

Sex	Age	Curl-ups # in one minute	Shuttle Run in seconds	CHOOSE ONE ¹		1 mile- walk/run min/sec*	CHOOSE ONE ²	
				V-sit Reachin inches	Sit & Reach in centimeters		Pull-Ups # completed	Right angle Push-Ups # every 3 sec.
Males	11	47	10.0	4.0	31	7:32	6	26
	12	50	9.8	4.0	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9.0	5.0	36	6:20	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7.0	36	8:23	2	20
	13	46	10.2	7.0	38	8:13	2	21
	14	47	10.1	8.0	40	7:59	2	20
	15	48	10.0	8.0	43	8:08	2	20

Swimming Times required for 500 yard Swim

	Level	500 Yard Swim Time	
Males	Varsity	8:30	*The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the 1 mile run or the 500 yard swim
Females	Varsity	9:00	

BOWLING

Any 7th or 8th grade student may be given the opportunity to try out for the Varsity Bowling Team. At the completion of the try-out sessions, which must include nine games bowled over a 3 day period, if the individuals bowling average puts him/her in the top 8 of your bowlers, he/she is eligible for the team

GOLF

Any 7th or 8th grade student may be given the opportunity to try out for the Varsity Golf Team. At the completion of the try-out sessions, which must include 18 holes golfed over a 3 day period (the first 3 days of the individuals tryouts when the course is accesible), if the individuals golf average puts him/her in the top 8 of your golfers, he/she is eligible for the team