

FITNESS TESTING SCORES-FRESHMAN & SOPHOMORE MALES & FEMALES

Freshman & Sophomore Females

	Push Ups	Sit Ups	Mile	Shuttle Run	Sit & Reach
5	15	38	8:00	10	40
4.5	13-14	36-37	8:01-8:29	10.1	37
4	12	33-35	8:30-8:59	10.4	34
3.5	10-11	31-32	9:00-9:29	10.7	31
3	9	28-30	9:30-9:59	11	28
2.5	7-8	25-27	10:00-10:29	11.5	25
2	6	23-24	10:30-11:15	12	22
1.5	5	20-22	11:16-12:00	12.5	19
1	4 ↓	19 ↓	12:01 ↓	13 ↓	16 ↓

Freshman & Sophomore Males

	Push Ups	Sit Ups	Mile	Shuttle Run	Sit & Reach
5	30	45	7:00	9.5	35
4.5	28-29	42-44	7:01-7:29	9.6	32
4	26-27	39-41	7:30-7:59	10	30
3.5	24-25	37-38	8:00-8:29	10.3	27
3	22-23	34-36	8:30-8:59	10.5	25
2.5	18-21	32-33	9:00-9:29	10.7	22
2	15-17	29-31	9:30-10:15	11	19
1.5	11-14	26-28	10:16-11:00	11.2	17
1	10 ↓	25 ↓	11:01 ↓	11.5 ↓	15 ↓