

Awards for Completing the Cadet Challenge

- a. Cadets that successfully complete all events will receive a participation certificate signed by the unit Naval Science instructor.
- b. The President's Physical Fitness Award recognizes students who achieve an outstanding level of physical fitness. Students who score at or above the 85th percentile on all events are eligible for this award. Awards may be requested by accessing the President's Challenge web site at http://www.presidentschallenge.org/educators/program_details.aspx.
- c. The National Physical Fitness Award recognizes students who demonstrate a basic, yet challenging level of physical fitness. Students who score above 50% percentile on all five events of the President's Challenge are eligible for this award.
- d. The NJROTC Physical Fitness Ribbon will be presented to cadets who attain the rating of satisfactory or better in each of the events of the Cadet Challenge program. Additional recognition of bronze, silver or gold lamp is determined by overall score in JUMS and follows the criteria in the following charts. The Physical Fitness Test (PFT) ribbon will be awarded on different levels, with only the most recent PFT cycle counting toward lamps worn on the ribbon.

Standards

Curl Ups

	FEMALE					MALE					
	13	14	15	16	17+	13	14	15	16	17+	
Outstanding	46	47	48	45	44	GOLD	53	56	57	56	55
Excellent	42	42	41	40	38	SILVER	48	51	51	50	50
Good	40	40	39	37	36	BRONZE	45	48	49	48	46
Satisfactory	33	34	32	32	30	RIBBON	39	41	41	40	40

Push-Ups

	FEMALE					MALE					
	13	14	15	16	17+	13	14	15	16	17+	
Outstanding	21	20	20	24	25	GOLD	39	40	42	44	53
Excellent	15	12	18	19	19	SILVER	31	30	35	36	44
Good	13	10	16	15	17	BRONZE	28	25	32	32	41
Satisfactory	8	5	11	11	14	RIBBON	20	20	25	25	30

1 Mile Run

	FEMALE					MALE					
	13	14	15	16	17+	13	14	15	16	17+	
Outstanding	8:13	7:59	8:08	8:23	8:15	GOLD	6:50	6:26	6:20	6:08	6:06
Excellent	9:09	8:50	8:55	9:11	9:15	SILVER	7:20	6:59	6:48	6:33	6:32
Good	9:50	9:27	9:23	9:48	9:51	BRONZE	7:41	7:19	7:06	6:50	6:50
Satisfactory	11:40	11:10	11:00	11:44	11:20	RIBBON	8:54	8:30	8:08	7:53	7:35

<i>Total Points</i>	<i>Performance</i>	<i>Award</i>
150-179	Satisfactory	Physical Fitness Ribbon
180-209	Good	Physical Fitness Ribbon Plus Bronze Lamp
210-239	Excellent	Physical Fitness Ribbon Plus Silver Lamp
240 +	Outstanding	Physical Fitness Ribbon Plus Gold Lamp

CURL-UPS

Percentile Scores Based on Age/Test in No. of Curl-ups in 60 seconds

PERCENTILE	Girls AGE					Cadet Points	Boys AGE				
	13	14	15	16	17+		13	14	15	16	17+
100	72	72	74	77	67	100	76	79	81	77	73
95	52	53	55	53	53	95	59	62	62	62	61
90	50	49	51	49	47	90	55	58	59	58	57
85	46	47	48	45	44	85	53	56	57	56	55
80	44	45	46	43	41	82	51	54	55	53	53
75	42	43	44	41	40	78	50	52	53	51	51
70	42	42	41	40	38	75	48	51	51	50	50
65	40	41	40	38	37	70	46	49	50	48	48
60	40	40	39	37	36	65	45	48	49	48	46
55	38	39	37	36	35	62	43	47	47	46	45
50	37	37	36	35	34	59	42	45	45	45	44
45	36	36	35	34	33	56	41	44	44	44	43
40	35	35	34	33	31	53	40	42	43	42	41
35	33	34	32	32	30	50	39	41	41	40	40
30	31	32	31	30	29	0	38	40	40	39	39
25	30	31	30	30	28	0	36	39	38	38	38
20	28	30	28	27	25	0	34	37	36	37	36
15	26	28	26	25	25	0	32	35	35	35	35
10	23	25	23	23	22	0	30	33	32	31	32
5	19	20	20	19	19	0	26	28	29	27	27
0	0	0	0	0	0	0	0	0	0	6	1

RIGHT ANGLE PUSH-UPS

Percentile Scores Based on Age/Test Scores in # of Push-ups every 3 sec.

