

Acceptable **ENTRY times on Pre-Agility screening day** will be as follows:

Entry numbers are according to your gender and age

**MALES**

**RUN 1½ mile**

**PUSH-UPS W/ 1min**

**SIT-UPS W/ 1 min.**

20-29

Cooper: 12:38 – Entry: 15:38

Cooper: 29 – Entry: 15

Cooper: 38 – Entry: 19

30-39

Cooper: 12:58 – Entry: 15:58

Cooper: 24 – Entry: 12

Cooper: 35 – Entry: 18

40-49

Cooper: 13:50 – Entry: 16:50

Cooper: 18 – Entry: 9

Cooper: 29 – Entry: 15

50-59

Cooper: 15:06 – Entry: 18:06

Cooper: 13 – Entry: 7

Cooper: 24 – Entry: 12

**FEMALES**

**RUN 1½ mile**

**PUSH-UPS W/ 1min**

**SIT-UPS W/ 1 min.**

20-29

Cooper: 14:50 – Entry: 17:50

Cooper: 15 – Entry: 8

Cooper: 32 – Entry: 16

30-39

Cooper: 15:43 – Entry: 18:43

Cooper: 11 – Entry: 6

Cooper: 25 – Entry: 13

40-49

Cooper: 16:31 – Entry: 19:31

Cooper: 9 – Entry: 5

Cooper: 20 – Entry: 10

50-59

Cooper: 18:18 – Entry: 21:18

Cooper: N/A – Entry: 4

Cooper: 14 – Entry: 7

