

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 20 TO 24 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	105	87	8:30
Outstanding	95	103	86	9:00
Excellent	90	98	81	9:15
Excellent	85	94	77	9:45
Very Good	80	90	74	10:00
Good	75	87	71	10:30
Good	70	78	64	10:45
Satisfactory	65	66	55	11:30
Satisfactory	60	58	47	12:00
Satisfactory	55	54	45	12:45
Satisfactory	50	50	42	13:15

FEMALES: AGE 20 to 24 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	105	48	9:47
Outstanding	95	103	47	11:15
Excellent	90	98	44	11:30
Excellent	85	94	43	12:15
Very Good	80	90	40	12:45
Good	75	87	39	13:15
Good	70	78	33	13:30
Satisfactory	65	66	28	13:45
Satisfactory	60	58	21	14:15
Satisfactory	55	54	20	15:00
Satisfactory	50	50	17	15:15

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 25 TO 29 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	101	84	8:55
Outstanding	95	100	82	9:23
Excellent	90	95	77	9:38
Excellent	85	91	73	10:15
Very Good	80	87	69	10:30
Good	75	84	67	10:52
Good	70	75	60	11:23
Satisfactory	65	62	51	12:15
Satisfactory	60	54	44	12:53
Satisfactory	55	50	41	13:23
Satisfactory	50	47	38	13:45

FEMALES: AGE 25 to 29 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	101	46	10:17
Outstanding	95	100	45	11:30
Excellent	90	95	43	11:45
Excellent	85	91	41	12:30
Very Good	80	87	39	13:00
Good	75	84	37	13:23
Good	70	75	30	14:00
Satisfactory	65	62	26	14:30
Satisfactory	60	54	19	14:53
Satisfactory	55	50	18	15:23
Satisfactory	50	47	15	15:45

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 30 TO 34 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	98	80	9:20
Outstanding	95	97	78	9:45
Excellent	90	92	74	10:00
Excellent	85	88	69	10:30
Very Good	80	85	67	11:00
Good	75	81	64	11:15
Good	70	73	57	12:00
Satisfactory	65	59	48	13:00
Satisfactory	60	51	41	13:45
Satisfactory	55	47	38	14:00
Satisfactory	50	44	35	14:15

FEMALES: AGE 30 to 34 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	98	44	10:46
Outstanding	95	97	43	11:45
Excellent	90	92	41	12:00
Excellent	85	88	39	12:45
Very Good	80	85	37	13:15
Good	75	81	35	13:30
Good	70	73	28	14:30
Satisfactory	65	59	24	15:15
Satisfactory	60	51	17	15:30
Satisfactory	55	47	15	15:45
Satisfactory	50	44	13	16:15

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 35 TO 39 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	95	76	9:25
Outstanding	95	93	74	9:53
Excellent	90	88	70	10:08
Excellent	85	85	65	10:38
Very Good	80	83	63	11:08
Good	75	78	60	11:23
Good	70	70	53	12:23
Satisfactory	65	55	44	13:23
Satisfactory	60	47	37	14:08
Satisfactory	55	43	35	14:23
Satisfactory	50	40	33	14:45

FEMALES: AGE 35 to 39 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	95	43	10:51
Outstanding	95	93	42	11:53
Excellent	90	88	39	12:08
Excellent	85	85	37	12:53
Very Good	80	83	35	13:23
Good	75	78	34	13:45
Good	70	70	26	14:38
Satisfactory	65	55	22	15:30
Satisfactory	60	47	14	15:53
Satisfactory	55	43	13	16:15
Satisfactory	50	40	11	16:38

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 40 TO 44 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	92	72	9:30
Outstanding	95	90	70	10:00
Excellent	90	85	67	10:15
Excellent	85	83	61	10:45
Very Good	80	80	59	11:15
Good	75	76	56	11:45
Good	70	68	50	12:45
Satisfactory	65	51	41	13:45
Satisfactory	60	44	34	14:30
Satisfactory	55	39	32	14:45
Satisfactory	50	37	29	15:15

FEMALES: AGE 40 to 44 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	92	41	10:56
Outstanding	95	90	40	12:00
Excellent	90	85	37	12:15
Excellent	85	83	35	13:00
Very Good	80	80	33	13:30
Good	75	76	32	14:00
Good	70	68	24	14:45
Satisfactory	65	51	20	15:45
Satisfactory	60	44	12	16:15
Satisfactory	55	39	11	16:45
Satisfactory	50	37	9	17:00

