USAF Physical Fitness Readiness Assessment Scoring

20-METER HAMR SCORING STANDARDS (SHUTTLES)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
50.0	≥ 87	≥ 68	≥ 85	≥ 65	≥ 84	≥ 63	≥ 82	≥ 63	≥ 81	≥ 59	≥ 77	≥ 58	≥ 71	≥ 57	≥ 69	≥ 53	≥ 65	≥ 50	50.0
49.5	84	65	82	62	81	60	79	60	77	56	73	55	68	53	66	50	62	47	49.5
49.0	81	61	79	58	78	57	75	56	73	53	70	52	65	50	63	47	59	44	49.0
48.0	78	58	76	55	75	53	72	53	70	50	67	49	62	47	60	44	56	41	48.0
47.0	75	55	74	52	72	51	69	50	67	47	64	46	60	44	57	42	54	38	47.0
46.0	72	52	71	50	69	48	66	47	64	45	61	44	57	42	55	39	52	36	46.0
45.0	70	49	69	47	66	45	64	45	61	42	58	41	55	39	52	37	49	34	45.0
44.0	67	46	66	44	63	43	61	42	58	40	56	39	53	37	50	34	47	32	44.0
43.0	65	44	64	42	61	40	59	40	56	38	53	37	50	35	48	32	45	29	43.0
42.0	63	41	62	40	59	38	56	37	53	35	51	34	48	32	45	30	43	27	42.0
41.0	60	39	59	38	56	36	54	35	51	33	49	32	46	30	43	28	41	26	41.0
40.0	58	37	57	36	54	34	52	33	49	31	47	30	44	28	41	26	39	24	40.0
39.0	56	35	55	34	52	32	50	31	47	30	45	29	42	26	40	25	38	22	39.0
38.5	54	33	53	32	50	30	48	29	45	28	43	27	40	25	38	23	36	20	38.5
38.0	52	31	52	30	48	28	46	28	43	26	41	25	39	23	36	21	34	19	38.0
37.5	51	29	50	28	46	26	44	26	41	24	39	23	37	21	34	20	33	18	37.5
37.0	49	28	48	26	44	25	42	24	39	23	37	22	35	20	33	18	31	17	37.0
36.5	47	26	46	25	43	23	40	23	37	21	36	20	34	18	31	17	30	14	36.5
36.0	46	24	45	23	41	22	39	21	36	20	34	19	32	17	30	15	28	13	36.0
35.5	44	23	43	22	39	20	37	20	34	19	32	18	31	16	28	14	27	12	35.5
35.0	42*	21*	42*	20*	38*	19*	36*	18*	32*	17*	31*	16*	30*	14*	27*	13*	26*	11*	35.0