

## MINIMAL PHYSICAL FITNESS PERFORMANCE REQUIREMENTS CHART (Pre-Academy)

MALE'S AGE	20-29	30-39	40-49	50-59	60 +
Sit and Reach	16.5	15.5	14.3	13.3	12.5
1 Minute Sit-Up	38	35	29	24	19
1 Minute Push-Up	29	24	18	13	10
1.5 Mile Run	12:51	13:36	14:29	15:26	16:43

FEMALE'S AGE	20-29	30-39	40-49	50-59	60 +
Sit & Reach	19.3	18.3	17.3	16.8	15.5
1 Minute Sit-Up	32	25	20	14	6
1 Minute Push-Up	15	11	9	12*	5*
1.5 Mile Run	15:26	15:57	16:58	17:54	18:44

\*Females in excess of 49 years of age may do pushups on their knees.  
Normative data for these age groups have not been established.

## MINIMAL PHYSICAL FITNESS PERFORMANCE REQUIREMENTS CHART (Post-Academy)

MALE'S AGE	20-29	30-39	40-49	50-59	60 +
Sit and Reach	17.5	16.5	15.3	14.5	13.5
1 Minute Sit-Ups	40	36	31	26	20
1 Minute Pushups	33	27	21	15	15
1.5 Mile Run	12:18	12:51	13:53	14:55	16:07

FEMALE'S AGE	20-29	30-39	40-49	50-59	60 +
Sit & Reach	20	19	18	17.9	16.4
1 Minute Sit-Ups	34	27	22	17	8
1 Minute Pushups	18	14	11	N/A	N/A
1.5 Mile Run	14:55	15:26	16:27	17:24	18:16