

OBN Physical Fitness Testing Point System – Standards for Males

Age Group	20-29	30-39	40-49	50 +	Total Points
Plank	1 min	1 min	55 sec	50 sec	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	49 sec	50 sec	56 sec	62 sec	10
	51 sec	52 sec	60 sec	66 sec	8
	55 sec	56 sec	66 sec	72 sec	6
	60 sec	61 sec	75 sec	80 sec	4
	69 sec	70 sec	86 sec	92 sec	2
	70 or less	71 or less	87 or less	93 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	50	40	34	30	10
	44	36	29	25	8
	35	29	24	20	6
	27	21	19	15	4
	19	17	15	10	2
	18 or less	16 or less	14 or less	9 or less	0
1.5 Mile Run	10:00	10:24	10:48	11:12	10
	10:45	11:06	11:41	12:00	8
	11:45	11:58	12:53	13:15	6
	12:53	13:24	14:07	14:30	4
	14:32	15:13	15:58	16:30	2
	14:33 or slower	15:14 or slower	15:59 or slower	16:31 or slower	0