

ULMAA Women's PT Fitness Requirements

Ages 19 and Under

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	13 Minutes	37	70
Excellent	16 Minutes	29	55
Good	19 Minutes	21	40

Ages 20-29

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	11:30 Minutes	43	85
Excellent	14:30 Minutes	34	65
Good	17:30 Minutes	25	45

Ages 30-39

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	13 Minutes	37	70
Excellent	16 Minutes	29	55
Good	19 Minutes	21	40

Ages 40-49

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	14:30 Minutes	32	65
Excellent	17:30 Minutes	25	50
Good	20:30 Minutes	18	35

Ages 50-59

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	16 Minutes	28	50
Excellent	19 Minutes	22	40
Good	22 Minutes	16	30

Ages 60+

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	17:30 Minutes	25	45
Excellent	20:30 Minutes	20	35
Good	23:30 Minutes	15	25

ULMAA Men's PT Fitness Requirements

Ages 19 and Younger

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	12 Minutes	71	80
Excellent	14 Minutes	51	60
Good	16 Minutes	31	40

Ages 20 - 29

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	11 Minutes	75	95
Excellent	13 Minutes	55	70
Good	15 Minutes	35	45

Ages 30 - 39

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	12 Minutes	71	80
Excellent	14 Minutes	51	60
Good	16 Minutes	31	40

Ages 40 - 49

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	13 Minutes	68	75
Excellent	15 Minutes	48	55
Good	17 Minutes	28	35

Ages 50 - 59

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	14:30 Minutes	66	60
Excellent	16:30 Minutes	46	45
Good	18:30 Minutes	26	30

Ages 60 +

	1.5 Mile Run	Push Ups (2 Min)	Sit Ups (2 Min)
Outstanding	16:30 Minutes	65	55
Excellent	18:30 Minutes	45	40
Good	20:30 Minutes	25	25