

## GA-958 Fitness Test Scoring

Females						Males					
Run Time	Points	Push-Ups	Points	Sit-Ups	Points	Run Time	Points	Push-Ups	Points	Sit-Ups	Points
≤ 10:23	60.0	≥ 47	20.0	≥ 54	20.0	≤ 9:12	60.0	≥ 67	20.0	≥ 58	20.0
10:24 - 10:51	59.5	46	19.8	53	19.7	9:13 - 9:34	59.5	66	19.8	57	19.7
10:52 - 11:06	59.0	45	19.6	52	19.4	9:35 - 9:45	59.0	65	19.6	56	19.4
11:07 - 11:22	58.5	44	19.4	51	19.0	9:46 - 9:58	58.5	64	19.4	55	19.0
11:23 - 11:38	58.0	43	19.2	50	18.8	9:59 - 10:10	58.0	63	19.2	54	18.8
11:39 - 11:56	57.5	42	19.0	49	18.0	10:11 - 10:23	57.5	62	19.0	53	18.4
11:57 - 12:14	57.0	41	18.8	48	17.8	10:24 - 10:37	57.0	61	18.8	52	18.0
12:15 - 12:33	56.5	40	18.6	47	17.6	10:38 - 10:51	56.5	60	18.6	51	17.6
12:34 - 12:53	56.0	39	18.4	46	17.2	10:52 - 11:06	56.0	59	18.4	50	17.4
12:54 - 13:14	55.5	38	18.2	45	17.0	11:07 - 11:22	55.5	58	18.2	49	17.0
13:15 - 13:36	55.0	37	18.0	44	16.0	11:23 - 11:38	55.0	57	18.0	48	16.6
13:37 - 14:00	54.5	36	17.8	43	15.6	11:39 - 11:56	54.5	56	17.8	47	16.0
14:01 - 14:25	54.0	35	17.6	42	15.0	11:57 - 12:14	54.0	55	17.6	46	15.0
14:26 - 14:52	53.5	34	17.2	41	14.0	12:15 - 12:33	53.5	54	17.5	45	14.0
14:53 - 15:20	52.0	33	17.0	40	13.6	12:34 - 12:53	52.0	53	17.4	44	13.0
15:21 - 15:50	50.5	32	16.8	39	13.0	12:54 - 13:14	50.5	52	17.2	43	12.8
15:51 - 16:22	49.0	31	16.6	38	12.0	13:15 - 13:36	49.0	51	17.0	42	12.0
16:23 - 16:57	46.0	30	16.4	37	9.0	13:37 - 14:00	46.5	50	16.8	41	9.0
16:58 - 17:34	42.5	29	16.2	36	6.0	14:01 - 14:25	44.0	49	16.6	40	6.0
17:35 - 18:14	39.0	28	16.0	35	3.0	14:26 - 14:52	41.0	48	16.2	39	3.0
18:15 - 18:56	35.0	27	15.0			14:53 - 15:20	38.0	47	16.0		
		26	14.6			15:21 - 15:50	35.0	46	15.6		
		25	14.4					45	15.4		
		24	14.0					44	15.0		
		23	13.0					43	14.6		
		22	12.6					42	14.4		
		21	12.0					41	14.0		
		20	11.6					40	13.6		
		19	11.0					39	13.0		
		18	10.0					38	12.6		
		17	7.0					37	12.0		
		16	4.0					36	11.6		
		15	1.0					35	11.0		
								34	10.6		
								33	10.0		
								32	7.0		
								31	4.0		
								30	1.0		