

BATTERY OF TEST NORMS FOR SHIV CHHATRAPATI KRIDAPEETH PUNE - (BOYS)

Age Group	Height (CM)	Weight (Kg)	30m Flying Start (Sec)	S.B.Jump (cm)	M.Ball Throw 1/2 K.g.(Kg)	6 X 10 m Shuttle Run	Forward Bend & Reach (cm)	V.J.Jump (cm)	800m Run min & sec.
8 YEARS									
Satisfactory	127-133	24-28	5.3-4.8	164-183	2.26 - 2.50	18.3-17.5	4--6	30-32	3.40-3.24
Good	134-139	29-32	4.7-4.5	184-193	2.51-2.76	17.4-16.5	7--9	33-35	3.23-3.07
Very Good	140&Above	33& Above	4.4 & Less	194& Above	2.77&Above	16.4&Less	10&Above	36& Above	3.06& Less
9 YEARS									
Satisfactory	130-138	25-30	5.1-4.7	170-181	2.51-2.82	18.0-17.2	4--7	33-35	3.32-3.17
Good	139-147	31-34	4.6-4.3	182-201	2.83-3.13	17.1-16.3	8--10	36-38	3.16-3.01
Very Good	148 & Above	35& Above	4.2& less	202& Above	3.14& Above	16.2& less	11& Above	39& Above	3.00& less
10 YEARS									
Satisfactory	135-142	28-33	4.9-4.5	180-194	2.66-3.13	17.5-16.5	5--8	36-38	3.26-3.08
Good	143-150	34-38	4.4-4.1	195-216	3.14-3.59	16.4-15.5	9--11	39-41	3.07-2.57
Very Good	151& Above	39& Above	4.0&less	217& Above	3.60&Above	15.4&less	12& above	42& above	2.56& less
11 YEARS									
Satisfactory	140-149	31-36	4.8-4.4	189-204	2.50-2.96	17.1-16.2	6--9	39-41	3.20-3.05
Good	150-157	37-41	4.3-3.9	205-225	2.97-3.43	16.1-15.4	10--12	42-44	3.04-2.46
Very Good	158& above	42& above	3.8& less	226& above	3.44& above	15.3&less	13& above	45& above	2.45& less
12 YEARS									
Satisfactory	146-153	35-40	4.7-4.3	195-213	2.60-3.28	16.8-16.0	6--9	42-45	3.05-2.55
Good	154-160	41-46	4.2-3.8	214-236	3.29-3.97	15.9-15.2	10--13	46-50	2.54-2.42
Very Good	161& above	47& above	3.7& less	237& above	3.98& above	15.1& less	14& above	51& above	2.41& less
13 YEARS									
Satisfactory	148-155	35-42	4.2-4.0	206-221	3.01-3.62	16.5-15.9	7--10	44-47	2.57-2.43
Good	156-167	43-51	3.9-3.6	222-241	3.63-4.23	15.8-15.1	11--14	48-53	2.42-2.29
Very Good	168& above	52& above	3.5& less	242& above	4.24& above	15.0& less	15& above	54& above	2.28& less
14 YEARS									
Satisfactory	154-160	42-47	4.1-3.8	210-225	3.19-3.80	16.3-15.8	7--11	46-50	2.50-2.36
Good	161-171	48-58	3.7-3.4	226-245	3.81-4.41	15.7-15.0	12--15	51-56	2.35-2.25
Very Good	172& above	59& above	3.3& less	246& above	4.42& above	14.9& less	16& above	57& above	2.24&less

NOTE :-*SATISFACTORY 1 MARK **GOOD 2 MARK * VERY GOOD 3 MARK**

****SMC SELECTION NORMS****

BATTERY OF TEST NORMS FOR SHIV CHHATRAPATI KRIDAPEETH PUNE - (GIRLS)

Age Group	Height (CM)	Weight (Kg)	30m Flying Start (Sec)	S.B.Jump (cm)	M.Ball Throw 1/2 K.g. (Kg)	6 X 10 m Shuttle Run	Forward Bend & Reach (cm)	V.J.Jump (cm)	800m Run min & sec.
8 YEARS									
Satisfactory	124-133	23-26	5.6-5.2	151-170	1.80-2.13	19.3-18.3	4--6	26-29	4.03-3.40
Good	134-141	27-30	5.1-4.7	171-180	2.14-2.47	18.2-17.2	7 --10	30-33	3.39-3.20
Very Good	142&Above	31& Above	4.6 & Less	181& Above	2.48&Above	17.1&Less	11&Above	34& Above	3.19& Less
9 YEARS									
Satisfactory	129-136	25-30	5.4-4.9	164-180	2.02-2.40	19.0-18.0	4--7	29-32	3.55-3.33
Good	137-144	31-34	4.8-4.5	181-191	2.41-2.80	17.9-16.9	8--11	33-36	3.32-3.15
Very Good	145 & Above	35& Above	4.4& less	192& Above	2.81& Above	16.8& less	12& Above	37& Above	3.14& less
10 YEARS									
Satisfactory	133-144	26-32	5.2-4.8	169-185	2.21-2.69	18.5-17.2	5--8	32-35	3.41-3.16
Good	145-148	33-38	4.7-4.3	186-200	2.70-3.18	17.1-16.2	9--12	36-39	3.15-3.02
Very Good	149& Above	39& Above	4.2&less	201& Above	3.19&Above	16.1&less	13& above	40& above	3.01& less
11 YEARS									
Satisfactory	144-153	33-39	4.9-4.6	180-195	2.41-2.84	18.0-17.0	5--9	35-38	3.20-3.10
Good	154-161	40-45	4.5-4.2	196-210	2.85-3.29	16.9-16.0	10--13	39-43	3.09-2.53
Very Good	162& above	46& above	4.1& less	211& above	3.30& above	15.9&less	14& above	44& above	2.52& less
12 YEARS									
Satisfactory	150-157	36-42	4.8-4.5	185-200	2.51-2.94	17.2-16.8	6--10	39-42	3.10-3.00
Good	158-163	43-48	4.4-4.0	201-220	2.95-3.39	16.7-16.3	11--14	43-47	2.59-2.49
Very Good	164& above	49& above	3.9& less	221& above	3.40& above	16.2& less	15& above	48& above	2.48& less
13 YEARS									
Satisfactory	150-163	43-48	4.4-4.2	190-205	2.56-3.02	16.8-16.4	6--11	43-46	3.0-2.50
Good	164-170	49-54	4.1-3.9	206-230	3.03-3.49	16.3-15.9	12--15	47-50	2.49-2.41
Very Good	171& above	55& above	3.8& less	231& above	3.50& above	15.8& less	16& above	51& above	2.40& less
14 YEARS									
Satisfactory	164-170	49-55	4.2-4.0	200-210	2.61-3.09	16.4-16.0	7--12	46-49	2.55-2.45
Good	171-174	56-61	3.9-3.7	211-240	3.10-3.59	15.9-15.5	13--16	50-53	2.44-2.36
Very Good	175& above	62& above	3.6& less	241& above	3.60& above	15.4& less	17& above	54& above	2.35&less

NOTE :-*SATISFACTORY 1 MARK **GOOD 2 MARK * VERY GOOD 3 MARK**

****SMC SELECTION NORMS****