

FEMALES

10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	26	30	40
SHUTTLE RUN	14.2 sec.	12.1 sec.	10.8 sec.
PUSH-UPS/ PULL-UPS	9 push	13 push or 1 pull	20 push or 3 pull
1 MILE RUN	13:00	11:22	9:19

11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6 1/2"
MODIFIED SIT-UP	28	32	42
SHUTTLE RUN	13.4 sec.	11.5 sec.	10.5 sec.
PUSH-UPS/ PULL-UPS	7 push	11 push or 1 pull	19 push or 3 pull
1 MILE RUN	12:42	11:17	9:02

12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec.	11.3 sec.	10.4 sec.
PUSH-UPS/ PULL-UPS	5 push	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:24	11:05	8:23

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

FEMALES

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP	32	37	46
SHUTTLE RUN	13.1 sec.	11.1 sec.	10.2 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	11 push or 1 pull	21 push or 2 pull
1 MILE RUN	12:15	10:23	8:13

14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	32	37	47
SHUTTLE RUN	13.2 sec.	11.2 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	7 push or 1 pull	10 push or 1 pull	20 push or 2 pull
1 MILE RUN	12:00	10:06	7:59

15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/2"	5"	8"
MODIFIED SIT-UP	31	36	48
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	15 push or 1 pull	20 push or 2 pull
1 MILE RUN	11:45	9:58	8:08

16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP	30	35	45
SHUTTLE RUN	12.9 sec	10.9 sec.	10.1 sec.
PUSH-UPS/ PULL-UPS	10 push or 1 pull	12 push or 1 pull	24 push or 1 pull
1 MILE RUN	12:10	10:31	8:23

17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15

18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP	29	34	44
SHUTTLE RUN	13 sec.	11 sec.	10 sec.
PUSH-UPS/ PULL-UPS	12 push or 1 pull	16 push or 1 pull	25 push or 2 pull
1 MILE RUN	12:45	10:22	8:15