



FITNESS TESTING STANDARDS

	Vertical Jump (cm)	Long Jump (cm)	Penta Jump (cm)	Box Jump			T-Test (sec)	Beep Test	Pushups
				30s	60s	90s			
Ages 9 and 10									
Women A	35	178	900	34	61		13.2	8	23
Women B	28.5	163	800	29	51		15	6.6	16
Women C	25	150	750	20	35		15.9	6	10
Men A	39.5	180	900	35	62		12.4	8.6	30
Men B	30	164	800	30	52		14.5	7.1	20
Men C	25	150	750	25	40		15.8	6.5	13
Age 11									
Women A	39.5	185	900	35	62		12.2	9.5	23
Women B	34.5	163	800	30	52		14	8.5	16
Women C	31	155	750	25	40		14.9	8	10
Men A	41.5	201	950	35	62		12	10.2	30
Men B	36	178	800	30	52		14.2	8.5	20
Men C	29	169	750	25	40		14.9	8	13
Age 12									
Women A	42	193	900	35	62		12	9.5	23
Women B	37.5	171	800	30	52		14	8.5	16
Women C	31.5	163	750	25	40		14.5	8	10
Men A	44.5	211	950	35	62		11.6	10.2	30
Men B	39	188	800	30	52		13.7	8.5	20
Men C	32	179	750	25	40		14.2	8	13
Age 13									
Women A	44	200	1050	35	65		11.9	9.6	26
Women B	39.5	178	960	30	54		13.7	8.6	20
Women C	33.5	170	880	25	42		14	8	14
Men A	48.5	221	1100	35	70		11.3	11	33
Men B	43	198	1000	30	59		12.4	10	25
Men C	35	189	900	25	45		13.7	8.5	15

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	Vertical Jump (cm)	Long Jump (cm)	Penta Jump (cm)	Box Jump			T-Test (sec)	Beep Test	Pushups
				30s	60s	90s			
Age 14									
Women A	45.5	205	1050	35	65		11.8	9.6	26
Women B	41	183	960	30	54		12.8	8.6	20
Women C	35	175	880	25	42		13.9	8	14
Men A	51.5	231	1100	35	70		10.7	11	33
Men B	46	208	1000	30	59		12	10	25
Men C	39	199	900	25	45		12.8	8.5	15
Age 15									
Women A	47	215	1080	30	55	72	11.7	10.8	33
Women B	42	190	960	27	47	65	12.7	10.1	25
Women C	36	180	900	24	41	55	13.4	8.8	15
Men A	55	231	1250	35	63	85	10.6	12.5	36
Men B	51	220	1170	30	55	80	11.8	11.9	30
Men C	46	205	1100	27	49	68	12.6	10.5	25
Age 16									
Women A	47	225	1080	30	55	72	11.7	10.8	33
Women B	42	200	960	27	47	65	12.7	10.1	25
Women C	36	185	900	24	41	55	13.4	8.8	15
Men A	55	265	1250	35	63	85	10.6	12.5	36
Men B	51	235	1170	30	55	80	11.8	11.9	30
Men C	46	218	1100	27	49	68	12.6	10.5	25