PUSH-UP STANDARDS

Age Group	17-21		22-26		27-31		32-36		37-41		Age Group	42-46		47-51		52-56		57-61		62+		Age Group
Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions
77					100						77											77
76					99						76											76
75			100		98		100				75											75
74			99		97		99				74											74
73			98		96		98		100		73											73
72			97		95		97		99		72											72
71	100		95		94		96		98		71											71
70	99		94		93		95		97		70											70
69	97		93		92		94		96		69											69
68	96		92		91		93		95		68											68
67	94		91		89		92		94		67											67
66	93		90		88		91		93		66	100										66
65	92		89		87		90		92		65	99										65
64	90		87		86		89		91		64	98										64
63	89		86		85		88		90		63	97										63
62	88		85		84		87		89		62	96										62
61	86		84		83		86		88		61	94										61
60	85		83		82		85		87		60	93										60
59	83		82		81		84		86		59	92		100								59
58	82		81		80		83		85		58	91		99								58
57	81		79		79		82		84		57	90		98								57
56	79		78		78		81		83		56	89		96		100						56
55	78		77		77		79		82		55	88		95		99						55
54	77		76		76		78		81		54	87		94		98						54
53	75		75		75		77		79		53	86		93		97		100				53
52	74		74		74		76		78		52	84		92		96		99				52
51	72		73		73		75		77		51	83		91		94		98				51
50	71		71		72	100	74		76		50	82		89		93		97		100		50
49	70		70		71	99	73		75		49	81		88		92		95		99		49
48	68		69		69	98	72		74		48	80		87		91		94		98		48
47	67		68		68	96	71		73		47	79		86		90		93		96		47
46	66		67	100	67	95	70		72		46	78		85		89		92		95		46
45	64		66	99	66	94	69	100	71		45	77		84		88		91		94		45
44	63		65	97	65	93	68	99	70		44	76		82		87		90		93		44
43	61		63	96	64	92	67	97	69		43	74		81		86		89		92		43
42	60	100	62	94	63	90	66	96	68		42	73		80		84		87		91		42
41	59	98	61	93	62	89	65	95	67		41	72		79		83		86		89		41
40	57	97	60	92	61	88	64	93	66	100	40	71		78		82		85		88		40
39	56	95	59	90	60	87	63	92	65	99	39	70		76		81		84		87		39
38	54	93	58	89	59	85	62	91	64	97	38	69		75		80		83		86		38
37	53	91	57	88	58	84	61	89	63	96	37	68	100	74		79		82		85		37
36	52	90	55	86	57	83	60	88	62	94	36	67	98	73		78		81		84		36
35	50	88	54	85	56	82	59	87	61	93	35	66	97	72		77		79		82		35
34	49	86	53	83	55	81	58	85	60	91	34	64	95	71	100	76		78		81		34
33	48	84	52	82	54	79	57	84	59	90	33	63	94	69	98	74		77		80		33
32	46	83	51	81	53	78	56	83	58	88	32	62	92	68	97	73		76		79		32
31	45	81	50	79	52	77	55	81	57	87	31	61	90	67	95	72	100	75		78		31
30	43	79	49	78	50	76	54	80	56	85	30	60	89	66	93	71	98	74		76		30
29	42	77	47	77	49	75	53	79	55	84	29	59	87	65	92	70	96	73		75		29
28	41	76	46	75	48	73	52	77	54	82	28	58	86	64	90	69	95	71	100	74		28
27	39	74	45	74	47	72	51	76	53	81	27	57	84	62	88	68	93	70	98	73		27
26	38	72	44	72	46	71	50	75	52	79	26	56	82	61	87	67	91	69	96	72		26
25	37	70	43	71	45	70	49	73	51	78	25	54	81	60	85	66	89	68	94	71	100	25
24	35	69	42	70	44	68	48	72	50	76	24	53	79	59	83	64	87	67	92	69	98	24
23	34	67	41	68	43	67	47	71	49	75	23	52	78	58	82	63	85	66	90	68	96	23
22	32	65	39	67	42	66	46	69	48	73	22	51	76	56	80	62	84	65	88	67	93	22
21	31	63	38	66	41	65	45	68	47	72	21	50	74	55	78	61	82	63	86	66	91	21
20	30	62	37	64	40	64	44	67	46	70	20	49	73	54	77	60	80	62	84	65	89	20
19	28	60	36	63	39	62	43	65	45	69	19	48	71	53	75	59	78	61	82	64	87	19
18	27	58	35	61	38	61	42	64	44	67	18	47	70	52	73	58	76	60	80	62	84	18
17	26	57	34	60	37	60	41	63	43	66	17	46	68	51	72	57	75	59	78	61	82	17
16	24	55	33	58	36	59	39	61	42	64	16	44	66	49	70	56	73	58	76	60	80	16
15	23	53	31	57	35	58	38	60	41	63	15	43	65	48	68	54	71	57	74	59	78	15
14	21	51	30	56	34	56	37	59	39	61	14	42	63	47	67	53	69	55	72	58	76	14
13	20	50	29	54	33	55	36	58	38	60	13	41	62	46	65	52	67	54	70	56	73	13
12	19	48	28	52	32	54	35	56	37	59	12	40	60	45	63	51	65	53	68	55	71	12
11	17	46	27	50	31	52	34	54	36	57	11	39	58	44	62	50	64	52	66	54	69	11
10	16	44	26	49	29	50	33	52	35	56	10	38	57	42	60	49	62	51	64	53	67	10
9	14	43	25	49	28	49	32	50	34	54	9	37	55	41	58	48	60	50	62	52	64	9
8	13	41	23	48	27	49	31	49	33	53	8	36	54	40	57	47	58	49	60	51	62	8
7	12	39	22	46	26	48	30	49	32	51	7	34	52	39	55	46	56	47	58	49	60	7
6	10	37	21	45	25	47	29	48	31	50	6	33	50	38	53	44	55	46	56	48	58	6
5	9	36	20	43	24	45	28	47	30	48	5	32	49	36	52	43	53	45	54	47	56	5
4	8	34	19	42	23	44	27	45	29	47												
3	6	32	18	41	22	43	26	44	28	45												
2	5	30	17	39	21	42	25	43	27	44												
1	3	29	15	38	20	41	24	41	26	42												
Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions	M	F	M	F	M	F	M	F	M	F	Repetitions
Age Group	17-21		22-26		27-31		32-36		37-41		Age Group	42-46		47-51		52-56		57-61		62+		Age Group

