

Minimum Fitness Requirements

Age	1.5 mile run	Sit & Reach	Push-ups	Sit-ups	12 minute swim
Male under 30	12:51	16.5"	29	38	500 yards
Male 30-39	13:36	15.5"	24	35	450 yards
Male 40-49	14:29	14.25"	18	29	400 yards
Female under 30	15:26	19.25"	23	32	400 yards
Female 30-39	15:57	18.25"	19	25	350 yards
Female 40-49	16:58	17.25"	13	20	300 yards