

OBN Physical Fitness Testing Point System – Standards for Females

Age Group	20-29	30-39	40-49	50 +	Total Points
Plank	1 minute	1 minute	55 seconds	50 seconds	10
	52-59 sec	50-59 sec	48-54 sec	42-49 sec	8
	43-51 sec	40-49 sec	37-47 sec	34-41 sec	6
	35-42 sec	30-39 sec	26-36 sec	26-33 sec	4
	27-34 sec	20-29 sec	20-25 sec	18-25 sec	2
	Under 26 sec	Under 20 sec	Under 20 sec	Under 17 sec	0
300 Meter Sprint	58 sec	64 sec	68 sec	72 sec	10
	60 sec	67 sec	72 sec	76 sec	8
	63 sec	70 sec	78 sec	82 sec	6
	68 sec	74 sec	84 sec	87 sec	4
	74 sec	80 sec	90 sec	95 sec	2
	75 or less	81 or less	91 or less	96 or less	0
Sit and Reach	25 inches	25 inches	22 inches	20 inches	10
	22 inches	20 inches	18 inches	16 inches	8
	19 inches	15 inches	14 inches	14 inches	6
	16 inches	12 inches	10 inches	10 inches	4
	13 inches	10 inches	8 inches	6 inches	2
	12 or less	9 or less	7 or less	5 or less	0
Push-Ups	34	32	30	26	10
	30	28	26	22	8
	26	24	22	18	6
	22	20	18	14	4
	18	16	14	10	2
	17 or less	15 or less	13 or less	9 or less	0
1.5 Mile Run	11:30	12:00	12:30	13:00	10
	12:00	12:30	13:15	13:45	8
	12:45	13:15	14:00	14:45	6
	13:30	14:00	15:00	15:45	4
	14:32	15:30	16:15	17:00	2
	14:33 or slower	15:31 or slower	16:14 or slower	17:01 or slower	0