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PAT MINIMUM REQUIREMENTS

Male				
Age	1.5 Mile Run	Sit-ups	Push Ups	300 Meter Sprint
20-29	12:29	38	29	59
30-39	12:53	35	24	58.9
40-49	13:50	29	18	72
50-59	15:14	24	13	83.2
60-69	17:19	19	10	

Female				
Age	1.5 Mile Run	Sit-ups	Push Ups	300 Meter Sprint
20-29	15:05	32	15	71
30-39	15:56	25	11	79
40-49	17:11	20	9	94
50-59	19:10	14		
60-69	20:55	6		