

M-13	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
85+	53 +	9.5	33 +	6:50	7 +	39 +	
70-80	48-52	9.6-9.9	29-32	6:51-7:20	5-7	31-38	33 +
55-65	43-47	10-10.1	27-28	7:21-7:55	4-5	26-30	22-32
50	42	10.2	26	7:56-8:06	3	24	16-21
45	41	10.3	25	8:07-8:17	2	21-23	14-15
40	40	10.4	24	8:18-8:35	2	20	12-13
35	39	10.5-10.6	23	8:36-8:54	1	20	10-11
30	38	10.7	22	8:55-9:10	1	16-19	9
25	36-37	10.8	20-21	9:11-9:23	1	16	8
15-20	32-35	10.9-11.1	18-19	9:24-10:39		11-15	6-7

M-14	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
85+	56 +	9.1	36 +	6:26	10 +	40 +	
70-80	51-55	9.2-9.5	31-35	6:27-6:59	7-9	30-39	47 +
55-65	47-50	9.6-9.8	29-30	7:00-7:29	5-6	24-29	31-46
50	45-46	9.9	28	7:30-7:44	5	24	22-30
45	44	10	27	7:45-7:59	4	22-23	20-21
40	42-43	10.1	26	8:00-8:13	4	21	17-19
35	41	10.2	25	8:14-8:30	3	20	15-16
30	40	10.3	24	8:31-8:48	3	18-19	13-14
25	39	10.4-10.5	23	8:49-9:10	2	18	11-12
15-20	35-38	10.6-11	21-22	9:11-10:18	1	13-17	10

M-15	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
85+	57 +	9	37 +	6:20	11 +	42 +	
70-80	51-56	9.1-9.3	33-36	6:21-6:48	9-10	35-41	58 +
55-65	47-50	9.4-9.5	31-32	6:49-7:16	7-8	31-34	40-57
50	45-46	9.6-9.7	30	7:17-7:30	6	30	33-39
45	44	9.8	29	7:31-7:39	5	30	30-32
40	43	9.9	28	7:40-7:52	5	27-29	28-29
35	41-42	10	27	7:53-8:08	4	25-26	25-27
30	40	10.1	26	8:09-8:29	4	25	22-24
25	38-39	10.2	24-25	8:30-8:49	3	24	20-21
15-20	35-37	10.3-10.7	19-23	8:50-9:34	2	20-23	18-19

M-16	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
85+	56 +	8.7	38 +	6:08	11 +	44 +	
70-80	50-55	8.8-9	35-37	6:09-6:33	9-10	36-43	51 +
55-65	46-49	9.1-9.3	31-34	6:34-6:58	7-8	30-35	39-50
50	45	9.4	30	6:59-7:10	7	30	30-38
45	44	9.5	29	7:11-7:20	7	29	28-29
40	42-43	9.6	28	7:21-7:35	6	28	25-27
35	40-41	9.7	27	7:36-7:53	5	25-27	22-24
30	40	9.8	26	7:54-8:09	5	25	20-21
25	38-39	9.9-10	25	8:10-8:37	4	25	18-19
15-20	35-37	10.1-10.3	18-24	8:38-9:22	3-4	22-24	15-17

M-17	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
85+	55 +	8.7	41 +	6:06	13 +	53 +	
70-80	50-54	8.8-9	38-40	6:07-6:32	10-12	44-52	49 +
55-65	45-49	9.1-9.3	35-37	6:33-6:57	9-10	40-43	39-48
50	44	9.4	34	6:58-7:04	8	37-39	33-38
45	43	9.5	33	7:05-7:14	7	35-36	30-32
40	41-42	9.6	32	7:15-7:24	7	34	29
35	40	9.6	31	7:25-7:35	6	30-33	26-28
30	40	9.7-9.8	30	7:36-7:52	5	30	23-25
25	38-39	9.9	38-39	7:53-8:06	5	27-29	20-22
15-20	35-37	10-10.3	23-37	8:07-8:56	3-4	23-26	17-19

