

ATHLETIC PLACEMENT PROCESS

Physical Fitness: Scores
Required for the Athletic Placement Process

SEX	AGE	Curl-Ups # in one minute	Shuttle Run in seconds	Choose one*		1 Mile- Walk/Run min/sec***	Choose one**	
				V-sit Reach in inches	Sit & Reach in centimeters		Pull-Ups # completed	Right Angle Push-ups # every 3 sec.
Males	11	47	10	4	31	7:32	6	26
	12	50	9.8	4	31	7:11	7	30
	13	53	9.5	3.5	31	6:50	7	35
	14	56	9.1	4.5	33	6:26	10	37
	15	57	9	5	36	6:20	11	40
Females	11	42	10.5	6.5	34	9:02	3	19
	12	45	10.4	7	36	8:23	2	20
	13	46	10.2	7	38	8:13	2	21
	14	47	10.1	8	40	7:59	2	20
	15	48	10	8	43	8:08	2	20

*Flexibility can be measured by performing the V-sit Reach or the Sit and Reach

**Upper body strength can be measured by performing pull-ups, or right angle push-ups.

***For swimming, see next below for alternative 500 yard swim scores.

SWIMMING

The swimming endurance component of the physical fitness test allows the athlete to choose which endurance test he/she prefers. It will be necessary to choose one: either the one mile run or the 500 yd swim.

SWIMMING TIMES REQUIRED FOR 500 YARD SWIM

BOYS LEVEL

500 Yard Swim Time (min:sec)

Modified	9:15
Freshman	9:00
Junior	
Varsity	8:45
Varsity	8:30

GIRLS LEVEL

500 Yard Swim Time (min:sec)

Modified	10:00
Freshman	9:45
Junior	
Varsity	9:30
Varsity	9:00