

Navy Service Fitness Test - Male

Pass grade	Age	MSFT	Equipment Carry	Simulated Body Drag
Standard Pass	<30 yrs	7.10	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
Standard Pass	30-39 yrs	6.10	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
Standard Pass	40+ yrs	5.09	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
First Class Pass	<30 yrs	10.04	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
First Class Pass	30-39 yrs	9.07	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
First Class Pass	40+ yrs	9.02	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle

Navy Service Fitness Test – Female

Pass grade	Age	MSFT	Equipment Carry	Simulated Body Drag
Standard Pass	<30 yrs	5.09	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
Standard Pass	30-39 yrs	4.09	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
Standard Pass	40+ yrs	4.01	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
First Class Pass	<30 yrs	8.01	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
First Class Pass	30-39 yrs	7.05	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle
First Class Pass	40+ yrs	6.10	45 seconds 4 x 15m shuttle	30 seconds 1 x 15m shuttle