

Fitness Test Standards

Boys		10	11	12	13	14
Mile	State	11:30-9:00	11:00-8:30	10:30-8:00	10:00-7:30	9:30-7:00
	National	9:48	9:20	8:40	8:06	7:44
	Presidential	7:57	7:32	7:11	6:50	6:26
Curl-Ups	State	12-24	15-28	18-36	21-40	24-45
	National	35	37	40	42	45
	Presidential	45	47	50	53	56
Sit & Reach	State	8	8	8	8	8
	National	25	25	26	26	28
	Presidential	30	31	31	33	36
Pull-Ups	State	1-2	1-3	1-3	1-4	2-5
	National	2	2	2	3	5
	Presidential	6	6	7	7	10
Flex Arm Hang	State	4-10	6-13	6-13	12-17	15-20
	National	12	11	12	14	20
	Presidential					
Trunk Lift	State	9-12	9-12	9-12	9-12	9-12
	National					
	Presidential					
Shuttle	State	11.5	11.1	10.6	10.2	9.9
	National	10.3	10	9.8	9.5	9.1
	Presidential					
Push-Ups	State	7-20	8-20	10-20	12-25	14-30
	National	14	15	18	24	24
	Presidential	22	27	31	39	40