-2017 |      |     |                     | 2012-2014 |      |     |                     | 2009-2011 |      |     |                       | 2015-2018         | 2012-2014                 | 2009-2018                   | 2009-2016 |
|                    |   | K                   | K-1                 | K-2       | K-3  | K-4 | J-1                 | J-2       | J-3  | J-4 | S-1                 | S-2       | S-3  | S-4 | T-1                 | T-2       | T-3  | T-4 | A                     | B                 | C                         | Prof                        |           |
|                    |   | NF                  | NF                  | F 5       | F 10 | Mix | NF                  | F 5       | F 10 | Mix | NF                  | F 5       | F 10 | Mix | NF                  | F 5       | F 10 | Mix | All F                 | All F             | All F                     | All F                       |           |
|                    |   |                     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                       |                   |                           |                             |           |
| Flash Cards        | 1 | 1D<br>0.9 second    | 1D<br>0.7 second    |           |      |     | 2D<br>0.8 second    |           |      |     | 3D<br>0.8 second    |           |      |     | 3D<br>0.6 second    |           |      |     | 3D<br>0.8 second      | 4D<br>0.8 second  | 4D<br>0.8 second          | 5D<br>0.6 second            |           |
|                    |   |                     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                       |                   |                           |                             |           |
| Columns            | 1 | 1D 4R               | 1D 5R               |           |      |     | 2D 5R               |           |      |     | 2D 6R               |           |      |     | 2D 7R               |           |      |     | 2D 7R                 | 2- 3D 7R          | 3D 5R                     | Decimal<br>2-3D 7R          |           |
|                    | 2 | 1D 5R               | 1-2D 4R             |           |      |     | 2D 6R               |           |      |     | 2D 7R               |           |      |     | 2D 8R               |           |      |     | 1D-2D 6R              | 4D 4R             | 2D 6R<br>Negative numbers | 4-3D 6R<br>Negative numbers |           |
|                    | 3 | 1D 6R               | 2D 4R               |           |      |     | 3D 4R               |           |      |     | 3D 5R               |           |      |     | 3D 7R               |           |      |     | 2x1; 2/1              | 4x1; 4/1          | 2x2; 4/2                  | 4x2; 5/3                    |           |
|                    |   |                     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                     |           |      |     |                       |                   |                           |                             |           |
| Flash Anzan        | 1 | 1D 4R<br>1,2 second | 1D 4R<br>1 second   |           |      |     | 1-2D 4R<br>1 second |           |      |     | 1-2D 5R<br>1 second |           |      |     | 1-2D 8R<br>1 second |           |      |     | 2D 5R<br>0.9 second   | 2D 8R<br>1 second | 2D 10R<br>1 second        | 3D 8R<br>0.9 second         |           |
|                    | 2 | 1D 5R<br>1 second   | 1D 5R<br>0,9 second |           |      |     | 2D 5R<br>1 second   |           |      |     | 2D 6R<br>21 second  |           |      |     | 2D 8R<br>1 second   |           |      |     | 2-3D 3R<br>1.2 second | 3D 4R<br>1 second | 2-3D 6R<br>1.5 second     | 2-3D 6R<br>1.2 second       |           |
|                    | 3 | 1D 6R<br>0,9 second | 2D 3R<br>1,5 second |           |      |     | 3D 4R<br>1,5 second |           |      |     | 3D 5R<br>1,5 second |           |      |     | 3D 6R<br>1,5 second |           |      |     | 2x1; 2/1              | 3x1; 3/1          | 3x2; 4/2                  | 4x3; 6/3                    |           |

| Day 2: November 29 |   |                     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                           |                     |                           |                             |
|--------------------|---|---------------------|-----------------------|-----|------|-----|-----------------------|-----|------|-----|-----------------------|-----|------|-----|-----------------------|-----|------|-----|---------------------------|---------------------|---------------------------|-----------------------------|
| Mental Arithmetic  |   | 2020-2021           | 2018-2019             |     |      |     | 2015-2017             |     |      |     | 2012-2014             |     |      |     | 2009-2011             |     |      |     | 2015-2018                 | 2012-2014           | 2009-2018                 | 2009-2016                   |
|                    |   | K                   | K-1                   | K-2 | K-3  | K-4 | J-1                   | J-2 | J-3  | J-4 | S-1                   | S-2 | S-3  | S-4 | T-1                   | T-2 | T-3  | T-4 | A                         | B                   | C                         | Prof                        |
|                    |   | NF                  | NF                    | F 5 | F 10 | Mix | NF                    | F 5 | F 10 | Mix | NF                    | F 5 | F 10 | Mix | NF                    | F 5 | F 10 | Mix | All F                     | All F               | All F                     | All F                       |
|                    |   |                     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                           |                     |                           |                             |
| Flash Cards        | 1 | 1D<br>0.6 second    | 2D<br>0.8 second      |     |      |     | 3D<br>0.8 second      |     |      |     | 4D<br>0.8 second      |     |      |     | 4D<br>0.6 second      |     |      |     | 3D<br>0.6 second          | 4D<br>0.5 second    | 5D<br>0.6 second          | 5D<br>0.4 second            |
|                    |   |                     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                           |                     |                           |                             |
| Columns            | 1 | 1D 5R               | 1D 7R                 |     |      |     | 1-2D 6R               |     |      |     | 1-2D 7R               |     |      |     | 1-2D 9R               |     |      |     | 1D 8R<br>Negative numbers | 2- 3D 9R            | 3D 5R                     | Decimal<br>2-3D 7R          |
|                    | 2 | 1D 6R               | 1-2D 5R               |     |      |     | 2D 7R                 |     |      |     | 2D 8R                 |     |      |     | 2D 9R                 |     |      |     | 1D-2D 7R                  | 4D 6R               | 2D 8R<br>Negative numbers | 4-3D 8R<br>Negative numbers |
|                    | 3 | 1D 7R               | 2D 5R                 |     |      |     | 3D 5R                 |     |      |     | 3D 6R                 |     |      |     | 3D 9R                 |     |      |     | 3x1; 3/1                  | 2x2; 5/1            | 2x3; 4/2                  | 4x2; 5/3                    |
|                    |   |                     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                       |     |      |     |                           |                     |                           |                             |
| Flash Anzan        | 1 | 1D 5R<br>1 second   | 1-2D 5R<br>0.8 second |     |      |     | 1-2D 5R<br>0.8 second |     |      |     | 1-2D 6R<br>0.8 second |     |      |     | 1-2D 9R<br>0.8 second |     |      |     | 2D 6R<br>0.8 second       | 2D 8R<br>0.9 second | 2D 10R<br>0.8 second      | 3D 10R<br>0.8 second        |
|                    | 2 | 1D 6R<br>0,9 second | 1D 5R<br>0,7 second   |     |      |     | 2D 6R<br>0.8 second   |     |      |     | 2D 6R<br>0.8 second   |     |      |     | 2D 9R<br>0.8 second   |     |      |     | 2-3D 4R<br>1 second       | 3D 6R<br>0.9 second | 2-3D 8R<br>1.3 second     | 2-3D 10R<br>1 second        |
|                    | 3 | 1D 7R<br>0,8 second | 2D 4R<br>1 second     |     |      |     | 3D 4R<br>1 second     |     |      |     | 3D 5R<br>1 second     |     |      |     | 3D 7R<br>1 second     |     |      |     | 2x1; 2/1                  | 4x1; 4/1            | 3x3; 4/2                  | 5x3; 6/3                    |