Scoring standards are used to convert raw scores to point scores after test events are completed. Male point scores are indicated by the M at the top and bottom of the shaded column. Female point scores are indicated by the F at the top and bottom of the unshaded column. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Push-Up points block on the front of the scorecard.

SIT-UP STANDARDS

AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP
Repetitions	M/F	M/F	M/F	M/F	M/F	Repetitions	M/F	M/F	M/F	M/F	M/F	Repetitions
82			100			82						82
81			99			81						81
80		100	98			80						80
79		99	97			79						79
78	100	97	96			78						78
77	98	96	95			77						77
76	97	95	94	100	100	76						76
75	95	93	92	99	99	75						75
74	94	92	91	98	98	74						74
73	92	91	90	96	97	73						73
72	90	89	89	95	96	72	100					72
71	89	88	88	94	95	71	99					71
70	87	87	87	93	94	70	98					70
69	86	85	86	92	93	69	97					69
68	84	84	85	91	92	68	96					68
67	82	83	84	89	91	67	95					67
66	81	81	83	88	89	66	94	100	100			66
65	79	80	82	87	88	65	93	99	99			65
64	78	79	81	86	87	64	92	98	98	100		64
63	76	77	79	85	86	63	91	97	97	99	100	63
62	74	76	78	84	85	62	90	96	96	98	99	62
61	73	75	77	82	84	61	89	94	95	97	98	61
60	71	73	76	81	83	60	88	93	94	96	97	60
59	70	72	75	80	82	59	87	92	93	95	96	59
58	68	71	74	79	81	58	86	91	92	94	95	58
57	66	69	73	78	80	57	85	90	91	92	94	57
56	65	68	72	76	79	56	84	89	89	91	92	56
55	63	67	71	75	78	55	83	88	88	90	91	55
54	62	65	70	74	77	54	82	87	87	89	90	54
53	60	64	69	73	76	53	81	86	86	88	89	53
52	58	63	68	72	75	52	80	84	85	87	88	52
51	57	61	66	71	74	51	79	83	84	86	87	51
50	55	60	65	69	73	50	78	82	83	85	86	50
49	54	59	64	68	72	49	77	81	82	84	85	49
48	52	57	63	67	71	48	76	80	81	83	84	48
47	50	56	62	66	69	47	75	79	80	82	83	47
46	49	55	61	65	68	46	74	78	79	81	82	46
45	47	53	60	64	67	45	73	77	78	79	81	45
44	46	52	59	62	66	44	72	76	77	78	79	44
43	44	50	58	61	65	43	71	74	76	77	78	43
42	42	49	57	60	64	42	70	73	75	76	77	42
41	41	48	56	59	63	41	69	72	74	75	76	41
40	39	47	55	58	62	40	68	71	73	74	75	40
39	38	45	54	56	61	39	67	70	72	73	74	39
38	36	44	52	55	60	38	66	69	71	72	73	38
37	34	43	51	54	59	37	65	68	69	71	72	37
36	33	41	50	53	58	36	64	67	68	70	71	36
35	31	40	49	52	57	35	63	66	67	69	70	35
34	30	39	48	50	56	34	62	64	66	68	69	34
33	28	37	47	49	55	33	61	63	65	66	68	33
32	26	36	46	48	54	32	60	62	64	65	66	32
31	25	35	45	47	53	31	59	61	63	64	65	31
30	23	33	44	46	52	30	58	60	62	63	64	30
29	22	32	43	45	50	29	57	59	61	62	63	29
28	20	31	42	44	49	28	56	58	60	61	62	28
27	18	29	41	42	48	27	55	57	59	60	61	27
26	17	28	39	41	47	26	54	56	58	59	60	26
25	15	27	38	40	46	25	53	54	57	58	59	25
24	14	25	37	39	45	24	52	53	56	57	58	24
23	12	24	36	38	44	23	51	52	55	56	57	23
22	10	23	35	36	43	22	50	51	54	55	56	22
21	9	21	34	35	42	21	49	50	53	54	55	21
Repetitions	M/F	M/F	M/F	M/F	M/F	Repetitions	M/F	M/F	M/F	M/F	M/F	Repetitions
AGE GROUP	17-21	22-26	27-31	32-36	37-41	AGE GROUP	42-46	47-51	52-56	57-61	62+	AGE GROUP

