

Minimum Component Requirements				
Must have composite score of 75.0 AND meet all minimums below to pass test				
MALE				
Age	Body Comp (AC)	Run Time	Situps	Pushups
30	39.0"	13:36	42	33
FEMALE				
30	35.5"	16:22	38	18

Females < 30

Run Time	Points	Body Comp (AC)	Points	Push-ups	Points	Sit-ups	Points
≤ 10:23	60.0	≤ 29	20.0	≤ 47	10.0	≤ 54	10.0
10:24 – 10:51	59.9	29.5	20.0	42	9.5	51	9.5
10:52 – 11:06	59.5	30.0	20.0	41	9.4	50	9.4
11:07 – 11:22	59.2	30.5	20.0	40	9.3	49	9.0
11:23 – 11:38	58.9	31.0	20.0	39	9.2	48	8.9
11:39 – 11:56	58.6	31.5	20.0	38	9.1	47	8.8
11:57 – 12:14	58.1	32.0	17.6	37	9.0	46	8.6
12:15 – 12:33	57.6	32.5	17.1	36	8.9	45	8.5
12:34 – 12:53	57.0	33.0	16.5	35	8.8	44	8.0
12:54 – 13:14	56.2	33.5	15.9	34	8.6	43	7.8
13:15 – 13:36	55.3	34.0	15.2	33	8.5	42	7.5
13:37 – 14:00	54.2	34.5	14.5	32	8.4	41	7.0
14:01 – 14:25	52.8	35.0	13.7	31	8.3	40	6.8
14:26 – 14:52	51.2	35.5**	12.8	30	8.2	39	6.5
14:53 – 15:20	49.3			29	8.1	38**	6.0
15:21 – 15:50	46.9			28	8.0		
15:51 – 16:22 **	44.1			27	7.5		
				26	7.3		
				25	7.2		
				24	7.0		
				23	6.5		
				22	6.3		
				21	6.0		
				20	5.8		
				19	5.5		
				18**	5.0		