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 45 TO 49 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	88	68	9:33
Outstanding	95	86	66	10:08
Excellent	90	81	63	10:30
Excellent	85	80	57	11:08
Very Good	80	78	54	11:38
Good	75	73	52	12:08
Good	70	65	46	13:00
Satisfactory	65	47	37	14:08
Satisfactory	60	40	32	14:53
Satisfactory	55	35	28	15:15
Satisfactory	50	33	25	15:45

FEMALES: AGE 45 to 49 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	88	40	10:58
Outstanding	95	86	39	12:08
Excellent	90	81	35	12:30
Excellent	85	80	33	13:15
Very Good	80	78	32	13:45
Good	75	73	30	14:08
Good	70	65	22	15:00
Satisfactory	65	47	18	15:53
Satisfactory	60	40	11	16:30
Satisfactory	55	35	8	16:53
Satisfactory	50	33	7	17:08

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 50 TO 54 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	85	64	9:35
Outstanding	95	84	62	10:15
Excellent	90	78	59	10:45
Excellent	85	77	53	11:30
Very Good	80	76	51	12:00
Good	75	71	49	12:30
Good	70	63	43	13:15
Satisfactory	65	44	34	14:30
Satisfactory	60	37	30	15:15
Satisfactory	55	32	25	15:45
Satisfactory	50	30	23	16:15

FEMALES: AGE 50 TO 54 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	85	38	11:00
Outstanding	95	84	37	12:15
Excellent	90	78	33	12:45
Excellent	85	77	31	13:30
Very Good	80	76	30	14:00
Good	75	71	28	14:15
Good	70	63	20	15:15
Satisfactory	65	44	16	16:00
Satisfactory	60	37	10	16:45
Satisfactory	55	32	6	17:00
Satisfactory	50	30	5	17:15

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 55 TO 59 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	81	60	10:42
Outstanding	95	80	59	11:09
Excellent	90	74	56	11:25
Excellent	85	70	52	11:57
Very Good	80	66	48	12:29
Good	75	62	46	13:12
Good	70	54	38	14:13
Satisfactory	65	40	32	15:14
Satisfactory	60	36	16	16:15
Satisfactory	55	30	14	16:33
Satisfactory	50	28	12	16:51

FEMALES: AGE 55 TO 59 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	81	30	12:23
Outstanding	95	80	28	13:39
Excellent	90	74	26	13:57
Excellent	85	70	24	14:25
Very Good	80	66	22	14:53
Good	75	62	20	15:20
Good	70	54	16	16:09
Satisfactory	65	40	10	16:58
Satisfactory	60	36	6	17:48
Satisfactory	55	30	5	18:03
Satisfactory	50	28	3	18:18

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 60 TO 64 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	75	57	11:21
Outstanding	95	74	56	11:48
Excellent	90	70	52	12:04
Excellent	85	66	48	12:40
Very Good	80	62	46	13:16
Good	75	56	44	13:53
Good	70	40	32	15:00
Satisfactory	65	32	23	16:07
Satisfactory	60	26	14	17:14
Satisfactory	55	24	12	17:47
Satisfactory	50	22	10	18:20

FEMALES: AGE 60 TO 64 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	75	26	13:34
Outstanding	95	74	24	14:50
Excellent	90	70	22	15:08
Excellent	85	66	20	15:34
Very Good	80	62	18	16:00
Good	75	56	16	16:25
Good	70	40	12	17:17
Satisfactory	65	32	8	18:06
Satisfactory	60	26	5	18:51
Satisfactory	55	24	4	19:08
Satisfactory	50	22	3	19:25

AGE/GENDER PRT STANDARDS
At Sea Level (< 5, 000')

MALES: AGE 65+ YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	65	48	11:41
Outstanding	95	64	46	12:13
Excellent	90	60	44	12:43
Excellent	85	55	41	13:20
Very Good	80	50	39	13:57
Good	75	44	36	14:34
Good	70	36	25	15:47
Satisfactory	65	28	18	17:00
Satisfactory	60	20	10	18:13
Satisfactory	55	17	8	19:00
Satisfactory	50	13	6	19:47

FEMALES: AGE 65+ YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	65	22	14:45
Outstanding	95	64	20	16:01
Excellent	90	60	18	16:19
Excellent	85	55	16	16:43
Very Good	80	50	14	17:07
Good	75	44	12	17:30
Good	70	36	9	18:18
Satisfactory	65	28	6	19:06
Satisfactory	60	20	4	19:54
Satisfactory	55	17	3	20:13
Satisfactory	50	13	2	20:31

