

Fitness Test Standards

Girls		10	11	12	13	14
Mile	State	12:30-9:30	12:00-9:00	12:00-9:00	11:30-9:00	11:00-8:30
	National	11:22	11:17	11:05	10:23	10:06
	Presidential	9:19	9:02	8:23	8:13	7:59
Curl-Ups	State	12-26	15-29	18-32	18-32	18-32
	National	30	32	35	37	37
	Presidential	40	42	45	46	47
Sit & Reach	State	9	10	10	10	10
	National	28	29	30	31	33
	Presidential	33	34	36	38	40
Pull-Ups	State	1-2	1-2	1-2	1-2	1-2
	National	1	1	1	1	1
	Presidential	3	3	2	2	2
Flex Arm Hang	State	4-10	6-12	7-12	8-12	8-12
	National	8	7	7	8	9
	Presidential					
Trunk Lift	State	9-12	9-12	9-12	9-12	9-12
	National					
	Presidential					
Shuttle	State					
	National	12.1	11.5	11.3	11.1	11.2
	Presidential	10.8	10.5	10.4	10.2	10.1
Push-Ups	State	7-15	7-15	7-15	7-15	7-15
	National	13	11	10	11	10
	Presidential	20	19	20	21	20