



Entrance Standards - Male

Activity	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
1.5 Mile Run	14:06	14:34	15:22	16:46	19:10
1 Minute Sit-Up Test	33	30	24	19	15
1 Minute Push-Up Test	22	17	11	9	6

Entrance Standards - Female

Activity	Age 20-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
1.5 Mile Run	16:46	17:38	18:38	20:32	22:44
1 Minute Sit-Up Test	24	20	14	10	3
1 Minute Push-Up Test	10	8	6	--	--