AGE/GENDER PRT STANDARDS
(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 20 TO 24 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	105	87	9:15
Outstanding	95	103	86	9:50
Excellent	90	98	81	10:05
Excellent	85	94	77	10:40
Very Good	80	90	74	10:55
Good	75	87	71	11:25
Good	70	78	64	11:45
Satisfactory	65	66	55	12:30
Satisfactory	60	58	47	13:05
Satisfactory	55	54	45	13:55
Satisfactory	50	50	42	14:25

FEMALES: AGE 20 TO 24 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	105	48	10:40
Outstanding	95	103	47	12:15
Excellent	90	98	44	12:30
Excellent	85	94	43	13:20
Very Good	80	90	40	13:55
Good	75	87	39	14:25
Good	70	78	33	14:45
Satisfactory	65	66	28	15:00
Satisfactory	60	58	21	15:30
Satisfactory	55	54	20	16:20
Satisfactory	50	50	17	16:40

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 25 TO 29 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	101	84	9:43
Outstanding	95	100	82	10:15
Excellent	90	95	77	10:30
Excellent	85	91	73	11:13
Very Good	80	87	69	11:28
Good	75	84	67	11:50
Good	70	75	60	12:25
Satisfactory	65	62	51	13:20
Satisfactory	60	54	44	14:03
Satisfactory	55	50	41	14:35
Satisfactory	50	47	38	14:58

FEMALES: AGE 25 TO 29 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	101	46	11:13
Outstanding	95	100	45	12:33
Excellent	90	95	43	12:48
Excellent	85	91	41	13:38
Very Good	80	87	39	14:10
Good	75	84	37	14:35
Good	70	75	30	15:18
Satisfactory	65	62	26	15:50
Satisfactory	60	54	19	16:13
Satisfactory	55	50	18	16:45
Satisfactory	50	47	15	17:13

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 30 TO 34 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	98	80	10:10
Outstanding	95	97	78	10:40
Excellent	90	92	74	10:55
Excellent	85	88	69	11:45
Very Good	80	85	67	12:00
Good	75	81	64	12:15
Good	70	73	57	13:05
Satisfactory	65	59	48	14:10
Satisfactory	60	51	41	15:00
Satisfactory	55	47	38	15:15
Satisfactory	50	44	35	15:30

FEMALES: AGE 30 TO 34 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	98	44	11:45
Outstanding	95	97	43	12:50
Excellent	90	92	41	13:05
Excellent	85	88	39	13:55
Very Good	80	85	37	14:25
Good	75	81	35	14:45
Good	70	73	28	15:50
Satisfactory	65	59	24	16:40
Satisfactory	60	51	17	16:55
Satisfactory	55	47	15	17:10
Satisfactory	50	44	13	17:45

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 35 TO 39 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	95	76	10:15
Outstanding	95	93	74	10:48
Excellent	90	88	70	11:03
Excellent	85	85	65	11:45
Very Good	80	83	63	12:08
Good	75	78	60	12:33
Good	70	70	53	13:30
Satisfactory	65	55	44	14:35
Satisfactory	60	47	37	15:25
Satisfactory	55	43	35	15:40
Satisfactory	50	40	33	16:05

FEMALES: AGE 35 TO 39 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	95	43	11:50
Outstanding	95	93	42	12:58
Excellent	90	88	39	13:13
Excellent	85	85	37	14:03
Very Good	80	83	35	14:35
Good	75	78	34	15:00
Good	70	70	26	15:58
Satisfactory	65	55	22	16:55
Satisfactory	60	47	14	17:20
Satisfactory	55	43	13	17:43
Satisfactory	50	40	11	18:08

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 40 TO 44 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	92	72	10:20
Outstanding	95	90	70	10:55
Excellent	90	85	67	11:10
Excellent	85	83	61	11:45
Very Good	80	80	59	12:15
Good	75	76	56	12:50
Good	70	68	50	13:55
Satisfactory	65	51	41	15:00
Satisfactory	60	44	34	15:50
Satisfactory	55	39	32	16:05
Satisfactory	50	37	29	16:40

FEMALES: AGE 40 TO 44 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	92	41	11:55
Outstanding	95	90	40	13:05
Excellent	90	85	37	13:20
Excellent	85	83	35	14:10
Very Good	80	80	33	14:45
Good	75	76	32	15:15
Good	70	68	24	16:05
Satisfactory	65	51	20	17:10
Satisfactory	60	44	12	17:45
Satisfactory	55	39	11	18:15
Satisfactory	50	37	9	18:30

