

## SAPD Fitness Evaluation Score Sheet

AGE	MEN					WOMEN					
	20	30	40	50	60	20	30	40	50	60	
POINTS	SITUPS					SITUPS					
50	47	43	39	35	30	50	43	35	29	24	20
40	45	41	36	31	26	40	40	32	27	22	15
30	41	37	32	27	21	30	35	28	23	19	11
20	37	33	28	22	18	20	27	24	19	12	5
10	32	28	22	17	13	10	21	18	13	7	2

PUSHUPS					
50	47	39	30	25	23
40	41	34	26	21	21
30	35	29	22	17	16
20	27	21	16	11	9
10	19	15	10	7	5

PUSHUPS					
50	28	23	15	7	9
40	24	18	14	10	7
30	19	14	11	8	5
20	14	10	8	6	3
10	9	6	5	4	2

VERTICAL					
50	24	22	19	17	15
40	22	21	18	16	14
30	21	20	16	14	12
20	19	18	15	13	11
10	17	16	13	11	10

VERTICAL					
50	17	15	13	11	9
40	16	14	12	10	8
30	15	13	11	9	7
20	13	12	9	6	6
10	12	10	7	4	4

RUN					
50	10:10	10:47	11:17	12:10	13:28
40	10:59	11:22	11:59	12:55	14:20
30	11:41	11:58	12:53	13:58	15:23
20	12:53	13:24	14:11	15:26	17:11
10	14:34	15:13	15:58	17:38	20:19

RUN					
50	11:59	12:25	13:23	14:34	15:35
40	12:55	13:30	14:00	15:43	16:46
30	13:50	14:28	15:13	16:46	18:38
20	15:20	15:58	16:46	18:37	20:46
10	17:40	18:37	19:35	21:38	23:32

300					
50	50	54	57	66	75
40	55	57	61	70	79
30	57	59	66	77	88
20	60	63	74	85	95
10	69	70	86	99	112

300					
50	59	67	72	78	74
40	61	69	75	83	83
30	67	73	81	88	96
20	75	81	102	120	140
10	88	93	116	135	160