Scoring standards are used to convert raw scores to point scores after test events are completed. To convert raw scores to point scores, find the number of repetitions performed in the left-hand column. Next, move right along that row and locate the intersection of the soldier's appropriate age column. Record that number in the Sit-Up points block on the front of the scorecard.

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2-MILE RUN STANDARDS

AGE GROUP	17-21		22-26		27-31		32-36		37-41		AGE GROUP	42-46		47-51		52-56		57-61		62+		AGE GROUP
Time	M	F	M	F	M	F	M	F	M	F	Time	M	F	M	F	M	F	M	F	M	F	Time
12:54											12:54											12:54
13:00	100		100								13:00											13:00
13:06	99		99								13:06											13:06
13:12	97		98								13:12											13:12
13:18	96		97		100		100				13:18											13:18
13:24	94		96		99		99				13:24											13:24
13:30	93		94		98		98				13:30											13:30
13:36	92		93		97		97		100		13:36											13:36
13:42	90		92		96		96		99		13:42											13:42
13:48	89		91		95		95		98		13:48											13:48
13:54	88		90		94		95		97		13:54											13:54
14:00	86		89		92		94		97		14:00											14:00
14:06	85		88		91		93		96		14:06	100										14:06
14:12	83		87		90		92		95		14:12	99										14:12
14:18	82		86		89		91		94		14:18	98										14:18
14:24	81		84		88		90		93		14:24	97		100								14:24
14:30	79		83		87		89		92		14:30	97		99								14:30
14:36	78		82		86		88		91		14:36	96		98								14:36
14:42	77		81		85		87		91		14:42	95		98		100						14:42
14:48	75		80		84		86		90		14:48	94		97		99						14:48
14:54	74		79		83		85		89		14:54	93		96		98						14:54
15:00	72		78		82		85		88		15:00	92		95		98						15:00
15:06	71		77		81		84		87		15:06	91		95		97						15:06
15:12	70		76		79		83		86		15:12	90		94		96						15:12
15:18	68		74		78		82		86		15:18	90		93		95		100				15:18
15:24	67		73		77		81		85		15:24	89		92		95		99				15:24
15:30	66		72		76		80		84		15:30	88		91		94		98				15:30
15:36	64	100	71	100	75		79		83		15:36	87		91		93		97				15:36
15:42	63	99	70	99	74		78		82		15:42	86		90		92		97		100		15:42
15:48	61	98	69	98	73	100	77		81		15:48	85		89		91		96		99		15:48
15:54	60	96	68	97	72	99	76	100	80		15:54	84		88		91		95		98		15:54
16:00	59	95	67	96	71	98	75	99	80		16:00	83		87		90		94		97		16:00
16:06	57	94	66	95	70	97	75	99	79		16:06	83		87		89		93		96		16:06
16:12	56	93	64	94	69	97	74	98	78		16:12	82		86		88		92		95		16:12
16:18	54	92	63	93	68	96	73	97	77		16:18	81		85		87		91		94		16:18
16:24	53	90	62	92	66	95	72	97	76		16:24	80		84		87		90		93		16:24
16:30	52	89	61	91	65	94	71	96	75		16:30	79		84		86		90		93		16:30
16:36	50	88	60	90	64	93	70	95	74		16:36	78		83		85		89		92		16:36
16:42	49	87	59	89	63	92	69	94	74		16:42	77		82		84		88		91		16:42
16:48	48	85	58	88	62	91	68	94	73		16:48	77		81		84		87		90		16:48
