

AGE GROUPS ->		20-29		30-39				40-50+									
	Score	Male	Female	Male		Female		Male		Female							
AGILITY RUN (maximum allowed times for each group measured in seconds)	100%	15.90	17.80	16.40		18.90		17.35		20.55							
	70%	18.60	21.10	19.10		22.20		20.05		23.85							
	50%	20.40	23.30	20.90		24.40		21.85		26.05							
1.5 MILE RUN (maximum allowed times for each group measured in minutes)	100%	9:00	10:48	10:00		12:00		11:00		13:12							
	70%	14:30	17:18	15:30		18:30		16:30		19:42							
	50%	18:10	21:38	19:10		22:50		20:10		24:02							
AGE GROUPS ->		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52+	
PUSH-UPS (minimum required in a two minute time limit)	Score	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
	100%	82	58	80	56	78	54	73	52	72	48	66	45	62	41	56	40
	70%	52	28	50	26	48	24	43	22	42	18	36	17	32	13	26	12
	50%	32	13	30	11	28	10	23	9	22	8	18	7	17	6	12	6

DATE _____