

The following pages cover the scoring basis for Sit-ups, Push-Ups and 2-Mile Run as well as an Alternate Aerobics Events page.

# Standards for Push-ups

Below are tables showing the scores given for the number of push-ups successfully completed according to sex and age. Scroll down to find the number repetitions of push-ups you can perform in two minutes. Then slide over to the right until you are in the column that contains your age. That number is your score (out of 100) that you get for the push-up event. For instance, a 26 year old male that does 67 push-ups gets a score of 91.

## Standards for Males

Repetitions	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
77			100			
76			99			
75		100	98	100		
74		99	97	99		
73		98	96	98	100	
72		97	95	97	99	
71	100	96	94	96	98	
70	99	95	93	95	97	
69	97	93	92	94	96	
68	96	92	91	93	95	
67	94	91	89	92	94	
66	93	90	88	91	93	100
65	92	89	87	90	92	99
64	90	87	86	89	91	98
63	89	86	85	88	90	97
62	88	85	84	87	89	96
61	86	84	83	86	88	94
60	85	83	82	85	87	93
59	83	82	81	84	86	92
58	82	81	80	83	85	91
57	81	79	79	82	84	90
56	79	78	78	81	83	89
55	78	77	77	79	82	88
54	77	76	76	78	81	87
53	75	75	75	77	79	86
52	74	74	74	76	78	84
51	72	73	73	75	77	83
50	71	71	72	74	76	82
49	70	70	71	73	75	81

Repetitions	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
48	68	69	69	72	74	80
47	67	68	68	71	73	79
46	66	67	67	70	72	78
45	64	66	66	69	71	77
44	63	65	65	68	70	76
43	61	63	64	67	69	74
42	60	62	63	66	68	73
41	59	61	62	65	67	72
40	57	60	61	64	66	71
39	56	59	60	63	65	70
38	54	58	59	62	64	69
37	53	57	58	61	63	68
36	52	55	57	60	62	67
35	50	54	56	59	60	66
34	49	53	55	58	60	64
33	48	52	54	57	59	63
32	46	51	53	56	58	62
31	45	50	52	55	57	61
30	43	49	50	54	56	60
29	42	47	49	53	55	59
28	41	46	48	52	54	58
27	39	45	47	51	53	57
26	38	44	46	50	52	56
25	37	43	45	49	51	54
24	35	42	44	48	50	53
23	34	41	43	47	49	52
22	32	39	42	46	48	51
21	31	38	41	45	47	50
20	30	37	40	44	46	49
19	28	36	39	43	45	48
18	27	35	38	42	44	47
17	26	34	37	41	43	46
16	24	33	36	39	42	44
15	23	31	35	38	41	43
14	21	30	34	37	39	42
13	20	29	33	36	38	41
12	19	28	32	35	37	40
11	17	27	31	34	36	39
10	16	26	29	33	35	38

**Repetitions**

	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
9	14	25	28	32	34	37
8	13	23	27	31	33	36
7	12	22	26	30	32	34
6	10	21	25	29	31	33
5	9	20	24	28	30	32
4	8	19	23	28	29	
3	6	18	22	26	28	
2	5	17	21	25	27	
1	3	15	20	24	26	

**Standards for Females**

**Repetitions** ▼ **Age 17-21** **Age 22-26** **Age 27-31** **Age 32-36** **Age 37-41** **Age 42-46**

50			100			
49			99			
48			98			
47			97			
46		100	95			
45		99	94	100		
44		97	93	99		
43		96	92	97		
42	100	94	90	96		
41	98	93	89	95		
40	97	92	88	93	100	
39	95	90	87	92	99	
38	93	89	85	91	97	
37	91	88	84	89	96	100
36	90	86	83	88	94	98
35	88	85	82	87	93	97
34	86	83	81	85	91	95
33	84	82	79	84	90	94
32	83	81	78	83	88	92
31	81	79	77	81	87	90
30	79	78	76	80	85	89
29	77	77	75	79	84	87
28	76	75	73	77	82	86
27	74	74	72	76	81	84

