

Gold	Age			Shuttle Run (sec)			1 Mile Run (min:sec)	OR		Pull- ups (#)	OR Rt. Angle Push- ups* (#)	
		Curl-Ups (# 1 min)	OR Partial Curl- ups* (#)		V-Sit Reach (in)	OR Sit & Reach (cm)		Distance Option				
								(min:sec) 1/4 mi	(min:sec) 1/2 mi			
B O Y S	5	28	20	12.8	+3.5	29	11:34	2:10		2	7	
	6	33	22	12.1	+3.5	31	10:15	1:55		2	9	
	7	36	24	11.5	+3.5	30	9:22	1:48		4	14	
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17	
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18	
	10	45	35	10.3	+4.0	30	7:57			6	22	
	11	47	43	10.0	+4.0	31	7:32			6	27	
	12	50	64	9.8	+4.0	31	7:11			7	31	
	13	53	59	9.5	+3.5	33	6:50			7	39	
	14	56	62	9.1	+4.5	36	6:26			10	40	
	15	57	75	9.0	+5.0	37	6:20			11	42	
	16	56	73	8.7	+6.0	38	6:08			11	44	
	17	55	66	8.7	+7.0	41	6:06			13	53	
	G I R L S	5	28	22	12.8	+5.5	30	11:54	2:30		2	7
		6	32	22	12.4	+5.5	32	11:20	2:00		2	9
		7	34	24	12.1	+5.0	32	10:36	1:55		2	14
		8	38	30	11.8	+4.5	33	10:02		3:58	2	17
9		39	37	11.1	+5.5	33	9:30		3:53	2	18	
10		40	33	10.8	+6.0	33	9:19			3	20	
11		42	43	10.5	+6.5	34	9:02			3	19	
12		45	50	10.4	+7.0	36	8:23			2	20	
13		46	59	10.2	+7.0	38	8:13			2	21	
14		47	48	10.1	+8.0	40	7:59			2	20	
15		48	38	10.0	+8.0	43	8:08			2	21	
16		45	49	10.1	+9.0	42	8:23			1	24	
17		44	58	10.0	+8.0	42	8:15			1	25	

Broad Jump Boys- Height + 3 inches

Broad Jump Girls - Height

Silver	Age	Curl-Ups (# 1 min)	OR Partial Curl-ups* (#)	Shuttle Run (sec)	V-Sit Reach (in)	OR Sit & Reach (cm)	1 Mile Run (min:sec)	OR Distance Option (min:sec) (min:sec)		OR		
								1/4 mi	1/2 mi	Pull- ups (#)	Rt. Angle Push- ups* (#)	Flexed Arm Hang (sec)
B O Y S	5	20	8	13.8	+1.0	24	12:54	3:04		1	5	6
	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10
	9	32	17	11.9	+1.0	25	10:30		4:14	2	12	10
	10	35	24	11.5	+1.0	25	9:48			2	14	12
	11	37	26	11.1	+1.0	25	9:20			2	15	11
	12	40	32	10.6	+1.0	26	8:40			2	18	12
	13	42	39	10.2	+0.5	26	8:06			3	24	14
	14	45	40	9.9	+1.0	28	7:44			5	24	20
	15	45	40	9.7	+2.0	30	7:30			6	30	28
	16	45	37	9.4	+3.0	30	7:10			7	30	28
	17	44	42	9.4	+3.0	34	7:04			8	37	30
G I R L S	6	19	8	14:4	+2.5	24	13:40	3:16		1	4	5
	7	23	10	13.8	+2.5	27	13:12	2:26		1	6	5
	8	25	13	13.2	+2.0	27	12:56	2:21		1	8	6
	9	29	17	12.9	+2.0	28	12:30		4:56	1	9	8
	10	30	20	12.5	+2.0	28	11:52		4:50	1	12	8
	11	30	24	12.1	+3.0	28	11:22			1	13	8
	12	32	27	11.5	+3.0	29	11:17			1	11	7
	13	35	30	11.3	+3.5	30	11:05			1	10	7
	14	37	40	11.1	+3.5	31	10:23			1	11	8
	15	37	30	11.2	+4.5	33	10:06			1	10	9
	16	36	26	11.0	+5.0	36	9:58			1	15	7
	17	35	26	10.9	+5.5	34	10:31			1	12	7
	17	34	40	11.0	+4.5	35	10:22			1	16	7

