

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

Males < 30

Run Time	Points	Body Comp (AC)	Points	Push-ups	Points	Sit-ups	Points
≤ 9:12	60.0	≤ 32.5	20.0	≤ 67	10.0	≤ 58	10.0
9:13 – 9:34	59.7	33.0	20.0	62	9.5	55	9.5
9:35 – 9:45	59.3	33.5	20.0	61	9.4	54	9.4
9:46 – 9:58	58.9	34.0	20.0	60	9.3	53	9.2
9:59 – 10:10	58.5	34.5	20.0	59	9.2	52	9.0
10:11 – 10:23	57.9	35.0	20.0	58	9.1	51	8.8
10:24 – 10:37	57.3	35.5	17.6	57	9.0	50	8.7
10:38 – 10:51	56.6	36	17.0	56	8.9	49	8.5
10:52 – 11:06	55.7	36.5	16.4	55	8.8	48	8.3
11:07 – 11:22	54.8	37	15.8	54	8.8	47	8.0
11:23 – 11:38	53.7	37.5	15.1	53	8.7	46	7.5
11:39 – 11:56	52.4	38.0	14.4	52	8.6	45	7.0
11:57 – 12:14	50.9	38.5	13.5	51	8.5	44	6.5
12:15 – 12:33	49.2	39.0**	12.6	50	8.4	43	6.3
12:34 – 12:53	47.2			49	8.3	42**	6.0
12:54 – 13:14	44.9			48	8.1		
13:15 – 13:36 **	42.3			47	8.0		
				46	7.8		
				45	7.7		
				44	7.5		
				43	7.3		
				42	7.2		
				41	7.0		
				40	6.8		
				39	6.5		
				38	6.3		
				37	6.0		
				36	5.8		
				35	5.5		
				34	5.3		
				33**	5.0		