Repetitions ▼	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
26	72	72	71	75	79	82
25	70	71	70	73	78	81
24	69	70	68	72	76	79
23	67	68	67	71	75	78
22	65	67	66	69	73	76
21	63	66	65	68	72	74
20	62	64	64	67	70	73
19	60	63	62	65	69	71
18	58	61	61	64	67	70
17	57	60	60	63	66	68
16	55	59	59	61	64	66
15	53	57	58	60	63	65
14	51	56	56	59	61	63
13	50	54	55	58	60	62
12	48	52	54	56	59	60
11	46	50	52	54	57	58
10	44	49	50	52	56	57
9	43	49	49	50	54	55
8	41	48	49	49	53	54
7	39	46	48	49	51	52
6	37	45	47	48	50	50
5	36	43	45	47	48	49
4	34	42	44	45	47	
3	32	41	43	44	45	
2	30	39	42	43	44	
1	29	38	41	41		

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## Standards for Sit-ups

Below is a table showing the scores given for the number of sit-ups successfully completed according to age. Scroll down to find the number repetitions of sit-ups you can perform in two minutes. Then slide over to the right until you are in the column that contains your age. That number is your score (out of 100) that you get for the sit-up event. For instance, a 20 year old that does 71 sit-ups gets a score of 89.

[Return to Sit-ups page](#)

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Repetitions ▼	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
82			100			
81			99			
80		100	98			
79		99	97			
78	100	97	96			
77	98	96	95			
76	97	95	94	100	100	
75	95	93	92	99	99	
74	94	92	91	98	98	
73	92	91	90	96	97	
72	90	89	89	95	96	100
71	89	88	88	94	95	99
70	87	87	87	93	94	98
69	86	85	86	92	93	97
68	84	84	85	91	92	96
67	82	83	84	89	91	95
66	81	81	83	88	89	94
65	79	80	82	87	88	93
64	78	79	81	86	87	92
63	76	77	79	85	86	91
62	74	76	78	84	85	90
61	73	75	77	82	84	89
60	71	73	76	81	83	88
59	70	72	75	80	82	87
58	68	71	74	79	81	86
57	66	69	73	78	80	85
56	65	68	72	76	79	84
55	63	67	71	75	78	83
54	62	65	70	74	77	82
53	60	64	69	73	76	81
52	58	63	68	72	75	80
51	57	61	66	71	74	79
50	55	60	65	69	73	78
49	54	59	64	68	72	77
48	52	57	63	67	71	76
47	50	56	62	66	69	75
46	49	55	61	65	68	74
45	47	53	60	64	67	73
44	46	52	59	62	66	72
43	44	50	58	61	65	71
42	42	49	57	60	64	70

Repetitions ▼	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
41	41	48	56	59	63	69
40	39	47	55	58	62	68
39	38	45	54	56	61	67
38	36	44	52	55	60	66
37	34	43	51	54	59	65
36	33	41	50	53	58	64
35	31	40	49	52	57	63
34	30	39	48	50	56	62
33	28	37	47	49	55	61
32	26	36	46	48	54	60
31	25	35	45	47	53	59
30	23	33	44	46	52	58
29	22	32	43	45	50	57
28	20	31	42	44	49	56
27	18	29	41	42	48	55
26	17	28	39	41	47	54
25	15	27	38	40	46	53
24	14	25	37	39	45	52
23	12	24	36	38	44	51
22	10	23	35	36	43	50
21	9	21	34	35	42	49

## Standards for Two-Mile Run

Below are tables showing the scores given for the two-mile run according to sex and age. Scroll down to find the time it takes to complete the two-mile run. If your time was between two times on the chart, use the score for the quicker time. Then slide over to the right until you are in the column that contains your age. That number is your score (out of 100) that you get for the two-mile run event. For instance, a 19 year old male that runs the two miles in 17:15 gets a score of 42.

### Standards for Males

Time ▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
13:00	100	100				
13:06	99	99				
13:12	97	98				
13:18	96	97	100	100		
13:24	94	96	99	99		
13:30	93	94	98	98		
13:36	92	93	97	97	100	

