

**Attachment 3**

**CADET PHYSICAL FITNESS TEST REQUIREMENTS**

<b>PHASE I ACHIEVEMENTS 1 – 3 &amp; THE WRIGHT BROTHERS AWARD</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	20	21	21	20	23	24	25	28	24	24	25	24	28	31	30	31
CURL UPS	30	31	34	36	39	38	38	38	25	27	29	30	31	30	30	28
PUSH UPS	10	11	12	16	18	22	24	26	10	10	9	9	9	11	11	12
SHUTTLE RUN	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
MILE RUN	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11

<b>PHASE II ACHIEVEMENTS 4 – 6</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	22	23	23	23	25	27	27	31	26	26	27	27	30	32	32	33
CURL UPS	32	34	37	39	41	41	40	40	27	29	31	33	34	32	32	30
PUSH UPS	11	12	14	18	20	25	26	30	10	11	10	10	10	12	13	14
SHUTTLE RUN	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3
MILE RUN	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35	12:08	12:21	12:01	11:40	11:10	11:00	11:24	11:20

<b>PHASE II ACHIEVEMENTS 7 – 8 &amp; THE MITCHELL AWARD</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	25	25	26	26	28	30	30	34	28	29	30	31	33	36	34	35
CURL UPS	35	37	40	42	45	45	45	44	30	32	35	37	37	36	35	34
PUSH UPS	14	15	18	24	24	30	30	37	13	11	11	11	11	15	12	16
SHUTTLE RUN	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0
MILE RUN	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22

<b>PHASE III ACHIEVEMENTS 9 – 11 &amp; THE EARHART AWARD</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	26	26	27	27	30	32	32	36	29	30	32	32	35	37	36	37
CURL UPS	38	39	43	45	48	49	48	46	32	35	38	40	40	39	37	36
PUSH UPS	16	18	22	28	28	34	35	42	14	14	14	15	15	16	17	19
SHUTTLE RUN	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2	11.8	11.2	11.0	10.9	10.9	10.7	10.7	10.7
MILE RUN	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51

<b>PHASE IV ACHIEVEMENTS 12 – 16 &amp; THE EAKER AWARD</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	27	28	28	29	32	33	35	39	30	31	33	34	37	40	38	39
CURL UPS	40	42	46	48	51	52	50	49	35	38	40	41	42	42	40	39
PUSH UPS	19	22	25	32	34	37	38	46	16	16	16	17	17	18	20	22
SHUTTLE RUN	10.9	10.5	10.2	9.9	9.5	9.3	9.0	9.0	11.5	10.9	10.8	10.7	10.7	10.5	10.5	10.5
MILE RUN	8:40	8:20	7:55	7:25	6:59	6:51	6:38	6:35	10:28	10:10	9:48	9:15	8:58	8:58	9:12	9:14

<b>SPAATZ AWARD</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	28	29	29	30	33	34	36	40	31	32	34	36	38	41	39	40
CURL UPS	41	43	47	50	52	53	51	51	37	39	41	42	43	44	41	40
PUSH UPS	20	24	27	35	36	39	40	49	18	17	18	19	19	19	21	23
SHUTTLE RUN	10.7	10.4	10.0	9.8	9.4	9.2	8.9	8.9	11.3	10.8	10.7	10.5	10.5	10.3	10.4	10.3
MILE RUN	8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23	10:08	9:44	9:15	8:49	8:36	8:40	8:50	8:52

**NOTE:** Use the table corresponding to the promotion being attempted. For example, a cadet attempting to meet C/CM Sgt promotion requirements would use the table for Achievement 7.