

Fitness test scoring									
Points	4	3.5	3	2.5	2	1.5	1	0.5	
Run (time in minutes / seconds) flat course if different additional time given									
Male									
Adults	9:00	9:30	10:00	11:00	12:00	13:00	14:00	15:00	
40-50 years	10:00	10:30	11:00	12:00	13:00	14:00	15:00	16:00	
50-55 years	10:30	11:00	12:00	13:00	14:00	15:00	16:00	17:00	
55-60 years	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	
60-65 years	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	
65-70 years	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	
Female									
Adults	11:00	11:30	12:00	13:00	14:00	15:00	16:00	17:00	
40-50 years	12:00	12:30	13:00	14:00	15:00	16:00	17:00	18:00	
50-55 years	12:30	13:00	14:00	15:00	16:00	17:00	18:00	19:00	
55-60 years	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	
60-65 years	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	
65-70 years	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00	
Press ups (number correctly completed)									
Male & female									
Adults	50	45	40	35	30	25	20	15	
40-50 years	45	40	35	30	25	20	15	10	
50-55 years	40	35	30	25	20	15	10	5	
55-60 years	35	30	25	20	15	10	5		
60-65 years	30	25	20	15	10	5			
65-70 years	25	20	15	10	5				
Sit ups (number correctly completed in 2 minutes)									
Male									
Adults	80	75	70	65	60	55	50	45	
40-50 years	75	70	65	60	55	50	45	40	
50-55 years	70	65	60	55	50	45	40	35	
55-60 years	65	60	55	50	45	40	35	30	
60-65 years	60	55	50	45	40	35	30	25	
65-70 years	55	50	45	40	35	30	25	20	
Female									
Adults	70	65	60	55	50	45	40	35	
40-50 years	65	60	55	50	45	40	35	30	
50-55 years	60	55	50	45	40	35	30	25	
55-60 years	55	50	45	40	35	30	25	20	
60-65 years	50	45	40	35	30	25	20	15	
65-70 years	45	40	35	30	25	20	15	10	
Points									
Plank (seconds held)									
Adults									
40-50 years	150	135	120	105	90	75	60	45	
50-55 years									
55-60 years	135	120	105	90	75	60	45	30	
60-65 years									
65-70 years	120	105	90	75	60	45	30	15	
Pad work (3 times 120 second rounds)									