Time▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
13:42	90	92	96	96	99	
13:48	89	91	95	96	98	
13:54	88	90	94	95	97	
14:00	86	89	92	94	97	
14:06	85	88	91	93	96	100
14:12	83	87	90	92	95	99
14:18	82	86	89	91	94	98
14:24	81	84	88	90	93	97
14:30	79	83	87	89	92	97
14:36	78	82	86	88	91	96
14:42	77	81	85	87	91	95
14:48	75	80	84	86	90	94
14:54	74	79	83	86	89	93
15:00	72	78	82	85	88	92
15:06	71	77	81	84	87	91
15:12	70	76	79	83	88	90
15:18	68	74	78	82	86	90
15:24	67	73	77	81	85	89
15:30	66	72	76	80	84	88
15:36	64	71	75	79	83	87
15:42	63	70	74	78	82	86
15:48	61	69	73	77	81	85
15:54	60	68	72	76	80	84
16:00	59	67	71	75	80	83
16:06	57	66	70	75	79	83
16:12	56	64	69	74	78	82
16:18	54	63	68	73	77	81
16:24	53	62	66	72	76	80
16:30	52	61	65	71	75	79
16:36	50	60	64	70	74	78
16:42	49	59	63	69	74	77
16:48	48	58	62	68	73	77
16:54	46	57	61	67	72	76
17:00	45	56	60	66	71	75
17:06	43	54	59	66	70	74
17:12	42	53	58	65	69	73
17:18	41	52	57	64	69	72
17:24	39	51	56	63	68	71
17:30	38	50	55	62	67	70
17:36	37	49	54	61	66	70
17:42	35	48	52	60	65	69

Time▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
17:48	34	47	51	59	64	68
17:54	32	46	50	56	63	67
18:00	31	44	49	57	63	66
18:06	30	43	48	56	62	65
18:12	28	42	47	55	61	64
18:18	27	41	46	55	60	63
18:24	26	40	45	54	59	63
18:30	24	39	44	53	58	62
18:36	23	38	43	52	57	61
18:42	21	37	42	51	57	60
18:48	20	36	41	50	56	59
18:54	19	34	39	49	55	58
19:00	17	33	38	48	54	57
19:06	16	32	37	47	53	57
19:12	14	31	36	46	52	56
19:18	13	30	35	45	51	55
19:24	12	29	34	45	51	54
19:30	10	28	33	44	50	53
19:36	9	27	32	43	49	52
19:42	8	26	31	42	48	51
19:48	6	24	30	41	47	50
19:54	5	23	29	40	46	50
20:00	3	22	28	39	46	49
20:06	2	21	26	38	45	48
20:12	1	20	25	37	44	47
20:18		19	24	36	43	46
20:24		18	23	35	42	45
20:30		17	22	35	41	44
20:36		16	21	34	40	43
20:42		14	20	33	40	43
20:48		13	19	32	39	42
20:54		12	18	31	38	41
21:00		11	17	30	37	40
21:06		10	16	29	36	39
21:12		9	15	28	35	38
21:18		7	12	26	34	37
21:24		7	12	26	34	37
21:30		6	11	25	33	36
21:36		4	10	25	32	35
21:42		3	9	24	31	34
21:48		2	8	23	30	33



Time▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
21:54		1	7	22	29	32
22:00			6	21	29	31
22:06			5	20	28	30
22:12			4	19	27	30
22:18			3	18	26	29
22:24			2	17	25	28
22:30			1	16	24	27
22:36				15	23	26
22:42				15	23	25
22:48				14	22	24
22:54				13	21	23
23:00				12	20	23
23:06				11	19	22
23:12				10	18	21
23:18				9	17	20
23:24				8	17	19
23:30				7	16	18
23:36				6	15	17
23:42				5	14	17
23:48				5	13	16
23:54				4	12	15
24:00				3	11	14
24:06				2	11	13
24:12				1	10	12
24:18					9	11
24:24					8	10
24:30					7	10
24:36					6	9
24:42					6	8
24:48					5	7
24:54					4	6
25:00					3	5

## Standards for Females

Time▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
15:36	100	100				
15:42	99	99				
15:48	98	98	100			
15:54	96	97	99	100		
16:00	95	96	98	99		
16:06	94	95	97	99		
16:12	93	94	97	98		
16:18	92	93	96	97		
16:24	90	92	95	97		
16:30	89	91	94	96		
16:36	88	90	93	95		
16:42	87	89	92	94		
16:48	85	86	91	94		
16:54	84	87	91	93		
17:00	83	86	90	92	100	
17:06	82	85	89	92	99	
17:12	81	84	88	91	99	
17:18	79	83	87	90	98	
17:24	78	82	86	90	97	100
17:30	77	81	86	89	96	99
17:36	76	80	85	88	96	99
17:42	75	79	84	88	95	98
17:48	73	78	83	87	94	97
17:54	72	77	82	86	94	97
18:00	71	76	81	86	93	96
18:06	70	75	80	85	92	96
18:12	68	74	80	84	92	95
18:18	67	73	79	83	91	94
18:24	66	72	78	83	90	94
18:30	65	71	77	82	89	93
18:36	64	70	76	81	89	92
18:42	62	69	75	81	88	92
18:48	61	68	74	80	87	91
18:54	60	67	74	79	87	90
19:00	59	66	73	79	86	90
19:06	58	65	72	78	85	89
19:12	56	64	71	77	85	89
19:18	55	63	70	77	84	88

