

FREDERICK COUNTY PHYSICAL FITNESS STANDARDS
SECONDARY MALES

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
11:00 or higher	10:59- 9:03	9:02- 7:11	7:10 or lower	10:30 or higher	10:29- 8:55	8:54- 7:01	7:00 or lower	10:00 or higher	9:59- 8:40	8:39- 6:51	6:50 or lower	9:31 or higher	9:30- 8:31	8:30- 6:36	6:35 or lower
Pacer				Pacer				Pacer				Pacer			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-29	30-39	40-59	60+	0-29	30-39	40-63	64+	0-32	33-45	46-67	68+	0-36	37-50	51-71	72+
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
9:46 or higher	9:45- 8:51	8:50- 7:41	7:40 or lower	9:36 or higher	9:35- 8:42	8:41- 7:31	7:30 or lower	9:26 or higher	9:25- 8:32	8:31- 7:21	7:20 or lower	8:01 or higher	8:00- 7:26	7:25- 6:56	6:55 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
0-8	9-18	19-32	33+	0-9	10-19	20-33	34+	0-10	11-20	21-34	35+	0-21	22-26	27-31	32+
Curl-ups				Curl-ups				Curl-ups				Curl-ups			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-24	25-44	45-59	60+	0-29	30-49	50-64	65+	0-34	35-54	55-69	70+	0-39	40-59	60-74	75+
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	3-9	10+	0-1	2	3-10	11+	0-1	2-3	4-11	12+	0-2	3-4	5-12	13+
Push-ups				Push-ups				Push-ups				Push-ups			
1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4
0-8	9-15	16-25	26+	0-9	10-17	18-27	28+	0-10	11-19	20-29	30+	0-14	15-24	25-34	35+