

I.L.E.A. Entry Standards
Beginning January 2003

<u>Test</u>	<u>Standards</u>
Vertical Jump	13.5 Inches
One Minute Sit Up	24
300 Meter Run	82 Seconds
Maximum Push Up	21
1.5 Mile Run	18 min. 56sec.

I.L.E.A. Exit Standards
Beginning January 2003

<u>Test</u>	<u>Standards</u>
Vertical Jump	16 Inches
One Minute Sit Up	29
300 Meter Run	71 Seconds
Maximum Push Up	25
1.5 Mile Run	16 min. 28 sec.