

Entry Level Standards

<b>Event</b>	<b>Ages</b>	<b>14-16</b>	<b>17-20</b>
300 Meter Run	Male	78sec	70sec
	Female	89sec	83sec
Push-ups	Male	8rep	13rep
	Female	8rep	13rep
Sit-ups	Male	15rep	20rep
	Female	10rep	15rep
1 1/2 Mile Run	Male	16:10	15:45
	Female	17:10	16:45

Graduation Standards

<b>Event</b>	<b>Ages</b>	<b>14-16</b>	<b>17-20</b>
300 Meter Run	Male	65sec	62.1sec
	Female	75sec	75sec
Push-ups	Male	35rep	40rep
	Female	25rep	30rep
Sit-ups	Male	30rep	35rep
	Female	25rep	30rep
1 1/2 Mile Run	Male	13:30	13:08
	Female	16:15	15:56