Time▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
19:24	54	62	69	76	83	87
19:30	53	61	69	75	82	87
19:36	52	60	68	74	82	86
19:42	50	59	67	74	81	85
19:48	49	58	66	73	80	85
19:54	48	57	65	72	80	84
20:00	47	56	64	72	79	83
20:06	45	55	63	71	78	83
20:12	44	54	63	70	78	82
20:18	43	53	62	70	77	82
20:24	42	52	61	69	76	81
20:30	41	51	60	68	75	80
20:36	39	50	59	68	75	80
20:42	38	49	58	67	74	79
20:48	37	48	57	66	73	78
20:54	36	47	57	66	73	78
21:00	35	46	56	65	72	77
21:06	33	45	55	64	71	76
21:12	32	44	54	63	71	76
21:18	31	43	53	63	70	75
21:24	30	42	52	62	69	75
21:30	28	41	51	61	68	74
21:36	27	40	51	61	67	73
21:42	26	39	50	60	67	73
21:48	25	38	49	59	66	72
21:54	24	37	48	59	66	71
22:00	22	36	47	58	65	71
22:06	21	35	46	57	64	70
22:12	20	34	46	57	64	70
22:18	19	33	45	56	63	69
22:24	18	32	44	55	62	68
22:30	16	31	43	54	61	68
22:36	15	30	42	54	61	67
22:42	14	29	41	53	60	66
22:48	13	28	40	52	59	66
22:54	12	27	40	52	59	65
23:00	10	26	39	51	58	64
23:06	9	25	38	50	57	64
23:12	8	24	37	49	56	63
23:18	7	23	36	49	56	63
23:24	5	22	35	49	55	62

Time▲	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
23:30	4	21	34	48	54	61
23:36	3	20	34	47	54	61
23:42	2	19	33	46	53	60
23:48	1	18	32	46	52	59
23:54		17	31	45	52	59
24:00		16	30	44	51	58
24:06		15	29	43	50	57
24:12		14	29	43	49	57
24:18		13	28	42	49	56
24:24		12	27	41	46	56
24:30		11	26	41	47	55
24:36		10	25	40	47	54
24:42		9	24	39	46	54
24:48		8	23	39	45	53
24:54		7	23	38	45	52
25:00		6	22	37	44	52
25:06		5	21	37	43	51
25:12		4	20	36	42	50
25:18		3	19	35	42	50
25:24		2	18	34	41	49
25:30		1	17	34	40	49
25:36			17	33	40	48
25:42			16	32	39	47
25:48			15	32	38	47
25:54			14	31	38	46
26:00			13	30	37	45
26:06			13	30	37	45
26:12			11	29	35	44
26:18			11	28	35	43
26:24			10	28	34	43
26:30			9	27	33	42

# Standards for Alternate Aerobic Events

For the Alternate Aerobic Events, there is only a pass/fail and not a score. You must have a time quicker than the one listed for your age and sex in order to pass the test.

## Standards for Males

Event	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
800-Yard Swim	20:00	20:30	21:00	21:30	22:00	22:30
6.2-Mile Bike (Stationary and track)	24:00	24:30	25:00	25:30	26:00	27:00
2.5-Mile Walk	34:00	34:30	35:00	35:30	36:00	36:30

## Standards for Females

Event	Age 17-21	Age 22-26	Age 27-31	Age 32-36	Age 37-41	Age 42-46
800-Yard Swim	21:00	21:30	22:00	22:30	23:00	23:30
6.2-Mile Bike (Stationary and track)	25:00	25:30	26:00	26:30	27:00	28:00
2.5-Mile Walk	37:00	37:00	38:00	38:30	39:00	39:30