16:54	46	84	57	87	61	91	67	93	72		16:54	76		80		83		86		89		16:54
17:00	45	83	56	86	60	90	66	92	71	100	17:00	75		80		82		85		88		17:00
17:06	43	82	54	85	59	89	65	92	70	99	17:06	74		79		81		84		87		17:06
17:12	42	81	53	84	58	88	65	91	69	99	17:12	73		78		80		83		86		17:12
17:18	41	79	52	83	57	87	64	90	69	98	17:18	72		77		80		83		85		17:18
17:24	39	78	51	82	56	86	63	90	68	97	17:24	71	100	76		79		82		84		17:24
17:30	38	77	50	81	55	86	62	89	67	96	17:30	70	99	76		78		81		83		17:30
17:36	37	76	49	80	54	85	61	88	66	96	17:36	70	99	75	100	77		80		82		17:36
17:42	35	75	48	79	52	84	60	88	65	95	17:42	69	98	74	99	76		79		81		17:42
17:48	34	73	47	78	51	83	59	87	64	94	17:48	68	97	73	99	76		78		80		17:48
17:54	32	72	46	77	50	82	58	86	63	94	17:54	67	97	73	98	75		77		80		17:54
18:00	31	71	44	76	49	81	57	86	63	93	18:00	66	96	72	97	74		77		79		18:00
18:06	30	70	43	75	48	80	56	85	62	92	18:06	65	96	71	97	73		76		78		18:06
18:12	28	68	42	74	47	80	55	84	61	92	18:12	64	95	70	96	73		75		77		18:12
18:18	27	67	41	73	46	79	55	83	60	91	18:18	63	94	69	96	72		74		76		18:18
18:24	26	66	40	72	45	78	54	83	59	90	18:24	63	94	69	95	71		73		75		18:24
18:30	24	65	39	71	44	77	53	82	58	89	18:30	62	93	68	94	70		72		74		18:30
18:36	23	64	38	70	43	76	52	81	57	89	18:36	61	92	67	94	69		71		73		18:36
18:42	21	62	37	69	42	75	51	81	57	88	18:42	60	92	66	93	69		70		72		18:42
18:48	20	61	36	68	41	74	50	80	56	87	18:48	59	91	65	92	68		70		71		18:48
18:54	19	60	34	67	39	74	49	79	55	87	18:54	58	90	65	92	67		69		70		18:54
19:00	17	59	33	66	38	73	48	79	54	86	19:00	57	90	64	91	66	100	68		69		19:00
19:06	16	58	32	65	37	72	47	78	53	85	19:06	57	89	63	91	65	99	67		68		19:06
19:12	14	56	31	64	36	71	46	77	52	85	19:12	56	89	62	90	65	99	66		67		19:12
19:18	13	55	30	63	35	70	45	77	51	84	19:18	55	88	62	89	64	98	65		67		19:18
19:24	12	54	29	62	34	69	45	76	51	83	19:24	54	87	61	89	63	97	64		66		19:24
19:30	10	53	28	61	33	69	44	75	50	82	19:30	53	87	60	88	62	96	63		65		19:30
19:36	9	52	27	60	32	68	43	74	49	82	19:36	52	86	59	87	62	96	63		64		19:36
19:42	8	50	26	59	31	67	42	74	48	81	19:42	51	85	58	87	61	95	62	100	63		19:42
19:48	6	49	24	58	30	66	41	73	47	80	19:48	50	85	58	86	60	94	61	99	62		19:48
19:54	5	48	23	57	29	65	40	72	46	80	19:54	50	84	57	86	59	93	60	98	61		19:54
20:00	3	47	22	56	28	64	39	72	46	79	20:00	49	83	56	85	58	93	59	98	60	100	20:00
20:06	2	45	21	55	26	63	38	71	45	78	20:06	48	83	55	84	58	92	58	97	59	99	20:06
20:12	1	44	20	54	25	63	37	70	44	78	20:12	47	82	55	84	57	91	57	96	58	98	20:12
20:18	0	43	19	53	24	62	36	70	43	77	20:18	46	82	54	83	56	90	57	95	57	98	20:18
20:24		42	18	52	23	61	35	69	42	76	20:24	45	81	53	82	55	90	56	95	56	97	20:24
20:30		41	17	51	22	60	35	68	41	75	20:30	44	80	52	82	55	89	55	94	55	96	20:30

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