

Test	Environment	Equipment	Test	Control parameters
Cooper Test	Tartan surfaced 400m track		Distance in 12 minutes.	Maximum distance in time Distance rounded down to nearest 50m increment Running spikes are not allowed
Box Jumps	Tartan surface	40 cm box	Number of jumps in 90 secs	Maximum lateral jumps onto and over box Body and feet always facing forwards Both feet contact box and ground at same time Start on box, count each time land on box
5 Jump	Tartan surface		Reps until Failure	Maximum distance for 5 consecutive jumps No pause / stop between jumps Distance measured from front of toes at start Distance measured to back of heels at finish Best of 3 attempts
Press ups	Indoor		Reps until Failure	Forefoot / toes on floor. Females - knees also on floor Maximum repetitions until failure Straight arms, head neutral at top, no locking of joints. Repetition counts when touch floor with chest & chin Straight body at all times (hips, back & neck)
Crunches	Indoor	Padded mat Heels on top of Box	Reps until Failure	Maximum repetitions until failure Lie on back on a padded mat heels on box with ankle bone in line with edge of box Hips and knees at 90 degree angle (bones) Arms outstretched towards box at all times Shoulders off ground throughout test Touch top of box with fingertips for each rep Controlled smooth movement, no bouncing
Hurdle Agility	Tartan surface	adjustable hurdles	2 circuits Starting and finishing in centre	see diagram for circuit minimum time for 2 circuits 4 hurdles set at top of hip bone. 3m from centre point centre cone as start and finish with foot contact restart whenever hurdles knocked over 3 restarts allowed always pass on left of cone and turn 90 deg to the right
Pull ups	Indoor	Integrated pull-up' bar	Reps until Failure	Maximum repetitions until failure Straight arms to chin over bar, no locking of joints. Straight body at all times No swinging momentum

All tests to be carried out at 0 - 1000m elevation above sea level

<b>Cooper Test (mtrs)</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	2800	2600	2400	2300	2200	
	Youth	2	16	2900	2700	2500	2350	2250	
	Junior	3	17	3000	2800	2600	2400	2300	
	Junior	4	18	3100	2900	2700	2500	2400	
	Junior	5	19	3200	3000	2800	2600	2500	
Senior	6+	20+	3300	3100	2900	2700	2600		
<b>90s Box Jump (reps)</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	85	81	77	73	69	
	Youth	2	16	90	86	82	78	74	
	Junior	3	17	95	92	89	86	83	
	Junior	4	18	100	97	94	91	88	
	Junior	5	19	105	102	99	96	93	
Senior	6+	20+	107	105	103	101	99		
<b>5 Jump (mtrs)</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	11.5	11.1	10.7	10.3	9.9	
	Youth	2	16	12.25	11.9	11.55	11.2	10.85	
	Junior	3	17	12.75	12.45	12.15	11.85	11.55	
	Junior	4	18	13.25	13	12.75	12.5	12.25	
	Junior	5	19	13.5	13.25	13	12.75	12.5	
Senior	6+	20+	13.75	13.5	13.25	13	12.75		
<b>Press Ups (reps)</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	38	34	29	24	18	
	Youth	2	16	41	36	31	25	19	
	Junior	3	17	44	39	33	27	20	
	Junior	4	18	47	41	35	28	21	
	Junior	5	19	50	44	37	30	22	
Senior	6+	20+	53	46	39	31	23		
<b>Crunches (reps)</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	59	54	49	47	45	
	Youth	2	16	61	56	51	49	47	
	Junior	3	17	63	58	53	51	49	
	Junior	4	18	65	60	55	53	51	
	Junior	5	19	67	62	57	55	53	
Senior	6+	20+	69	64	59	57	55		
<b>Hurdle Agility (Secs)</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	28	30	32	34	36	
	Youth	2	16	26	28	30	32	34	
	Junior	3	17	25	27	29	31	33	
	Junior	4	18	24	26	28	30	32	
	Junior	5	19	23	25	27	29	31	
Senior	6+	20+	22	24	26	28	30		
<b>Pull ups</b>		<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Male  Level 3 = Min target	Youth	1	15	12	9	6	5	4	
	Youth	2	16	13	10	7	6	5	
	Junior	3	17	14	11	8	7	6	
	Junior	4	18	15	12	9	8	7	
	Junior	5	19	16	13	10	9	8	
Senior	6+	20+	16	13	10	9	8		

<b>Cooper Test (mtrs)</b>	<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Female Level 3 = Min target	Youth	1	15	2100	2050	1850	1700	1600
	Youth	2	16	2200	2100	1900	1750	1650
	Junior	3	17	2300	2200	2000	1850	1700
	Junior	4	18	2400	2300	2100	1950	1800
	Junior	5	19	2500	2400	2200	2050	1900
	Senior	6+	20+	2600	2500	2300	2150	2000
<b>90s Box Jump (reps)</b>	<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Female Level 3 = Min target	Youth	1	15	66	63	60	57	54
	Youth	2	16	73	70	67	64	61
	Junior	3	17	79	77	75	73	71
	Junior	4	18	84	82	80	78	76
	Junior	5	19	88	86	84	82	80
	Senior	6+	20+	91	89	87	85	83
<b>5 Jump (mtrs)</b>	<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Female Level 3 = Min target	Youth	1	15	10.4	10.05	9.7	9.35	9
	Youth	2	16	10.5	10.2	9.9	9.6	9.3
	Junior	3	17	10.55	10.25	9.95	9.65	9.35
	Junior	4	18	10.6	10.35	10.1	9.85	9.6
	Junior	5	19	10.65	10.4	10.15	9.9	9.65
	Senior	6+	20+	10.7	10.5	10.3	10.1	9.9
<b>Press Ups (reps)</b>	<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Female Level 3 = Min target	Youth	1	15	22	19	16	13	9
	Youth	2	16	22	19	16	13	9
	Junior	3	17	23	20	17	14	10
	Junior	4	18	23	20	17	14	10
	Junior	5	19	23	20	17	14	10
	Senior	6+	20+	24	21	18	15	11
<b>Crunches (reps)</b>	<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Female Level 3 = Min target	Youth	1	15	50	46	42	37	32
	Youth	2	16	55	51	47	42	37
	Junior	3	17	59	55	51	46	41
	Junior	4	18	62	58	54	49	44
	Junior	5	19	64	60	56	51	46
	Senior	6+	20+	65	61	57	52	47
<b>Hurdle Agility (Secs)</b>	<b>Category</b>	<b>Year FIS</b>	<b>Age</b>	<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
Female Level 3 = Min target	Youth	1	15	30	32	34	36	38
	Youth	2	16	29	31	33	35	37
	Junior	3	17	28	30	32	34	36
	Junior	4	18	27	29	31	33	35
	Junior	5	19	26	28	30	32	34
	Senior	6+	20+	25	27	29	31	33