

Performance Range

Boys																	
20-Meter PACER				One-Mile Run/Walk			Sit-and-Reach**		V-Sit**		90° Push-Ups			Partial Curl-Ups			
Zone	N	H	HFZ	N	H	HFZ	N	H	N	H	N	H	HFZ	N	H	HFZ	
Age ↓																	
8	0-22	23-61	>61	>12:30	12:30-10:00	<10:00	<8	>8	<19	>19	0-4	5-13	>13	<15	15-30	>30	
9	0-22	23-61	>61	>12:00	12:00-9:30	<9:30	<8	>8	<19	>19	0-5	6-15	>15	<15	15-31	>31	
10	0-22	23-61	>61	>11:30	11:30-9:00	<9:00	<8	>8	<19	>19	0-6	7-20	>20	<20	20-34	>34	
11	0-22	23-72	>72	> 11:00	11:00-8:30	<8:30	<8	>8	<19	>19	0-7	8-20	>20	<20	20-36	>36	
12	0-31	32-72	>72	> 10:30	10:30-8:00	<8:00	<8	>8	<19	>19	0-9	10-20	>20	<20	20-39	>39	
13	0-40	41-83	>83	>10:00	10:00-7:30	<7:30	<8	>8	<19	>19	0-11	12-25	>25	<25	25-41	>41	
14	0-40	41-83	>83	> 9:30	9:30-7:00	<7:00	<8	>8	<19	>19	0-13	14-30	>30	<25	25-44	>44	
15	0-50	51-94	>94	> 9:00	9:00-7:00	<7:00	<8	>8	<19	>19	0-15	16-35	>35	<30	30-44	>44	
16	0-60	61-94	>94	> 8:30	8:30-7:00	<7:00	<8	>8	<19	>19	0-17	18-35	>35	<30	30-44	>44	
17	0-60	61-106	>106	> 8:30	8:30-7:00	<7:00	<8	>8	<19	>19	0-17	18-35	>35	<30	30-41	>41	
17+	0-71	72-106	>106	> 8:30	8:30-7:00	<7:00	<8	>8	<19	>19	0-17	18-35	>35	<30	30-41	>41	

Girls																	
20-Meter PACER				One-Mile Run/Walk			Sit-and-Reach**		V-Sit**		90° Push-Ups			Partial Curl-Ups			
Zone	N	H	HFZ	N	H	HFZ	N	H	N	H	N	H	HFZ	N	H	HFZ	
Age ↓																	
8	0-6	7-41	>41	>12:30	12:30-10:00	<10:00	<9	>9	<20	>20	0-4	5-13	>13	<15	15-28	>28	
9	0-6	7-41	>41	>12:30	12:30-9:30	<9:30	<9	>9	<20	>20	0-5	6-15	>15	<15	15-29	>29	
10	0-6	7-41	>41	> 12:30	12:30-9:30	<9:30	<9	>9	<20	>20	0-6	7-15	>15	<20	20-29	>29	
11	0-14	15-41	>41	> 12:00	12:00-9:00	<9:00	<10	>10	<20	>20	0-6	7-15	>15	<20	20-31	>31	
12	0-14	15-41	>41	>12:00	12:00-9:00	<9:00	<10	>10	<20	>20	0-6	7-15	>15	<20	20-34	>34	
13	0-22	23-51	>51	> 11:30	11:30-9:00	<9:00	<10	>10	<21	>21	0-6	7-15	>15	<25	25-36	>36	
14	0-22	23-51	>51	>11:00	11:00-8:30	<8:30	<10	>10	<21	>21	0-6	7-15	>15	<25	25-36	>36	
15	0-31	32-51	>51	>10:30	10:30-8:00	<8:00	<12	>12	<21	>21	0-6	7-15	>15	<30	30-35	>35	
16	0-31	32-61	>61	>10:00	10:00-8:00	<8:00	<12	>12	<21	>21	0-6	7-15	>15	<30	30-34	>34	
17	0-40	41-61	>61	>10:00	10:00-8:00	<8:00	<12	>12	<21	>21	0-6	7-15	>15	<30	30-33	>33	
17+	0-40	41-72	>72	>10:00	10:00-8:00	<8:00	<12	>12	<21	>21	0-6	7-15	>15	<30	30-33	>33	

N = Needs Improvement

H = Healthy Fitness Zone

HFZ = High Fitness Zone