

Female Push Ups

Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	1-2	3-4	5-7	7-9	10-11	12-13	14-15	16-18	18-21	22-24	25-30	31+
17-18	11-12	1-3	4-6	7-9	10-12	13-14	15-16	17-18	19-20	21-24	25-30	31-35	36+

Female Sit ups

Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	1-5	6-10	11-15	16-20	21-24	25-28	29-32	33-36	37-40	41-45	46-50	51+
17-18	11-12	1-7	8-15	16-21	22-27	28-30	31-34	35-37	38-40	41-45	46-50	51-54	55+

Female Pacerc

Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	1-10	11-17	18-23	24-29	30-35	36-39	40-45	46-50	51-55	56-60	61-65	66 +
17-18	11-12	1-10	11-20	21-30	31-39	40-45	46-50	51-55	56-60	61-65	66-70	71-75	76 +

Female Mile

Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	Over 15:00	14:59-14:00	13:59-13:00	12:59-12:00	11:59-11:15	11:14-10:30	10:29-9:45	9:44-9:00	8:59-8:30	8:29-8:00	7:59-7:30	7:29 or less
17-18	11-12	Over 15:00	14:59-14:00	13:59-13:00	12:59-12:00	11:59-11:15	11:14-10:30	10:29-9:45	9:44-9:00	8:59-8:30	8:29-8:00	7:59-7:30	7:29 or less

Female Sit & Reach

Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
All		1-3	4-5	6-7	8-9	10	11	12	13	14	15	16	17+

Female Pull Ups

Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
All		0	1	2	3	4	5	6	7	8	9	10	11



Male Push Ups													
Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	1-3	4-7	8-11	12-14	15-17	18-21	22-23	24-25	26-29	30-34	35-40	41+
17-18	11-12	1-5	6-10	11-15	16-20	21-23	24-26	27-29	30-32	33-34	35-40	41-45	46+

Male Sit Ups													
Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	1-5	6-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45	46-48	49-52	53+
17-18	11-12	1-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45	46-48	49-52	53-55	56+

Male Pacer													
Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	1-10	11-20	21-30	31-40	41-45	46-50	51-55	56-60	61-65	66-70	71-75	76+
17-18	11-12	1-20	21-30	31-40	41-45	46-50	51-55	56-60	61-65	66-70	71-75	76-80	81+

Male Mile													
Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
14-16	9-10	Over 12:45	12:44-12:00	11:59-11:15	11:14-10:30	10:29-9:45	9:46-9:01	9:00-8:16	8:15-7:31	7:30-7:01	7:00-6:46	6:45-6:31	6:30 or less
17-18	11-12	Over 12:00	11:59-11:15	11:14-10:30	10:29-9:45	9:46-9:01	9:00-8:16	8:15-7:31	7:30-7:01	7:00-6:46	6:45-6:31	6:30 -6:16	6:15 or less

Male Sit & Reach													
Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
All		1-2	3-4	5-6	7	8	9	10	11	12	13	14	15+

Male Pull Ups													
Age	Grade	1	2	3	4	5	6	7	8	9	10	11	12
All		0-1	2	3	4	5	6	7-8	9	10-11	12	13-14	15+

1-4 Progressing
5-8 Meets Healthy Zone
9-12 Exceeds Healthy Zone