

TABLE OF STANDARDS

RATING BY CLASS		PUSH-UPS	PULL-UPS	DIPS ON PARALLELS	ROPE CLIMB 20'	JUMP and REACH	ST. BROAD JUMP	RUN. BROAD JUMP	RUN. HIGH JUMP	100-YD. DASH	440-YD. RUN
A	Superior	44	21	21	6.6	22.5	9-8	20-9	5-6	10.7	54.7
	Excellent	35	17	16	8.9	20.	8-11	18-8	5-1	11.4	59.6
	Good	20	9	8	12.6	16.	7-7½	15-1	4-6	12.5	67.7
	Fair	13	5	4	16.4	12.	6-4½	11-7	3-10	13.7	75.8
	Poor	8	3	1	18.6	9.5	5-7	9-5	3-5	14.3	80.7
B	Superior	42	20	19	7.6	21.5	8-10½	19-5	5-4	10.9	56.5
	Excellent	33	16	14	9.9	19.	8-2½	17-6	4-11	11.6	61.3
	Good	18	8	7	13.8	15.	7-0½	14-2	4-4	12.7	69.5
	Fair	11	4	3	17.7	11.	5-11	10-11	3-8	13.8	77.6
	Poor	7	2	0	20.0	8.5	5-2½	8-11	3-3	14.5	82.5
C	Superior	40	19	16	8.4	21.	8-4½	18-0	5-2	11.1	58.2
	Excellent	31	14	12	10.9	18.5	7-9	16-2	4-9	11.8	63.0
	Good	16	7	5	14.9	14.	6-8½	13-1	4-2	12.9	71.2
	Fair	9	3	1	19.0	10.	5-8	10-0	3-6	14.1	79.3
	Poor	5	1	0	21.4	7.5	5-0½	8-2	3-2	14.7	84.2
D	Superior	39	17	14	8.9	20.5	8-2	16-10	5-0	11.5	60.3
	Excellent	30	13	10	11.4	18.	7-6½	15-2	4-7	12.2	65.1
	Good	15	6	3	15.6	13.5	6-6	12-4	4-0	13.3	73.3
	Fair	8	2	0	19.8	9.5	5-5½	9-6	3-4	14.4	81.4
	Poor	4	0	0	22.3	7.	4-10	7-10	3-0	15.1	86.3
E	Superior	38	16		9.2	20.	8-0½	16-0	4-10	11.9	62.4
	Excellent	29	12		11.9	17.5	7-5	14-5	4-5	12.6	67.3
	Good	14	5		16.2	13.	6-4½	11-9	3-10	13.7	75.4
	Fair	7	1		20.6	9.	5-4	9-1	3-2	14.9	83.5
	Poor	3	0		23.2	6.5	4-8½	7-6	2-10	15.5	88.4
F	Superior	38	14		9.8	19.5	7-11	15-3	4-8	12.5	64.5
	Excellent	29	10		12.5	17.	7-3½	13-9	4-3	13.2	69.4
	Good	14	4		17.0	12.5	6-3	11-3	3-8	14.3	77.5
	Fair	7	0		21.5	8.5	5-2½	8-9	3-0	15.5	85.7
	Poor	3	0		24.2	6.	4-7	7-3	2-8	16.1	90.5