

1.5 MILE RUN (Aerobic Capacity)

Score / 50	Male Age 20 - 29	Female Age 20 - 29
------------	---------------------	-----------------------

50	under – 9:00	under – 10:35
47.5	9:01 – 9:30	10:36 – 11:10
45	9:31 – 10:00	11:11 – 11:52
42.5	10:01 – 10:30	11:53 – 12:34
40	10:31 – 10:56	12:35 – 13:00
37.5	10:57 – 11:22	13:01 – 13:26
35	11:23 – 11:46	13:27 – 13:42
30	11:47 – 12:10	13:43 – 13:57
25	12:11 – 12:35	13:58 – 14:12
20	12:36 – 12:59	14:13 – 14:27
15	13:00 – 13:30	14:28 – 14:42
10	13:31 – 14:00	14:43 – 14:57
5	14:01 – 14:30	14:58 – 15:12

Score / 50	Male Age 30 - Over	Female Age 30 - Over
------------	-----------------------	-------------------------

50	under – 9:20	under – 11:00
47.5	9:21 – 9:50	11:01 – 11:35
45	9:51 – 10:20	11:36 – 12:10
42.5	10:21 – 10:50	12:11 – 12:45
40	10:51 – 11:20	12:46 – 13:20
37.5	11:21 – 11:50	13:21 – 13:55
35	11:51 – 12:20	13:56 – 14:30
30	12:21 – 12:50	14:31 – 15:05
25	12:51 – 13:20	15:06 – 15:40
20	13:21 – 13:50	15:41 – 16:15
15	13:51 – 14:20	16:16 – 16:50
10	14:21 – 14:50	16:51 – 17:25
5	14:51 – 15:20	17:26 – 18:00