PERCENTILE	Girls AGE					Cadet <i>Points</i>	Boys AGE				
	13	14	15	16	17+		13	14	15	16	17+
100	28	29	38	38	31	100	54	52	54	62	64
95	25	25	34	32	29	95	51	47	50	59	60
90	22	21	23	26	28	90	41	41	44	46	56
85	21	20	20	24	25	85	39	40	42	44	53
80	17	19	20	22	22	82	35	37	40	41	50
75	17	15	20	20	20	78	35	32	37	40	46
70	15	12	18	19	19	75	31	30	35	36	44
65	14	11	18	16	18	70	30	28	34	34	43
60	13	10	16	15	17	65	28	25	32	32	41
55	12	10	15	13	16	62	26	24	31	30	40
50	11	10	15	12	16	59	24	24	30	30	37
45	10	9	15	12	15	56	21	22	30	29	35
40	10	8	13	12	15	53	20	21	27	28	34
35	8	5	11	11	14	50	20	20	25	25	30
30	7	4	10	10	12	0	16	18	24	24	29
25	6	4	10	8	11	0	16	18	24	25	27
20	5	4	10	5	9	0	12	15	21	23	25
15	4	3	7	4	7	0	11	13	20	22	23
10	3	2	5	3	5	0	9	11	18	20	21
5	2	1	2	1	2	0	4	7	15	15	20

ONE MILE RUN-WALK

Percentile Scores Based on Age/Test Scores in Minutes and Seconds

PERCENTILE	Girls AGE					Cadet Points	Boys AGE				
	13	14	15	16	17+		13	14	15	16	17+
100	5:42	5:00	5:51	5:58	6:20	100	5:40	4:30	4:42	4:49	4:46
95	7:21	7:20	7:25	7:26	7:22	95	6:25	6:01	5:50	5:40	5:35
90	7:49	7:43	7:52	7:55	7:58	90	6:39	6:13	6:07	5:56	5:57
85	8:13	7:59	8:08	8:23	8:15	85	6:50	6:26	6:20	6:08	6:06
80	8:29	8:20	8:24	8:39	8:34	82	7:00	6:33	6:29	6:18	6:14
75	8:49	8:36	8:40	8:50	8:52	78	7:11	6:45	6:38	6:25	6:23
70	9:09	8:50	8:55	9:11	9:15	75	7:20	6:59	6:48	6:33	6:32
65	9:30	9:09	9:09	9:25	9:33	70	7:29	7:09	6:57	6:44	6:40
60	9:50	9:27	9:23	9:48	9:51	65	7:41	7:19	7:06	6:50	6:50
55	10:07	9:51	9:37	10:09	10:08	62	7:55	7:29	7:16	6:58	6:57
50	10:23	10:06	9:58	10:31	10:22	59	8:06	7:44	7:30	7:10	7:04
45	10:57	10:25	10:18	10:58	10:48	56	8:17	7:59	7:39	7:20	7:14
40	11:20	10:51	10:40	11:15	11:05	53	8:35	8:13	7:52	7:35	7:24
35	11:40	11:10	11:00	11:44	11:20	50	8:54	8:30	8:08	7:53	7:35
30	12:00	11:36	11:20	12:08	12:00	0	9:10	8:48	8:29	8:09	7:52
25	12:29	11:52	11:48	12:42	12:11	0	9:23	9:10	8:49	8:37	8:06
20	13:01	12:18	12:19	13:23	12:40	0	10:02	9:35	9:05	8:56	8:25
15	14:10	12:56	13:33	14:16	13:03	0	10:39	10:18	9:34	9:22	8:56
10	14:49	14:10	14:13	16:03	14:01	0	11:43	11:22	10:10	10:17	9:23
5	16:10	15:44	15:17	18:00	15:14	0	12:47	12:11	11:25	11:49	10:15
0	20:45	20:04	24:07	21:00	28:50	0	24:12	18:10	21:44	20:15	16:49