

NJROTC Cadet Challenge

Age	Female			
	14	15	16	17

Male			
14	15	16	17

Curl Ups

Outstanding	47	15	45	44
Excellent	42	41	41	41
Good	40	39	37	38
Sat	37	36	35	34

56	57	56	55
51	51	50	50
48	48	48	46
45	45	45	44

85%
70%
60%
50%

Push Ups

Outstanding	20	21	24	25
Excellent	12	18	19	19
Good	11	16	16	17
Sat	10	15	12	16

40	44	44	53
30	35	36	44
25	32	32	41
24	30	30	37

85%
70%
60%
50%

1 Mile Run

Outstanding	07:59	08:08	08:23	08:15
Excellent	08:50	08:55	09:11	09:15
Good	09:27	09:23	09:48	09:51
Sat	10:06	09:58	10:31	10:22

06:26	06:20	06:08	06:06
06:59	06:48	06:33	06:32
07:19	07:06	06:50	06:50
07:44	07:30	07:10	07:04

85%
70%
60%
50%

V-Sit

Outstanding	8	8	9	8
Excellent	6	6.5	7	6
Good	5	6	6	5.5
Sat	4.5	5	5.5	4.5

4.5	5	6	7
3	4	4.5	5
2	3	3.5	4
1	2	3	3

85%
70%
60%
50%

Shuttle

Outstanding	10.1	10	10.1	10
Excellent	10.6	10.4	10.5	10.4
Good	10.9	10.4	10.5	10.4
Sat	11.2	11	10.9	11

9.1	9	8.7	8.7
9.5	9.3	9	9
9.7	9.5	9.2	9.2
9.9	9.7	9.4	9.4

85%
70%
60%
50%