

ATTACHMENT 1 – Ability Group Score Chart

Ability Group	Score
Level 1 – Basic	0-139
Level 2 – Advanced Basic	140-179
Level 3 – Intermediate	180-219
Level 4 – Advanced	220-259
Level 5 – Elite	260-300

New Applicant & BIT Student

100 pt. scale	Push-ups (M)	Push-ups (F)	Sit-ups (M)	Sit-ups (F)	1.5 Mile Run (M)	1.5 Mile Run (F)
100	62	42	55	51	09:10	10:20
99						
98	61	41	54	50	09:22	10:35
97						
96	60	40	53	49	09:34	10:50
95						
94	59	39	52	48	09:46	11:05
93						
92	58	38	51	47	09:58	11:20
91						
90	57	37	50	46	10:10	11:35
89						
88	56	36	49	45	10:22	11:50
87						
86	55	35	48	44	10:34	12:05
85						
84	54	34	47	43	10:46	12:20
83						
82	53	33	46	42	10:58	12:35
81						
80	52	32	45	41	11:10	12:50
79						
78	51	31	44	40	11:22	13:05
77						
76	50	30	43	39	11:34	13:20
75						
74	49	29	42	38	11:46	13:35
73						
72	48	28	41	37	11:58	13:50
71						
70	47	27	40	36	12:10	14:05
69						
68	46	26	39	35	12:22	14:20
67						
66	45	25	38	34	12:34	14:35
65						

64	44	24	37	33	12:46	14:50
63						
62	43	23	36	32	12:58	15:05
61						
60	42	22	35	31	13:10	15:20
59						
58	41	21	34	30	13:22	15:35
57						
56	40	20	33	29	13:34	15:50
55						
54	39	19	32	28	13:46	16:05
53						
52	38	18	31	27	13:58	16:20
51						
50	37	17	30	26	14:10	16:35
49						
48	36	16	29	25	14:22	16:50
47						
46	35	15	28	24	14:34	17:05
45						
44	34	14	27	23	14:46	17:20
43						
42	33	13	26	22	14:58	17:35
41						
40	32	12	25	21	15:10	17:50
39						17:54
38	31	11	24	20	15:22	18:05
37						
36	30	10	23	19	15:34	18:20
35						
34	29	9	22	18	15:46	18:35
33						
32	28	8	21	17	15:58	18:50
31						
30	27	7	20	16	16:10	19:05
29						
28	26	6	19	15	16:22	19:20
27						
26	25	5	18	14	16:34	19:35
25						
24	24	4	17	13	16:46	19:50
23						
22	23	3	16	12	16:58	20:05
21						
20	22	2	15	11	17:10	20:20
19						
18	21	1	14	10	17:22	20:35
17						
16	20		13	9	17:34	20:50

15						
14	19		12	8	17:46	21:05
13						
12	18		11	7	17:58	21:20
11						
10	17		10	6	18:10	21:35
9						
8	16		9	5	18:22	21:50
7						
6	15		8	4	18:34	22:05
5						
4	14		7	3	18:46	22:20
3						
2	13		6	2	18:58	22:35
1						
0	12		5	0	19:10	22:50