

GIRLS:

11 Year Old			12 Years Old			13 Years Old			14 Years Old			
%ile:	Mile:	Pacer:	%ile:	Mile:	Pacer:	%ile:	Mile:	Pacer:	%ile:	Mile:	Pacer:	
100	0-6:24	82 - UP	100	0-5:44	110 - UP	100	0-6:00	110 - UP	100	0-5:50	110 - Up	ADV.
95	6:25-6:49	76-81	95	5:45-6:51	74-109	95	6:01-6:47	72-109	95	5:51-6:23	85-109	
90	6:50-7:01	64-75	90	6:52-7:15	64-73	90	6:48-7:05	60-71	90	6:24-6:53	75-84	
85	7:02-7:14	61-63	85	7:16-7:35	58-63	85	7:06-7:30	53-59	85	6:54-7:04	70-74	
80	7:15-7:31	52-60	80	7:36-7:50	52-57	80	7:31-7:48	51-52	80	7:05-7:15	63-69	
75	7:32-7:46	50-51	75	7:51-8:04	50-51	75	7:49-8:02	50	75	7:16-7:24	60-62	
70	7:47-7:51	48-49	70	8:05-8:18	45-49	70	8:03-8:10	47-49	70	7:25-7:44	55-59	PROF.
65	7:52-7:54	46-47	65	8:19-8:26	42-44	65	8:11-8:16	45-46	65	7:45-7:57	50-54	
60	7:55-8:07	43-45	60	8:27-8:39	41	60	8:17-8:28	43-44	60	7:58-8:12	49	
55	8:08-8:30	42	55	8:40-8:55	40	55	8:29-8:46	42	55	8:13-8:42	47-48	
50	8:31-8:37	39-41	50	8:56-9:09	39	50	8:47-8:58	41	50	8:43-8:57	46	
45	8:38-8:43	34-38	45	9:10-9:21	37-38	45	8:59-9:09	40	45	8:58-9:20	45	EMER.
40	8:44-8:49	31-33	40	9:22-9:31	36	40	9:10-9:21	39	40	9:21-9:31	42-44	
35	8:50-9:09	27-30	35	9:32-9:43	32-35	35	9:22-9:34	36-38	35	9:32-9:47	40-41	
30	9:10-9:14	24-26	30	9:44-9:54	29-31	30	9:35-9:48	35	30	9:48-9:56	39	
25	9:15-9:28	23	25	9:55-10:13	26-28	25	9:49-10:05	32-34	25	9:57-10:22	38	
20	9:29-9:59	20-22	20	10:14-10:41	25	20	10:06-10:27	27-31	20	10:23-11:05	34-37	ENTRY
15	10:00-11:05	16-19	15	10:42-11:07	22-24	15	10:28-10:52	25-26	15	11:06-11:44	30-33	
10	11:06-12:16	13-15	10	11:08-11:41	20-21	10	10:53-12:05	19-24	10	11:45-12:21	22-29	
5	12:17-12:43	10-12	5	11:42-12:56	15-19	5	12:06-13:52	14-18	5	12:22-13:27	15-21	
0	12:43- UP	0-9	0	12:37- UP	0-14	0	13:53- UP	0-13	0	13:26- UP	0-14	

	11 Year Old			12 Year Old			13 Year Old			14 Year Old		
	Push-Ups	Sit-Ups	S&R	Push-Ups	Sit-Ups	S&R	Push-Ups	Sit-Ups	S&R	Push-Ups	Sit-Ups	S&R
PA	15 - UP	32 - UP	12 - UP	16 - UP	33 - UP	14 - UP	17 - UP	35 - UP	15 - UP	19 - UP	37 - UP	15 - UP
M	6-14	17-31	9-11	7-15	18-32	11-13	8-16	20-34	12-14	10-18	22-36	12-14
N	0-5	0-16	0-8	0-6	0-17	0-10	0-7	0-19	0-11	0-9	0-21	0-11