

FREDERICK COUNTY PHYSICAL FITNESS STANDARDS

SECONDARY FEMALES

SIXTH GRADE				SEVENTH GRADE				EIGHTH GRADE				NINTH GRADE			
Mile Run				Mile Run				Mile Run				Mile Run			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
12:00 or higher	11:59- 10:42	10:41- 8:06	8:05 or lower	11:30 or higher	11:29- 10:36	10:35- 8:01	8:00 or lower	11:00 or higher	10:59- 10:29	10:28- 7:56	7:55 or lower	10:31 or higher	10:30- 9:31	9:30- 7:46	7:45 or lower
Pacer				Pacer				Pacer				Pacer			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-23	24-29	30-49	50+	0-26	27-35	36-49	50+	0-28	29-40	41-51	52+	0-28	29-40	41-54	55+
1600 M Rower				1600 M Rower				1600 M Rower				1600 M Rower			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
11:16 or higher	11:15- 9:56	9:55- 8:46	8:45 or lower	11:06 or higher	11:05- 9:46	9:45- 8:36	8:35 or lower	10:56 or higher	10:55- 9:36	9:35- 8:26	8:25 or lower	9:31 or higher	8:46- 9:30	8:16- 8:45	8:15 or lower
Sit & Reach				Sit & Reach				Sit & Reach				Sit & Reach			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-18	19-26	27-40	41+	0-19	20-27	28-41	42+	0-20	21-28	29-42	43+	0-29	30-34	35-39	40+
Curl-ups				Curl-ups				Curl-ups				Curl-ups			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-19	20-34	35-54	55+	0-24	25-39	40-59	60+	0-29	30-44	45-64	65+	0-34	35-49	50-69	70+
Chin-ups				Chin-ups				Chin-ups				Chin-ups			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0	1/2	1-2	3+	0	1/2	1-2	3+	0	1/2	1-3	4+	0	1	2	3+
Push-ups				Push-ups				Push-ups				Push-ups			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-5	6-9	10-15	16+	0-6	7-10	11-17	18+	0-7	8-11	12-19	20+	0-9	10-14	15-24	25+