Points	F-13	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
10	85+	46 +	10.2	38 +	8:13	2 +	21 +	
9	70-80	42-45	10.3-10.6	35-37	8:14-9:09	1	15-20	21 +
8	55-65	38-41	10.7-11.0	31-34	9:10-10:07		12-14	14-20
7	50	37	11.1	31	10:08-10:23		11	9-12
6	45	36	11.2-11.3	30	10:24-10:57		10	8
5	40	35	11.4	29	10:58-11:20		10	6-7
4	35	33-34	11.5	27-28	11:21-11:40		8-9	5
3	30	31-32	11.6-11.7	26	11:41-12		7	5
2	25	30	11.8-11.9	25	12:01-12:29		6	4
1	15-20	26-29	12.0-12.4	22-24	12:30-14:10		4-5	3

Points	F-14	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
10	85+	47 +	10.1	40 +	7:59	2 +	20 +	
9	70-80	42-46	10.2-10.6	36-39	8-8:50	1	12-19	25 +
8	55-65	39-41	10.7-11.0	34-36	8:51-9:51	1	10-11	16-24
7	50	37-38	11.1-11.2	33	9:52-10:06		10	10-15
6	45	36	11.3	32	10:07-10:25		9	9
5	40	35	11.4	31	10:26-10:51		8	7-8
4	35	34	11.5-11.6	30	10:52-11:10		5-7	6
3	30	32-33	11.7	29	11:11-11:36		5	5
2	25	31	11.8-11.9	28	11:37-11:52		5	4
1	15-20	28-30	12.0-12.5	24-27	11:53-12:56		3-5	3

Points	F-15	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
10	85+	48 +	10	43 +	8:08	2 +	20 +	
9	70-80	41-47	10.1-10.4	40-42	8:09-8:55	1	18-20	28 +
8	55-65	37-40	10.5-10.8	37-39	8:56-9:37		15-18	15-27
7	50	36	10.9-11.0	36	9:38-9:58		15	9-14
6	45	35	11.1	34-35	9:59-10:18		15	7-8
5	40	34	11.2	33	10:19-10:40		13-14	6
4	35	32-33	11.3-11.4	32	10:41-11		11-12	5
3	30	31	11.5	32	11:01-11:20		11	4
2	25	30	11.6-11.7	31	11:21-11:48		11	4
1	15-20	26-29	11.8-12.2	28-30	11:49-13:33		7-10	3

Points	F-16	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
10	85+	45 +	10.1	42 +	8:23	2 +	24 +	
9	70-80	40-44	10.2-10.5	38-41	8:24-9:11	1	19-23	24 +
8	55-65	36-39	10.6-10.8	35-37	9:12-10:09	1	13-18	16-23
7	50	35	10.9	34	10:10-10:31		12	9-15
6	45	34	11	33	10:32-10:58		12	7-8
5	40	33	11.1-11.2	33	10:59-11:15		12	6
4	35	32	11.3-11.4	32	11:16-11:44		11	5
3	30	30-31	11.5	31	11:45-12:08		10	4
2	25	30	11.6-11.7	30	12:09-12:42		8-9	3
1	15-20	25-29	11.8-12.2	26-29	12:43-14:16		4-7	2

Points	F-17	Curl-Ups	Shuttle	Sit & Reach	Mile Run	Pull-Ups	Push-Ups	Flexed Arm
10	85+	44 +	10	42 +	8:15	2 +	25 +	
9	70-80	38-43	10.1-10.4	40-41	8:16-9:15	1	19-24	24 +
8	55-65	35-37	10.5-10.9	36-39	9:16-10:08	1	16-18	15-23
7	50	34	11	35	10:09-10:22		16	10-14
6	45	33	11.1	34	10:23-10:48		15	7-9
5	40	31-32	11.2	33	10:49-11:05		15	6
4	35	30	11.4	33	11:06-11:20		14	5
3	30	30	11.4-11.5	32	11:21-12		12-13	5
2	25	28-29	11.6-11.7	31	12:01-12:11		11	4
1	15-20	25-27	11.8-12.1	28-30	12:12-13:03		7-10	2-3