

BENCHMARK

PERFORMANCE

STANDARDS

Mile	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Low Fitness (60%)	11:00	10:30		9:30	9:00
Marginal Fitness (70%)	10:00	9:30		8:30	8:00
Good Fitness (80%)	9:00	8:30		7:30	7:00
High Performance (90%)	8:00	7:30		6:30	6:00

Pacer	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Low Fitness (60%)	35-40	35-40		50-59	50-59
Marginal Fitness (70%)	41-59	41-59		60-75	60-75
Good Fitness (80%)	60-79	60-79		76-89	76-89
High Performance (90%)	80+	80+		90+	90+

Push ups	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Low Fitness (60%)	7	7		14	16
Marginal Fitness (70%)	8-10	8-10		15-19	17-24
Good Fitness (80%)	11-14	11-14		20-29	25-34
High Performance (90%)	15+	15+		30+	35+

Curl ups	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Low Fitness (60%)	30-49	30-49		40-49	40-49
Marginal Fitness (70%)	50-64	50-64		50-64	50-64
Good Fitness (80%)	65-79	65-79		65-79	65-79
High Performance (90%)	80	80		80	80

Sit n Reach	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Low Fitness (60%)	10"	12"		8"	8"
Marginal Fitness (70%)	11-16"	11-16"		9-13"	9-13"
Good Fitness (80%)	17-22"	17-22"		14-17"	14-17"
High Performance (90%)	23"+	23"+		18"+	18"+

Trunk Lift	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Low Fitness (60%)	9"	9"		9"	9"
Marginal Fitness (70%)	10"	10"		10"	10"
Good Fitness (80%)	11"	11"		11"	11"
High Performance (90%)	12"	12"		12"	12"

Body Mass index	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Body mass range	25-17.5	25-17.5		24.5-17.5	25-18.1

Shoulder Stretch	Girls 9th	Girls 10th		Boys 9th	Boys 10th
Passing	touch fingertips	touch fingertips		touch fingertips	touch fingertips
Not Passing	Can't touch	Can't touch		Can't touch	Can't touch