



# Mens Entrance Score Sheet



## PT STANDARDS (MEN)

### 1.5 Mile Run

%	20-29	30-34	35-39	40-44	45-49
99	7:29	7:11	7:27	7:42	8:08
95	8:13	8:44	9:07	9:30	10:05
90	9:09	9:30	9:53	10:16	10:47
85	9:45	10:16	10:47	11:18	11:49
80	10:16	10:47	11:15	11:44	12:18
75	10:42	11:18	11:34	11:49	12:36
70	10:47	11:34	12:04	12:34	13:10
65	11:18	11:49	12:20	12:51	13:27
60	11:41	12:20	12:47	13:14	13:49
55	11:49	12:38	13:00	13:22	14:01
50	12:18	12:51	13:22	13:53	14:24
45	12:20	13:22	13:45	14:08	14:43
40	12:51	13:36	14:03	14:29	14:58
<b>Failed</b>	<b>&gt;12:51</b>	<b>&gt;13:36</b>	<b>&gt;14:03</b>	<b>&gt;14:29</b>	<b>&gt;14:58</b>

### Sit-ups

99	>55	>51	>49	>47	>45
95	55	51	49	47	45
90	51-54	48-50	46-48	43-46	41-44
85	49-50	45-47	42-45	40-42	38-40
80	47-48	43-44	41	39	37
75	46	42	39-40	37-38	35-36
70	45	41	38	36	33-34
65	44	40	37	35	32
60	42-43	39	36	34	31
55	41	37-38	34-35	32-33	29-30
50	40	36	33	31	28
45	39	35	32	30	27
40	38	34	31	29	26
<b>Failed</b>	<b>&lt;38</b>	<b>&lt;34</b>	<b>&lt;31</b>	<b>&lt;29</b>	<b>&lt;26</b>

### Push-ups

99	>100	>86	>75	>64	>57
95	62-100	52-86	46-75	40-64	40-57
90	57-61	46-51	41-45	36-39	33-39
85	51-56	41-45	37-40	34-35	31-32
80	47-50	39-40	34-36	30-33	27-30
75	44-46	36-38	32-33	29	26
70	41-43	34-35	30-31	26-28	23-25
65	39-40	31-33	28-29	25	22
60	37-38	30	27	24	21
55	35-36	29	25-26	22-23	19-20
50	33-34	27-28	24	21	18
45	31-32	25-26	22-23	19-20	16-17
40	29-30	24	21	18	15
<b>Failed</b>	<b>&lt;29</b>	<b>&lt;24</b>	<b>&lt;21</b>	<b>&lt;18</b>	<b>&lt;15</b>