



# BC ALPINE FITNESS STANDARDS

	Sit Reach (cm)	Vertical Jump (cm)	Broad Jump (m)	Penta Jump (m)			40m sprint (sec)	Box Jump				Leger Boucher	Illinois Agility		Push Ups
				Both legs	Right leg	Left leg		0-30	30-60	60-90	Total		Left to Right (sec)	Right to Left (sec)	
<b>K1</b>															
<b>Women - A</b>	40+	35-45		9.0-11.0	8.0+	8.0+		35-40	27-30	n/a	60-65	9.5+	<22.0	<22.0	23+
<b>Women - B</b>	35-39	31-34	1.8+	8.0-8.9	7.4-7.9	7.4-7.9	<6.8	30-34	22-26	n/a	55-59	8.5-9.4	22.1-23.5	22.1-23.5	16-22
<b>Women - C</b>	30-34	25-30		7.5-7.9	6.5-7.3	6.5-7.3		25-29	15-21	n/a	50-54	8.0-8.4	23.6-24.5	23.6-24.5	10-15
<b>K2</b>															
<b>Women - A</b>	40+	42+		10.5+	9.5+	9.5+		35+	30+	n/a	65+	9.6+	<20.5	<20.5	26+
<b>Women - B</b>	35-39	35-41	2.15+	9.6-10.4	8.5-9.4	8.5-9.4	<6.7	30-34	24-29	n/a	55-64	8.6-9.5	20.6-21.5	20.6-21.5	20-25
<b>Women - C</b>	30-34	30-34		8.8-9.5	7.5-8.4	7.5-8.4		23-29	19-23	n/a	48-54	7.5-8.5	21.6-23.0	21.6-23.0	14-19
<b>J1</b>															
<b>Women - A</b>	40+	45+		10.8+	9.8+	9.8+		30+	25+	17+	72+	10.8+	<20.0	<20.0	30+
<b>Women - B</b>	35-39	40-44	2.25+	9.6-10.7	9.0-9.7	9.0-9.7	<6.1	27-29	20-24	13-16	65-72	10.1-10.7	20.0-21.0	20.0-21.0	26-29
<b>Women - C</b>	30-34	36-39		9.0-9.5	8.3-8.9	8.3-8.9		24-26	17-19	10-12	55-64	8.8-9.11	21.1-22.3	21.1-22.3	22-25
<b>J2</b>															
<b>Women - A</b>	40+	47+		11+	9.8+	9.8+		30+	25+	17+	72+	10.8+	<20.0	<20.0	33+
<b>Women - B</b>	35-39	43-46	2.5+	10.0-10.9	9.1-9.7	9.1-9.7	<6.1	27-29	20-24	13-16	65-72	10.1-10.7	20.0-21.0	20.0-21.0	28-32
<b>Women - C</b>	30-34	39-42		9.2-9.9	8.5-9.0	8.5-9.0		24-26	17-19	10-12	55-64	8.8-9.11	21.1-22.3	21.1-22.3	25-27
<b>J1</b>															
<b>Men - A</b>	40+	55+		12.5+	11.5+	11.5+		35+	28+	23+	85+	12.5+	<18.7	<18.7	36+
<b>Men - B</b>	35-39	51-54	2.65+	11.7-12.4	10.5-11.4	10.5-11.4	<6.5	30-34	25-27	18-22	80-84	11.9-12.4	18.8-19.8	18.8-19.8	30-35
<b>Men - C</b>	30-34	46-50		11.0-11.6	9.5-10.4	9.5-10.4		27-29	22-24	14-17	68-79	10.5-11.8	19.9-20.9	19.9-20.9	25-29
<b>J2</b>															
<b>Men - A</b>	40+	55+		13+	11.8+	11.8+		35+	28+	23+	85+	12.5+	<18.7	<18.7	40+
<b>Men - B</b>	35-39	52-54	2.75+	11.7-12.4	10.8-11.7	10.8-11.7	<6.5	30-34	25-27	18-22	80-84	11.9-12.4	18.8-19.8	18.8-19.8	34-39
<b>Men - C</b>	30-34	48-51		11.0-11.6	9.7-10.7	9.7-10.7		27-29	22-24	14-17	68-79	10.5-11.8	19.9-20.9	19.9-20.9	28-33
<b>BCST</b>															
<b>Women</b>	40+	50+	2.5+	11.5+	10.5+	10.5+	<6.2	30+	24+	21+	90+	11.4+			
<b>Women - Dev</b>	40+	50+	2.5+	11.0+	10.0+	10.0+	<6.2	30+	24+	21+	85+	10.8+			
<b>Men</b>	40+	60+	2.75+	14.5+	12.5+	12.5+	<5.7	35+	28+	22+	100+	12.5+			
<b>Men - Dev</b>	40+	60+	2.75+	13.0+	12.0+	12.0+	<5.7	35+	28+	22+	90+	12+			
<b>CAST</b>															
<b>Women</b>	40+	50+	2.65+	11.5+	10.25+	10.25+	<6.0	31	26	23	80+	10.8+			
<b>Men</b>	40+	60+	2.75+	13.5+	12+	12+	<5.7	35	28	22	85+	12+			