

## Information Sheet #1 – Award Criteria

(85<sup>th</sup> Percentile)

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)
<b>BOYS</b>	13	53		59	9.5	+3.5		33	6:50	7		39
	14	56		62	9.1	+4.5		36	6:26	10		40
	15	57		75	9.0	+5.0		37	6:20	11		42
	16	56		73	8.7	+6.0		38	6:08	11		44
	17	55		66	8.7	+7.0		41	6:06	13		53
<b>GIRLS</b>	13	46		59	10.2	+7.0		38	8:13	2		21
	14	47		48	10.1	+8.0		40	7:59	2		20
	15	48		38	10.0	+8.0		43	8:08	2		20
	16	45		49	10.1	+9.0		42	8:23	1		24
	17	44		58	10.0	+8.0		42	8:15	1		25

(50<sup>th</sup> Percentile)

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)	OR	Flexed- Arm Hang (sec)
<b>BOYS</b>	13	42		39	10.2	+0.5		26	8:06	3		24		14
	14	45		40	9.9	+1.0		28	7:44	5		24		20
	15	45		45	9.7	+2.0		30	7:30	6		30		30
	16	45		37	9.4	+3.0		30	7:10	7		30		28
	17	44		42	9.4	+3.0		34	7:04	8		37		30
<b>GIRLS</b>	13	37		40	11.1	+3.5		31	10:23	1		11		8
	14	37		30	11.2	+4.5		33	10:06	1		10		9
	15	36		26	11.0	+5.0		36	9:58	1		15		7
	16	35		26	10.9	+5.5		34	10:31	1		12		7
	17	34		40	11.0	+4.5		35	10:22	1		16		7