

FEMALES

<u>Age</u>	<u>One Mile</u> min:sec	<u>PACER</u> (# laps)	<u>Sit and Reach</u> (inches)	<u>Push-Up</u> (# of reps)	<u>Trunk Lift</u> (inches)	<u>Curl-up</u> (# of reps)
10	12:30 - 9:30	15 - 41	9	7 - 15	9 - 12	12 - 26
11	12:00 - 9:00	15 - 41	10	7 - 15	9 - 12	15 - 29
12	12:00 - 9:00	23 - 41	10	7 - 15	9 - 12	18 - 32
13	11:30 - 9:00	23 - 51	10	7 - 15	9 - 12	18 - 32
14	11:00 - 8:30	23 - 51	10	7 - 15	9 - 12	18 - 32
15	10:30 - 8:00	23 - 51	12	7 - 15	9 - 12	18 - 35
16	10:00 - 8:00	32 - 61	12	7 - 15	9 - 12	18 - 35

MALES

<u>Age</u>	<u>One Mile</u> min:sec	<u>PACER</u> (# laps)	<u>Sit and Reach</u> (inches)	<u>Push-Up</u> (# of reps)	<u>Trunk Lift</u> (inches)	<u>Curl-up</u> (# of reps)
10	11:30 - 9:00	23 - 61	8	7 - 20	9 - 12	12 - 24
11	11:00 - 8:30	23 - 72	8	8 - 20	9 - 12	15 - 28
12	10:30 - 8:00	32 - 72	8	10 - 20	9 - 12	18 - 36
13	10:00 - 7:30	41 - 72	8	12 - 25	9 - 12	21 - 40
14	9:30 - 7:00	41 - 83	8	14 - 30	9 - 12	24 - 45
15	9:00 - 7:00	51 - 94	8	16 - 35	9 - 12	24 - 47
16	8:30 - 7:00	61 - 94	8	18 - 35	9 - 12	24 - 47

MR. and MS. FITNESS

<u>Age</u>	<u>One Mile</u> min:sec	<u>PACER</u> (# laps)	<u>Sit and Reach</u> (inches)	<u>Push-Up</u> (# of reps)	<u>Trunk Lift</u> (inches)	<u>Curl-up</u> (# of reps)
Girls						
6 th	Under 7:00	61	R- 9 L- 9	25	12	75
7 th	Under 6:45	72	R- 9 L- 9	30	12	75
8 th	Under 6:30	83	R- 9 L- 9	35	12	75
Boys						
6 th	Under 7:30	41	R- 10 L- 10	15	12	75
7 th	Under 7:15	46	R- 12 L- 12	20	12	75
8 th	Under 7:00	51	R- 12 L- 12	25	12	75