

MINIMUM PASSING STANDARDS

RUN: 14:30

PUSH-UPS: 18

SIT-UPS: 35

FEMALES UNDER 25

| AEROBIC FITNESS | |
|-------------------|--------|
| 1.5 Mile Run Time | Points |
| ≤ 11:06 | 50.00 |
| 11:07-11:36 | 47.50 |
| 11:37-11:54 | 45.00 |
| 11:55-12:30 | 43.50 |
| 12:31-13:12 | 42.00 |
| 13:13-14:00 | 40.50 |
| 14:01-14:54 | 39.00 |
| 14:55-15:18 | 37.50 |
| 15:19-15:48 | 36.00 |
| 15:49-16:24 | 34.00 |
| 16:25-16:54 | 32.00 |
| 16:55-17:36 | 30.00 |
| 17:37-18:12 | 27.00 |
| 18:13-18:54 | 24.00 |
| 18:55-19:42 | 21.00 |
| 19:43-20:36 | 18.00 |
| 20:37-21:30 | 15.00 |
| 21:31-22:30 | 12.00 |
| 22:31-23:36 | 9.00 |
| 23:37-24:48 | 6.00 |
| 24:49-26:06 | 3.00 |
| >26:06 | 0.00 |

| BODY COMPOSITION | |
|----------------------------------|--------|
| Abdominal Circumference (inches) | Points |
| <29.5 | 30.00 |
| 29.50 | 28.75 |
| 30.00 | 27.50 |
| 30.50 | 26.25 |
| 31.00 | 25.00 |
| 31.50 | 23.75 |
| 32.00 | 22.50 |
| 32.50 | 22.30 |
| 33.00 | 22.00 |
| 33.50 | 21.80 |
| 34.00 | 21.50 |
| 34.50 | 21.30 |
| 35.00 | 21.00 |
| 35.50 | 18.00 |
| 36.00 | 15.00 |
| 36.50 | 12.00 |
| 37.00 | 9.00 |
| 37.50 | 6.00 |
| 38.00 | 3.00 |
| >38.00 | 0.00 |

| MUSCULAR FITNESS | | | |
|------------------|--------|---------------|--------|
| Push-up (Reps) | Points | Crunch (Reps) | Points |
| ≥ 42 | 10.00 | ≥ 51 | 10 |
| 41 | 9.75 | 50 | 9.50 |
| 40 | 9.50 | 49 | 9.00 |
| 38-39 | 9.25 | 46-48 | 8.75 |
| 37 | 9.00 | 44-45 | 8.50 |
| 34-36 | 8.75 | 42-43 | 8.25 |
| 31-33 | 8.50 | 40-41 | 8.00 |
| 27-30 | 8.25 | 37-39 | 7.75 |
| 24-26 | 8.00 | 35-36 | 7.50 |
| 21-23 | 7.75 | 33-34 | 7.40 |
| 18-20 | 7.50 | 30-32 | 7.30 |
| 16-17 | 7.40 | 28-29 | 7.20 |
| 14-15 | 7.30 | 26-27 | 7.10 |
| 12-13 | 7.20 | 24-25 | 7.00 |
| 10-11 | 7.10 | 22-23 | 6.00 |
| 9 | 7.00 | 20-21 | 4.00 |
| 8 | 6.00 | 18-19 | 2.00 |
| 7 | 5.00 | <18 | 0.00 |
| 6 | 4.00 | | |
| 5 | 3.00 | | |
| 4 | 2.00 | | |
| 3 | 1.00 | | |
| < 3 | 0.00 | | |

FEMALES 25 - 29

| AEROBIC FITNESS | |
|-------------------|--------|
| 1.5 Mile Run Time | Points |
| ≤ 11:24 | 50.00 |
| 11:25-11:36 | 47.51 |
| 11:37-11:54 | 45.00 |
| 11:55-12:30 | 43.50 |
| 12:31-13:12 | 42.00 |
| 13:13-14:00 | 40.50 |
| 14:01-14:54 | 39.00 |
| 14:55-15:18 | 37.50 |
| 15:19-15:48 | 36.00 |
| 15:49-16:24 | 34.00 |
| 16:25-16:54 | 32.00 |
| 16:55-17:36 | 30.00 |
| 17:37-18:12 | 27.00 |
| 18:13-18:54 | 24.00 |
| 18:55-19:42 | 21.00 |
| 19:43-20:36 | 18.00 |
| 20:37-21:30 | 15.00 |
| 21:31-22:30 | 12.00 |
| 22:31-23:36 | 9.00 |
| 23:37-24:48 | 6.00 |
| 24:49-26:06 | 3.00 |
| >26:06 | 0.00 |

| BODY COMPOSITION | |
|----------------------------------|--------|
| Abdominal Circumference (inches) | Points |
| <29.5 | 30.00 |
| 29.50 | 28.75 |
| 30.00 | 27.50 |
| 30.50 | 26.25 |
| 31.00 | 25.00 |
| 31.50 | 23.75 |
| 32.00 | 22.50 |
| 32.50 | 22.30 |
| 33.00 | 22.00 |
| 33.50 | 21.80 |
| 34.00 | 21.50 |
| 34.50 | 21.30 |
| 35.00 | 21.00 |
| 35.50 | 18.00 |
| 36.00 | 15.00 |
| 36.50 | 12.00 |
| 37.00 | 9.00 |
| 37.50 | 6.00 |
| 38.00 | 3.00 |
| >38.00 | 0.00 |

| MUSCULAR FITNESS | | | |
|------------------|--------|---------------|--------|
| Push-up (Reps) | Points | Crunch (Reps) | Points |
| ≥ 41 | 10.00 | ≥ 47 | 10 |
| 40 | 9.75 | 46 | 9.50 |
| 38-39 | 9.50 | 45 | 9.00 |
| 36-37 | 9.25 | 42-44 | 8.75 |
| 35 | 9.00 | 40-41 | 8.50 |
| 31-34 | 8.75 | 38-39 | 8.25 |
| 28-30 | 8.50 | 36-37 | 8.00 |
| 25-27 | 8.25 | 34-35 | 7.75 |
| 22-24 | 8.00 | 31-33 | 7.50 |
| 19-21 | 7.75 | 29-30 | 7.40 |
| 16-18 | 7.50 | 27-28 | 7.30 |
| 14-15 | 7.40 | 25-26 | 7.20 |
| 13 | 7.30 | 23-24 | 7.10 |
| 11-12 | 7.20 | 21-22 | 7.00 |
| 10 | 7.10 | 19-20 | 6.00 |
| 8-9 | 7.00 | 17-18 | 4.00 |
| 7 | 6.00 | 15-16 | 2.00 |
| 6 | 5.00 | <15 | 0.00 |
| 5 | 4.00 | | |
| 4 | 3.00 | | |
| 3 | 2.00 | | |
| 2 | 1.00 | | |
| < 2 | 0.00 | | |