



**DEPARTMENT OF THE AIR FORCE
HEADQUARTERS AIR FORCE PERSONNEL CENTER
JOINT BASE SAN ANTONIO-RANDOLPH, TEXAS**

Minimum Component Requirements

*Must have composite score of 75.0 **AND** meet all requirements below to pass test*

Male

Age	Body Comp (AC) (max)	Run Time (max)	Sit-ups (min)	Pushups (min)
30	39.0"	13:36	42	33
30-39	39.0"	14:00	39	27
40-49	39.0"	14:52	34	21
50-59	39.0"	16:22	28	15
60+	39.0"	18:14	22	14

Female

30	35.5"	16:22	38	18
30-39	35.5"	16:57	29	14
40-49	35.5"	18:14	24	11
50-59	35.5"	19:43	20	9
60+	35.5"	22:28	11	7

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Last Updated: 20 September 2016