

FITNESS STANDARD TABLE

BOYS

GIRLS

AGE	CURL-UPS (# one minute)	ONE-MILE RUN	PULL-UPS	PUSH-UPS
6	22	12:40	1	7
7	28	11:40	1	8
8	31	11:05	1	9
9	32	10:30	2	12
10	35	9:50	2	14
11	37	9:20	2	15
12	40	8:40	2	18
13	42	8:10	3	24
14	45	7:45	5	24
15	45	7:30	6	30
16	45	7:10	7	30
17+	45	7:05	8	35
6	23	13:15	1	6
7	25	13:00	1	8
8	29	12:30	1	9
9	30	12:00	1	11
10	30	11:30	1	11
11	32	11:20	1	11
12	35	11:05	1	11
13	37	10:25	1	11
14	37	10:10	1	11
15	36	10:00	1	15
16	35	10:00	1	15
17+	35	10:00	1	15