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 45 TO 49 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	88	68	10:23
Outstanding	95	86	66	11:03
Excellent	90	81	63	11:28
Excellent	85	80	57	12:08
Very Good	80	78	54	12:40
Good	75	73	52	13:15
Good	70	65	46	14:10
Satisfactory	65	47	37	15:25
Satisfactory	60	40	32	16:15
Satisfactory	55	35	28	16:38
Satisfactory	50	33	25	17:13

FEMALES: AGE 45 TO 49 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	88	40	11:58
Outstanding	95	86	39	13:13
Excellent	90	81	35	13:38
Excellent	85	80	33	14:28
Very Good	80	78	32	15:00
Good	75	73	30	15:23
Good	70	65	22	16:23
Satisfactory	65	47	18	17:18
Satisfactory	60	40	11	18:00
Satisfactory	55	35	8	18:23
Satisfactory	50	33	7	18:40

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 50 TO 54 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	85	64	10:25
Outstanding	95	84	62	11:10
Excellent	90	78	59	11:45
Excellent	85	77	53	12:30
Very Good	80	76	51	13:05
Good	75	71	49	13:40
Good	70	63	43	14:25
Satisfactory	65	44	34	15:50
Satisfactory	60	37	30	16:40
Satisfactory	55	32	25	17:10
Satisfactory	50	30	23	17:45

FEMALES: AGE 50 TO 54 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	85	38	12:00
Outstanding	95	84	37	13:20
Excellent	90	78	33	13:55
Excellent	85	77	31	14:45
Very Good	80	76	30	15:15
Good	75	71	28	15:30
Good	70	63	20	16:40
Satisfactory	65	44	16	17:25
Satisfactory	60	37	10	18:15
Satisfactory	55	32	6	18:30
Satisfactory	50	30	5	18:50

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 55 TO 59 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	81	60	11:46
Outstanding	95	80	59	12:16
Excellent	90	74	56	12:34
Excellent	85	70	52	13:09
Very Good	80	66	48	13:44
Good	75	62	46	14:31
Good	70	54	38	15:38
Satisfactory	65	40	32	16:45
Satisfactory	60	36	16	17:53
Satisfactory	55	30	14	18:12
Satisfactory	50	28	12	18:32

FEMALES: AGE 55 TO 59 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	81	30	13:37
Outstanding	95	80	28	15:01
Excellent	90	74	26	15:21
Excellent	85	70	24	15:52
Very Good	80	66	22	16:22
Good	75	62	20	16:52
Good	70	54	16	17:46
Satisfactory	65	40	10	18:40
Satisfactory	60	36	6	19:35
Satisfactory	55	30	5	19:51
Satisfactory	50	28	3	20:08

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 60 TO 64 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	75	57	12:29
Outstanding	95	74	56	12:59
Excellent	90	70	52	13:16
Excellent	85	66	48	13:56
Very Good	80	62	46	14:36
Good	75	56	44	15:16
Good	70	40	32	16:30
Satisfactory	65	32	23	17:44
Satisfactory	60	26	14	18:57
Satisfactory	55	24	12	19:34
Satisfactory	50	22	10	20:10

MALES: AGE 60 TO 64 YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	75	26	14:55
Outstanding	95	74	24	16:19
Excellent	90	70	22	16:39
Excellent	85	66	20	17:07
Very Good	80	62	18	17:36
Good	75	56	16	18:04
Good	70	40	12	19:01
Satisfactory	65	32	8	19:55
Satisfactory	60	26	5	20:44
Satisfactory	55	24	4	21:03
Satisfactory	50	22	3	21:22

AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

MALES: AGE 65+ YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	65	48	12:51
Outstanding	95	64	46	13:26
Excellent	90	60	44	13:59
Excellent	85	55	41	14:40
Very Good	80	50	39	15:21
Good	75	44	36	16:01
Good	70	36	25	17:22
Satisfactory	65	28	18	18:42
Satisfactory	60	20	10	20:02
Satisfactory	55	17	8	20:54
Satisfactory	50	13	6	21:46

FEMALES: AGE 65+ YEARS

PERFORMANCE CATEGORY	%	2 minute SIT-UPS	2 minute PUSH-UPS	1.5-MILE RUN
Outstanding	100	65	22	16:14
Outstanding	95	64	20	17:37
Excellent	90	60	18	17:57
Excellent	85	55	16	18:23
Very Good	80	50	14	18:50
Good	75	44	12	19:15
Good	70	36	9	20:08
Satisfactory	65	28	6	21:01
Satisfactory	60	20	4	21:53
Satisfactory	55	17	3	22:14
Satisfactory	50	13	2	22:34