



Womens Entrance Score Sheet



PT STANDARDS (WOMEN)

1.5 Mile Run <=

%	20-29	30-34	35-39	40-44	45-49
99	8:33	10:05	10:26	10:47	11:38
95	10:47	11:49	12:20	12:51	13:36
90	11:43	12:51	13:07	13:22	14:09
85	12:20	13:06	13:36	14:06	14:48
80	12:51	13:43	14:07	14:31	15:14
75	13:22	14:08	14:33	14:57	15:31
70	13:53	14:24	14:55	15:16	15:57
65	14:08	14:50	15:16	15:41	16:16
60	14:24	15:08	15:33	15:57	16:28
55	14:35	15:20	15:46	16:12	16:43
50	14:55	15:26	15:57	16:27	16:56
45	15:10	15:47	16:11	16:34	17:02
40	15:26	15:57	16:28	16:58	17:26
Failed	>15:26	>15:57	>16:28	>16:58	>17:26

Sit-ups

99	>51	>42	>39	>38	>34
95	51	42	39	38	34
90	49-50	40-41	37-38	34-37	31-33
85	45-48	38-39	35-36	32-33	28-30
80	44	35-37	32-34	29-31	26-27
75	42-43	33-34	30-31	28	25
70	41	32	29	27	24
65	39-40	30-31	27-28	25-26	23
60	38	29	26	24	22
55	37	28	25	23	20-21
50	35-36	27	24	22	19
45	34	26	23	21	18
40	32-33	25	22	20	17
Failed	<32	<25	<22	<20	<17

Push-ups - modified

99	>70	>56	>58	>60	>50
95	45-70	39-56	36-58	33-60	30-50
90	42-44	36-38	32-35	28-32	26-29
85	39-41	33-35	29-31	26-27	24-25
80	36-38	31-32	27-28	24-25	22-23
75	34-35	29-30	25-26	21-23	21
70	32-33	28	24	20	20
65	31	26-27	22-23	19	19
60	30	24-25	21	18	18
55	29	23	20	17	16-17
50	26-28	21-22	18-19	15-16	14-15
45	25	20	17	14	13
40	23-24	19	16	13	12
Failed	<23	<19	<16	<13	<12