

PHYSICAL TRAINING STANDARDS

To figure what you will have to do to minimally qualify, find your gender and age group. Then find the event and apply the following:

Sit-Ups: This is the minimum number of repetitions you must do in one minute. It is a measure of the muscular endurance of your abdominal muscles.

Bench Press: Multiply your body weight by the number for your age and gender. This is the minimum weight you will have to press on a standard Universal-type DVR machine (Numbers on the right side). It is a measure of your upper body strength.

Sit and Reach: Sitting on the floor with your shoes off, without bending your knees, this is the distance in inches you will have to reach forward on a standard stretch box. It is a measure of your lower back and hamstring flexibility.

300-Meter Run: This is the maximum number of seconds you will have to sprint 300 meters, or 984.25 feet. It is a measure of your anaerobic capacity, or your ability to perform short, intense bursts of effort.

1.5 Mile Run: This is the number of minutes and seconds you have to cover a measured mile and a half. It is a measure of your aerobic capacity, or your cardiovascular endurance.

	MALE:				FEMALE:			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
1 Minute Sit-Ups; Raw Score::	38	34	29	24	32	25	20	14
1 Repetition Maximum Bench Press; Raw Score: (Weight Lifted/Body Weight)	0.99	0.88	0.8	0.71	0.59	0.53	0.5	0.44
Sit & Reach; Raw Score: (In Inches)	16.5	15.5	14.3	13.3	19.3	18.3	17.3	16.8
300-Meter Run: (Seconds)	66	66	66	66	66	66	66	66
1.5 Mile run; Raw Score: (Minutes/Seconds)	12.29	12.53	13.50	15.14	15.05	15.56	17.11	19.10