

MINIMUM PASSING STANDARDS

RUN: 12:30

PUSH-UPS: 33

SIT-UPS: 40

MALES UNDER 25

AEROBIC FITNESS	
1.5 Mile Run Time	Points
≤ 9:36	50.00
9:37-9:48	47.50
9:49-10:12	45.00
10:13-10:36	43.50
10:37-11:06	42.00
11:07-11:36	40.50
11:37-12:12	39.00
12:13-12:54	37.50
12:55-13:36	36.00
13:37-14:24	34.00
14:25-14:54	32.00
14:55-15:18	30.00
15:19-15:48	27.00
15:49-16:24	24.00
16:25-16:54	21.00
16:55-17:36	18.00
17:37-18:12	15.00
18:13-18:54	12.00
18:55-19:42	9.00
19:43-20:36	6.00
20:37-21:30	3.00
>21:30	0.00

BODY COMPOSITION	
Abdominal Circumference (inches)	Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

MUSCULAR FITNESS			
Push-up (Reps)	Points	Crunch (Reps)	Points
≥ 62	10.00	≥ 55	10
61	9.75	53-54	9.50
60	9.50	52	9.00
59	9.25	50-51	8.75
57-58	9.00	48-49	8.50
52-56	8.75	46-47	8.25
49-51	8.50	44-45	8.00
45-48	8.25	42-43	7.75
41-44	8.00	40-41	7.50
37-40	7.75	38-39	7.40
33-36	7.50	36-37	7.30
30-32	7.40	35	7.20
27-29	7.30	33-34	7.10
24-26	7.20	32	7.00
21-23	7.10	30-31	6.00
19-20	7.00	28-29	4.00
17-18	6.00	27	2.00
15-16	5.00	<27	0.00
14	4.00		
12-13	3.00		
10-11	2.00		
8-9	1.00		
< 8	0.00		

MALES 25 - 29

AEROBIC FITNESS	
1.5 Mile Run Time	Points
≤ 9:36	50.00
9:37-9:48	47.51
9:49-10:12	45.00
10:13-10:36	43.50
10:37-11:06	42.00
11:07-11:36	40.50
11:37-12:12	39.00
12:13-12:54	37.50
12:55-13:36	36.00
13:37-14:24	34.00
14:25-14:54	32.00
14:55-15:18	30.00
15:19-15:48	27.00
15:49-16:24	24.00
16:25-16:54	21.00
16:55-17:36	18.00
17:37-18:12	15.00
18:13-18:54	12.00
18:55-19:42	9.00
19:43-20:36	6.00
20:37-21:30	3.00
>21:30	0.00

BODY COMPOSITION	
Abdominal Circumference (inches)	Points
<32.5	30.00
32.50	28.75
33.00	27.50
33.50	26.25
34.00	25.00
34.50	23.75
35.00	22.50
35.50	22.35
36.00	22.20
36.50	22.05
37.00	21.90
37.50	21.75
38.00	21.60
38.50	21.45
39.00	21.30
39.50	21.25
40.00	21.00
40.50	18.00
41.00	15.00
41.50	12.00
42.00	9.00
42.50	6.00
43.00	3.00
>43.00	0.00

MUSCULAR FITNESS			
Push-up (Reps)	Points	Crunch (Reps)	Points
≥ 57	10.00	≥ 53	10
56	9.75	51-52	9.50
55	9.50	50	9.00
54	9.25	48-49	8.75
52-53	9.00	46-47	8.50
48-51	8.75	44-45	8.25
45-47	8.50	42-43	8.00
41-44	8.25	40-41	7.75
37-40	8.00	38-39	7.50
34-36	7.75	36-37	7.40
30-33	7.50	34-35	7.30
27-29	7.40	33	7.20
25-26	7.30	31-32	7.10
23-24	7.20	30	7.00
20-22	7.10	28-29	6.00
17-19	7.00	27	4.00
15-16	6.00	25-26	2.00
13-14	5.00	<25	0.00
11-12	4.00		
10	3.00		
9	2.00		
7-8	1.00		
< 7	0.00		