

MALES

10 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	28	35	45
SHUTTLE RUN	14.5 sec.	11.5 sec.	10.3 sec.
PUSH-UPS/ PULL-UPS	12 push	14 push or 2 pull	22 push or 6 pull
1 MILE RUN	11:40	9:48	7:57

11 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	29	37	47
SHUTTLE RUN	13.5 sec.	11.1 sec.	10 sec.
PUSH-UPS/ PULL-UPS	14 push	15 push or 2 pull	27 push or 6 pull
1 MILE RUN	11:25	9:20	7:32

12 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4"
MODIFIED SIT-UP	32	40	50
SHUTTLE RUN	12.4 sec.	10.6 sec.	9.8 sec.
PUSH-UPS/ PULL-UPS	15 push	18 push or 2 pull	31 push or 7 pull
1 MILE RUN	10:22	8:40	7:11

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

MALES

13 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP	34	42	53
SHUTTLE RUN	12.2 sec.	10.2 sec.	9.5 sec.
PUSH-UPS/ PULL-UPS	20 push or 2 pull	24 push or 3 pull	39 push or 7 pull
1 MILE RUN	9:45	8:06	6:50

14 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1/2"	1"	4 1/2"
MODIFIED SIT-UP	36	45	56
SHUTTLE RUN	11.9 sec.	9.9 sec.	9.1 sec.
PUSH-UPS/ PULL-UPS	20 push or 4 pull	24 push or 5 pull	40 push or 10 pull
1 MILE RUN	9:30	7:04	6:26

15 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1"	2"	5"
MODIFIED SIT-UP	38	45	57
SHUTTLE RUN	11.7 sec.	9.7 sec.	9 sec.
PUSH-UPS/ PULL-UPS	25 push or 5 pull	30 push or 6 pull	42 push or 11 pull
1 MILE RUN	9:15	7:30	6:20

16 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	6"
MODIFIED SIT-UP	40	45	56
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	25 push or 6 pull	30 push or 7 pull	44 push or 11 pull
1 MILE RUN	9:00	7:10	6:08

17 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06

18 YEAR OLDS

EVENT	MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	1 1/2"	3"	7"
MODIFIED SIT-UP	40	44	55
SHUTTLE RUN	11.4 sec.	9.4 sec.	8.7 sec.
PUSH-UPS/ PULL-UPS	30 push or 7 pull	37 push or 8 pull	53 push or 13 pull
1 MILE RUN	8:45	7:04	6:06