

Training

POPS Standards for Physical Fitness

Event	9 pts	9.5 pts	10 pts	10.5 pts	11 pts
Bench Press (% body weight)	55.30%	59.70%	64.00%	68.50%	> or = 73%
Sit Ups (repetitions)	13	16	18		> or = 18
300 Meter Run (seconds)	68	67	65		< or = 65
Push Ups (repetitions)	14	17	20	23	> or = 25
1.5 Mile Run (min: sec)	17:56	17:34	17:12	16:44	< or = 16:15

Lexington
WELCOME YOUR FUTURE