

Physical Fitness Entry Level Standards, 15 Percentile Age and Gender Adjusted Rankings.

| Gender | Male Standards by Age | | | | | Female Standards by Age | | | | |
|------------------|-----------------------|-------|-------|-------|-------|-------------------------|-------|-------|-------|-------|
| Age Category | 18-29 | 30-39 | 40-49 | 50-59 | 60+ | 18-29 | 30-39 | 40-49 | 50-59 | 60+ |
| 1 Minute Sit-Up | 32 | 28 | 22 | 17 | 13 | 23 | 18 | 13 | 7 | 2 |
| 300 Meter Run | 69 | 70 | 86 | 99 | 99 | 88 | 93.5 | 116 | 116 | 116 |
| 1 Minute Push-Up | 19 | 15 | 10 | 7 | 5 | 9 | 6.5 | 5 | 5 | 5 |
| 1.5 Mile Run | 14:33 | 15:14 | 16:09 | 18:22 | 21:34 | 17:53 | 19:01 | 20:49 | 22:53 | 25:02 |

NOTE: Sit-Ups Total number of repetitions performed in one (1) minute.
 300 Meter Run time measured in seconds.
 Push-Ups total number of repetitions performed in one (1) minute.
 1.5 Mile Run time measured in minutes and seconds.