

BOYS:

11 Years Old			12 Years Old			13 Years Old			14 Years Old			
%ile:	Mile:	Pacer:	%ile:	Mile:	Pacer:	%ile:	Mile:	Pacer:	%ile:	Mile:	Pacer:	
100	0-6:07	95- UP	100	0-5:30	110 - UP	100	0-5:13	130 - UP	100	0-5:30	130 -UP	ADV.
95	6:08-6:32	81-94	95	5:31-6:14	81-109	95	5:14-5:59	82-129	95	5:31-6:27	102-129	
90	6:33-7:04	69-80	90	6:15-6:32	69-80	90	6:00-6:20	72-81	90	6:28-6:36	87-101	
85	7:05-7:26	62-68	85	6:33-6:42	66-68	85	6:21-6:32	70-71	85	6:37-6:44	81-86	
80	7:27-7:44	59-61	80	6:43-6:55	62-65	80	6:33-6:45	66-69	80	6:45-6:51	75-80	
75	7:45-7:50	57-58	75	6:56-7:07	60-61	75	6:46-6:53	65	75	6:52-6:55	73-74	
70	7:51-8:10	55-56	70	7:07-7:24	55-59	70	6:54-7:04	61-64	70	6:56-7:00	70-72	PROF.
65	8:11-8:37	48-54	65	7:25-7:35	53-54	65	7:05-7:11	60	65	7:01-7:07	68-69	
60	8:38-8:45	37-47	60	7:36-7:46	52	60	7:12-7:21	58-59	60	7:08-7:15	65-67	
55	8:46-9:09	35-36	55	7:47-7:53	51	55	7:22-7:29	57	55	7:16-7:22	64	
50	9:10-9:23	30-34	50	7:54-8:04	50	50	7:30-7:40	56	50	7:23-7:26	63	
45	9:24-9:45	29	45	8:05-8:20	45-49	45	7:41-7:50	55	45	7:27-7:35	62	EMER.
40	9:46-10:09	26-28	40	8:21-8:34	41-44	40	7:51-8:00	50-54	40	7:36-7:50	60-61	
35	10:10-10:17	25	35	8:35-8:52	36-40	35	8:01-8:13	46-49	35	7:51-8:03	59	
30	10:18-10:35	22-24	30	8:53-9:25	34-35	30	8:14-8:34	42-45	30	8:04-8:24	57-58	
25	10:36-10:59	19-21	25	9:26-9:41	32-33	25	8:35-8:57	40-41	25	8:25-8:40	49-56	
20	11:00-11:41	17-18	20	9:42-10:08	29-31	20	8:58-9:45	37-39	20	8:41-8:59	44-48	ENTRY
15	11:42-11:55	15-16	15	10:09-10:39	18-28	15	9:46-10:59	34-36	15	9:00-10:30	41-43	
10	11:56-13:05	10-14	10	10:40-12:15	15-17	10	11:00-12:54	21-33	10	10:31-11:28	37-40	
5	13:06-14:39	6-9	5	12:16-16:08	8-14	5	12:55-19-10	11-20	5	11:29-12:31	18-36	
0	14:40- UP	0-5	0	16:09- UP	0-7	0	19:11- UP	0-10	0	12:32-UP	0-17	

	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	16 - UP	32- UP	10 - UP	16 - UP	35 -UP	10 - UP	21 - UP	39 - UP	11 - UP	26 - UP	43 - UP	12 - UP
M	15-Jul	16-31	7-9	10-15	18-34	7-9	12-20	18-34	8-10	15-25	21-42	9-11
N	0-6	0-15	0-6	0-9	0-17	0-6	0-12	0-17	0-7	0-14	0-20	0-8

BOYS:

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