

Pacer Test Grading Scale

Gender	Age	Healthy Fitness Range	High Fitness performance Zone
Female	10	7-41	>41
Female	11	15-41	>41
Female	12	15-41	>41
Female	13+	23-51	>51

Female Grading Scale

Laps	Grade	Laps	Grade	Laps	Grade	Laps	Grade
45+	100	28	90	18	80	7-8	70 D
43-44	99	27	89	17	79	6	69 F
41-42	98	26	88	16	78	5	68
39-40	97	25	87	15	77 C	4	67
37-38	96	24	86	14	76 D	3	66
35-36	95	23	85 B	13	75	2	65
33-34	94	22	84 C	12	74	1	64
31-32	93 A	21	83	11	73		
30	92 B	20	82	10	72		
29	91	19	81	9	71		