

Age Groups	20-29		30-39		40+	
	Male	Female	Male	Female	Male	Female
1.5 Mile Run 70% minimum requirement to graduate	14:30	17:18	15:30	18:30	16:30	19:42
1.5 mile run 50% pre-entrance requirement	18:10	21:38	19:10	22:50	20:10	24:02
Agility Run 50% pre-entrance requirement	20:40	23:30	20:90	24:40	21:85	26:05
Agility Run 70% minimum requirement to graduate	18:60	21:10	19:10	22:20	20:05	23:85
Trunk Flex Inches 60% pre-entrance requirements	3	4	2	3	1	2
Trunk Flexion Inches 70% minimum requirement to graduate	11	12	10	11	9	10

Push Ups	17-21 yrs	22-26 yrs	27-31 yrs	32-36 yrs	37-41 yrs	42-46 yrs	47-51 yrs	52+ yrs
70% min. to graduate	M-52 F-28	M-50 F-26	M-48 F-24	M-43 F-22	M-42 F-18	M-36 F-17	M-32 F-13	M-26 F-12
50% min. for Pre-entrance	M-32 F-13	M-30 F-11	M-28 F-10	M-23 F-9	M-22 F-8	M-18 F-7	M-17 F-6	M-12 F-6