

# FITNESS STANDARDS

*"A" = 85th Percentile; "B" = 50th Percentile; "C" = 25th Percentile*

## PACER

	6 <sup>th</sup> (F)	7 <sup>th</sup> (F)	8 <sup>th</sup> (F)		6 <sup>th</sup> (M)	7 <sup>th</sup> (M)	8 <sup>th</sup> (M)
A	<b>41</b>	<b>51</b>	<b>61</b>		<b>51</b>	<b>61</b>	<b>72</b>
A-	38 – 40	47 – 50	58 – 60		47 – 50	58 – 60	68 – 71
B+	35 – 37	44 – 46	55 – 57		44 – 46	55 – 57	65 – 67
B	<b>32 – 34</b>	<b>41 – 43</b>	<b>51 – 54</b>		<b>41 – 43</b>	<b>51 – 54</b>	<b>61 – 64</b>
B-	30 – 31	36 – 40	41 – 50		36 – 40	48 – 50	52 – 60
C+	28 – 29	33 – 35	36 – 40		33 – 35	41 – 47	48 – 51
C	25 – 27	30 – 32	33 – 35		30 – 32	37 – 40	41 – 47
C-	<b>23 – 24</b>	<b>25 – 29</b>	<b>27 – 32</b>		<b>23 – 29</b>	<b>29 – 36</b>	<b>36 – 40</b>

## MILE

	6 <sup>th</sup> (F)	7 <sup>th</sup> (F)	8 <sup>th</sup> (F)		6 <sup>th</sup> (M)	7 <sup>th</sup> (M)	8 <sup>th</sup> (M)
A	<b>8:30</b>	<b>8:15</b>	<b>8:00</b>		<b>7:30</b>	<b>7:00</b>	<b>6:30</b>
A-	8:31 – 8:59	8:16 – 8:44	8:01 – 8:29		7:31 – 7:59	7:01 – 7:29	6:31 – 6:59
B+	9:00 – 9:29	8:45 – 9:14	8:30 – 8:59		8:00 – 8:20	7:30 – 7:45	7:00 – 7:20
B	9:30 – <b>9:59</b>	9:15 – <b>9:44</b>	9:00 – <b>9:29</b>		8:21 – <b>8:44</b>	7:46 – <b>8:14</b>	7:21 – <b>7:44</b>
B-	10:00 – 10:29	9:45 – 10:14	9:30 – 9:59		8:45 – 8:59	8:15 – 8:29	7:45 – 8:14
C+	10:30 – 10:59	10:15 – 10:29	10:00 – 10:20		9:00 – 9:29	8:30 – 8:59	8:15 – 8:44
C	11:00 – 11:29	10:30 – 10:59	10:21 – 10:40		9:30 – 9:59	9:00 – 9:29	8:45 – 9:14
C-	<b>11:30 – 12:00</b>	<b>11:00 – 11:30</b>	<b>10:41 – 11:00</b>		<b>10:00 – 10:30</b>	<b>9:30 – 10:00</b>	<b>9:15 – 9:30</b>