

4 Minute O'Neill Fitness Test

Women	Excellent	Good	Above	Average	Below
19-29 Lwt	1078	1038	958	878	798
30-39 Lwt	1050	1010	929	849	769
40-49 Lwt	1030	990	909	829	749
50-59 Lwt	1011	971	891	811	730
60-69 Lwt	992	951	871	791	711
70-79 Lwt	973	933	852	772	692
19-29 Hwt	1105	1065	985	905	824
30-39 Hwt	1057	1017	936	856	776
40-49 Hwt	1044	1004	923	843	763
50-59 Hwt	1037	997	917	836	756
60-69 Hwt	1023	983	903	823	743
70-79 Hwt	944	904	823	743	663

Men	Excellent	Good	Above	Average	Below
19-29 Lwt	1243	1203	1122	1042	962
30-39 Lwt	1227	1187	1107	1026	946
40-49 Lwt	1208	1168	1087	1007	927
50-59 Lwt	1172	1132	1051	971	891
60-69 Lwt	1131	1091	1011	931	850
70-79 Lwt	1052	1012	931	851	771
80-89 Lwt	953	912	832	752	672
19-29 Hwt	1281	1241	1161	1080	1000
30-39 Hwt	1237	1197	1117	1037	957
40-49 Hwt	1219	1178	1098	1018	938
50-59 Hwt	1182	1142	1062	982	901
60-69 Hwt	1141	1101	1021	940	860
70-79 Hwt	1061	1020	940	860	780
80-89 Hwt	993	953	872	792	712

Juniors	Excellent	Good	Above	Average	Below
Women J12	886	846	766	685	605
Women J13	956	916	835	755	675
Women J14	999	955	885	795	725
Women J15	1042	1001	921	841	761
Women J16	1074	1034	954	874	793
Women J17	1109	1069	988	908	828
Women J18 Lwt	1046	1006	926	846	765
Women J18 Hwt	1100	1060	980	899	819
Men Junior 12	888	848	768	687	607
Men Junior 13	1008	967	887	807	727
Men Junior 14	1095	1055	974	894	814
Men Junior 15	1171	1130	1050	970	890
Men Junior 16	1212	1172	1092	1011	931
Men Junior 17	1251	1211	1130	1050	970
Men Junior 18 Lwt	1221	1180	1100	1020	940
Men Junior 18 Hwt	1281	1241	1161	1081	1000