

| Fitness Test Requirements – 30% | | | | | | | | | | | |
|--|------|----------------|-------|-------|-------|-------|------------------|-------|-------|-------|-------|
| | | Male Standards | | | | | Female Standards | | | | |
| | AGE | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| 1 Minute Sit-ups | 30th | 35 | 32 | 27 | 21 | 17 | 30 | 22 | 17 | 12 | 4 |
| 300 Meter Run | 30th | 62.1 | 63.0 | 77.0 | 87.0 | | 75.0 | 82.0 | 106.7 | | |
| 1 Minute Push-ups | 30th | 26 | 20 | 15 | 10 | 8 | 13 | 9 | 7 | | |
| 1.5 Mile Run | 30th | 13:08 | 13:48 | 14:33 | 16:16 | 18:39 | 15:56 | 16:46 | 18:26 | 20:17 | 22:34 |

Testing Order:

1. 1 Minute Sit-Up
2. 300 Meter Run
3. 1 Minute Push-Up
4. 1.5 Mile Run