



CPD's Womens PT Standards



1.5 Mile Run

%	20-29	30-34	35-39	40-44	45-49
99.0%	8:33	10:05	10:26	10:47	11:38
95.0%	10:47	11:49	12:20	12:51	13:36
90.0%	11:43	12:51	13:07	13:22	14:09
85.0%	12:20	13:06	13:36	14:06	14:48
80.0%	12:51	13:43	14:07	14:31	15:14
75.0%	13:22	14:08	14:33	14:57	15:31
70.0%	13:53	14:24	14:55	15:16	15:57
65.0%	14:08	14:50	15:16	15:41	16:16
60.0%	14:24	15:08	15:33	15:57	16:28
55.0%	14:35	15:20	15:46	16:12	16:43
50.0%	14:55	15:26	15:57	16:27	16:56
45.0%	15:10	15:47	16:11	16:34	17:02
40.0%	15:26	15:57	16:28	16:58	17:26
35.0%	15:48	16:23	16:41	16:59	17:34
30.0%	15:57	16:35	17:00	17:24	17:54
25.0%	16:26	16:58	17:14	17:29	18:00

SIT UPS

%	20-29	30-34	35-39	40-44	45-49
99.0%	>51	>42	>39	>38	>34
95.0%	51	42	39	38	34
90.0%	49-50	40-41	37-38	34-37	31-33
85.0%	45-48	38-39	35-36	32-33	28-30
80.0%	44	35-37	32-34	29-31	26-27
75.0%	42-43	33-34	30-31	28	25
70.0%	41	32	29	27	24
65.0%	39-40	30-31	27-28	25-26	23
60.0%	38	29	26	24	22
55.0%	37	28	25	23	20-21
50.0%	35-36	27	24	22	19
45.0%	34	26	23	21	18
40.0%	32-33	25	22	20	17
35.0%	31	24	21	19	15
30.0%	29	22	19	17	14
25.0%	28	21	18	15	13

PUSH UPS-Modified

%	20-29	30-34	35-39	40-44	45-49
99.0%	>70	>56	>58	>60	>50
95.0%	45-70	39-56	36-58	33-60	30-50
90.0%	42-44	35-38	32-35	28-32	26-29
85.0%	39-41	33-35	29-31	26-27	24-25
80.0%	36-38	31-32	27-28	24-25	22-23
75.0%	34-35	29-30	25-26	21-23	21
70.0%	32-33	28	24	20	20
65.0%	31	26-27	22-23	19	19
60.0%	30	24-25	21	18	18
55.0%	29	23	20	17	16-17
50.0%	26-28	21-22	18-19	15-16	14-15
45.0%	25	20	17	14	13
40.0%	23-24	19	16	13	12
35.0%	22	17	14	11	11
30.0%	20	15	12	10	10
25.0%	19	14	11	9	9

Note: A total score of 150 or 40% is the minimum requirement to successfully complete the physical fitness test. If you were below 40% in one category, but excelled in the others, you could still be eligible. Example: (Based on youngest age group) 20 total Push ups=30 pts/30%; 39 total Sit ups=65 pts/65%; and 14:35 total time ran=55 pts/55% =Score of 150 (Passing)