

## CHAPTER 3: SCORING STANDARDS

### 3.01 CADETS

(a) **Satisfactory (Minimum Passing Standards)**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	28	12	11:40	10	26	9	13:00
11	29	14	11:25	11	28	7	12:42
12	32	15	10:22	12	30	5	12:24
13	34	20	9:45	13	32	7	12:15
14	36	20	9:30	14	32	7	12:00
15	38	25	9:15	15	31	10	11:45
16	40	25	9:00	16	30	10	12:15
17/18	40	30	8:45	17/18	29	10	12:15

(b) **Good**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	35	14	9:48	10	30	13	11:22
11	37	15	9:20	11	32	11	11:17
12	40	18	8:40	12	35	10	11:05
13	42	24	8:06	13	37	11	10:23
14	45	24	7:44	14	37	10	10:06
15	45	30	7:30	15	36	15	9:58
16	45	30	7:10	16	35	12	10:31
17/18	44	37	7:04	17/18	34	16	10:22

(c) **Excellent**

MALE CADETS				FEMALE CADETS			
AGE	CURL-UPS	PUSH-UPS	1 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1 MILE RUN
10	45	22	7:57	10	40	20	9:19
11	47	27	7:32	11	42	19	9:02
12	50	31	7:11	12	45	20	8:23
13	53	39	6:50	13	46	21	8:13
14	56	40	6:26	14	47	20	7:59
15	57	42	6:20	15	48	20	8:08
16	56	44	6:08	16	45	24	8:23
17/18	55	53	6:06	17/18	44	25	8:15

**3.02 ADULT VOLUNTEERS**

MALE ADULT				FEMALE ADULT			
AGE	CURL-UPS	PUSH-UPS	1.5 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1.5 MILE RUN
18-29	30	35	14:00	18-29	25	17	18:30
30-39	30	25	14:45	30-39	25	12	19:00
40-49	25	20	15:35	40-49	20	8	19:30
50-59	20	15	17:00	50-59	15	6	20:00
60+	19	10	19:00	60+	15	3	20:30