PUSH UPS MALES (1 MINUTE)

%	20-29	30-39	40-49	50-59
99	100	86	64	51
95	62	52	40	39
90	57	46	36	30
85	51	41	34	28
80	47	39	30	25
75	44	36	29	24
70	41	34	26	21
65	39	31	25	20
60	37	30	24	19
55	35	29	22	17
50	33	27	21	15
45	31	25	19	14
40	29	24	18	13
35	27	21	16	11
30	26	20	15	10
25	24	19	13	9
20	22	17	11	7
15	19	15	10	6
10	18	13	9	5
5	15	11	7	3
1	13	9	5	1

PUSH UPS FEMALES (1 MINUTE)

%	20-29	30-39	40-49
99	53	48	23
95	42	39	20
90	37	33	18
85	33	26	17
80	28	23	15
75	27	19	15
70	24	18	14
65	23	16	13
60	21	15	13
55	19	14	11
50	18	14	11
45	17	13	10
40	15	11	9
35	14	10	8
30	13	9	7
25	11	9	7
20	10	8	6
15	9	6	5
10	8	6	4
5	6	4	1
1	3	1	0

300 METER RUN MALES

%	20-29	30-39	40-49	50-59
99	42.0	42.6	47.0	52.0
95	46.0	46.1	52.0	58.0
90	48.0	49.0	55.0	61.0
85	49.0	50.0	56.0	63.0
80	50.3	51.0	57.0	66.4
75	51.0	52.0	60.0	68.0
70	52.0	53.0	61.0	70.0
65	53.5	54.0	62.0	72.0
60	54.0	55.0	64.0	74.0
55	55.0	56.0	66.0	77.4
50	56.0	57.0	67.6	80.0
45	57.5	58.0	70.0	82.6
40	59.0	58.9	72.0	83.2
35	60.0	61.0	74.8	85.0
30	62.1	63.0	77.0	87.0
25	64.0	65.0	81.0	89.0
20	66.0	68.0	83.0	95.0
15	69.0	70.0	86.0	99.0
10	73.4	74.9	90.0	101.6
5	81.3	80.9	104.0	184.0
1	95.1	113.9	143.0	184.0

300 METER RUN FEMALES

%	20-29	30-39	40-49
99	54.0	55.0	65.0
95	54.3	56.5	65.0
90	56.0	60.0	66.0
85	58.0	63.5	68.2
80	58.3	66.0	72.0
75	59.7	66.5	72.0
70	60.0	68.0	75.3
65	61.0	69.9	78.7
60	61.0	71.0	79.0
55	62.7	72.0	80.5
50	64.0	74.0	86.0
45	68.5	75.5	91.7
40	71.0	79.0	94.0
35	74.5	80.5	101.8
30	75.0	82.5	106.7
25	76.0	85.5	109.3
20	78.0	86.0	110.0
15	88.0	93.5	116.0
10	97.0	100.0	121.5
5	106.7	114.0	125.0
1	120.0	128.0	125.0

SIT UPS MALES (1 MINUTE)

%	20-29	30-39	40-49	50-59
99	55	51	47	43
95	55	51	47	43
90	52	48	43	39
85	49	45	40	36
80	47	43	39	35
75	46	42	37	33
70	45	41	36	31
65	44	40	35	30
60	42	39	34	28
55	41	37	32	27
50	40	36	31	26
45	39	36	30	25
40	38	35	29	24
35	37	33	28	22
30	35	32	27	21
25	35	31	26	20
20	33	30	24	19
15	32	28	22	17
10	30	26	22	15
5	27	23	17	12
1	27	23	17	12

SIT UPS FEMALES (1 MINUTE)

%	20-29	30-39	40-49	50-59
99	51	42	38	30
95	51	42	38	30
90	49	40	34	29
85	45	38	32	25
80	44	35	29	24
75	42	33	28	22
70	41	32	27	22
65	39	30	25	21
60	38	29	24	20
55	37	28	23	19
50	35	27	22	17
45	34	26	21	16
40	32	25	20	14
35	31	24	19	12
30	30	22	17	12
25	28	21	16	11
20	24	20	14	10
15	23	18	13	7
10	21	15	10	6
5	18	11	7	5
1	18	11	7	5

1.5 MILE RUN MALES

%	20-29	30-39	40-49	50-59
99	8:22	8:49	9:02	9:31
95	9:10	9:31	9:47	10:27
90	9:34	9:52	10:09	11:09
85	9:52	10:14	10:44	11:45
80	10:08	10:38	11:09	12:08
75	10:34	10:59	11:32	12:37
70	10:49	11:09	11:52	12:53
65	11:09	11:34	11:58	13:25
60	11:27	11:49	12:25	13:53
55	11:34	11:58	12:53	13:58
50	11:58	12:25	13:05	14:33
45	12:11	12:44	13:25	14:35
40	12:29	12:53	13:50	15:14
35	12:53	13:25	14:10	15:53
30	13:08	13:48	14:33	16:16
25	13:25	14:10	15:00	16:46
20	13:58	14:33	15:32	17:30
15	14:33	15:14	16:09	18:22
10	15:14	15:56	17:04	19:24
5	16:46	17:30	18:39	21:40
1	20:55	20:55	22:22	27:08

1.5 MILE RUN FEMALES

%	20-29	30-39	40-49	50-59
99	9:23	9:52	10:09	11:34
95	10:20	11:08	11:35	13:16
90	10:59	11:43	12:25	13:58
85	11:34	12:23	13:14	14:33
80	11:56	12:53	13:38	15:14
75	12:07	13:08	13:58	15:47
70	12:51	13:41	14:33	16:26
65	13:01	13:58	15:03	16:46
60	13:25	14:33	15:17	17:19
55	13:58	14:33	15:56	17:38
50	14:15	15:14	16:13	18:05
45	14:33	15:35	16:46	18:39
40	15:05	15:56	17:11	19:10
35	15:32	16:43	17:38	19:43
30	15:56	16:46	18:26	20:17
25	16:43	17:38	18:39	20:55
20	17:11	18:18	19:43	21:57
15	17:53	19:01	20:49	22:53
10	18:39	20:13	21:52	23:55
5	21:05	21:57	23:27	26:15
1	25:17	25:10	27:55	30:34