



## Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table

### Males Age 14

### HFZ: > 42.5

<i>If Mile Time is:</i>	<i>more than:</i>	<i>If PACER score is:</i>	<i>more than:</i>
13:00	20.7	10	20.7
12:45	20.7	11	20.7
12:30	20.7	12	20.7
12:15	20.7	13	20.7
12:00	20.7	15	20.8
11:45	20.8	19	21.3
11:30	21.0	23	21.8
11:15	21.2	28	22.7
11:00	21.4	32	23.4
10:45	21.7	37	24.3
10:30	22.1	41	25.1
10:15	22.5	45	25.9
10:00	23.0	51	27.2
9:45	23.5	56	28.2
9:30	24.0	61	29.2
9:15	24.6	67	30.6
9:00	25.3	72	31.6
8:45	26.0	78	32.9
8:30	26.7	83	34.1
8:15	27.5	89	35.2
8:00	28.4	94	36.2
7:45	29.3	101	37.7
7:30	30.3	106	38.5
7:15	31.3	113	39.7
7:00	32.3	118	40.4
6:45	33.5	125	41.2

## Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table Males Age 15 HFZ: > 43.6

<i>If Mile Time is</i>	<i>BMI can be no</i>	<i>If PACER score is</i>	<i>BMI can be no</i>
<i>more than</i>	<i>more than</i>	<i>more than</i>	<i>more than</i>
13:00	19.6	10	19.6
12:45	19.6	11	19.6
12:30	19.6	12	19.6
12:15	19.6	13	19.6
12:00	19.7	15	19.7
11:45	19.8	19	20.2
11:30	19.9	23	20.8
11:15	20.1	28	21.6
11:00	20.4	32	22.4
10:45	20.7	37	23.3
10:30	21.0	41	24.0
10:15	21.4	46	25.1
10:00	21.9	51	26.1
9:45	22.4	56	27.1
9:30	23.0	61	28.2
9:15	23.6	67	29.5
9:00	24.2	72	30.6
8:45	24.9	78	31.9
8:30	25.7	83	33.0
8:15	26.5	89	34.2
8:00	27.3	94	35.2
7:45	28.3	101	36.6
7:30	29.2	106	37.4
7:00	31.3	118	39.3
6:45	32.4	125	40.2
6:30	33.6	131	40.9



**Males Age 16**  
**HFZ:  $\geq 44.1$**

<i>If Mile Time is:</i>	<i>more than:</i>	<i>If PACER score is:</i>	<i>more than:</i>
13:00	19.3	10	19.3
12:45	19.3	11	19.3
12:30	19.3	12	19.3
12:15	19.3	13	19.3
12:00	19.3	15	19.4
11:45	19.4	19	19.9
11:30	19.6	23	20.4
11:15	20.0	27	21.0
11:00	20.0	32	22.0
10:45	20.3	37	22.9
10:30	20.7	41	23.7



Male Age >17			
HFZ: $\geq 44.3$			
BMI can be no		BMI can be no	
13:00	19.5	10	19.5
12:30	19.5	12	19.5
12:15	19.5	12	19.5



## Estimated Aerobic Capacity (VO2max) Look-up Table Females Age 13 HFZ: $\geq 39.7$

<i>If Mile Time is:</i>	<i>BMI can be no more than:</i>	<i>If PACFR score is:</i>	<i>BMI can be no more than:</i>
12:45	20.5	11	20.5
12:30	20.5	12	20.5
12:15	20.5	13	20.5
12:00	20.6	15	20.6
11:45	20.7	19	21.1
11:30	20.8	23	21.7
11:15	21.0	28	22.5
11:00	21.3	32	23.2
10:45	21.6	37	24.2
10:30	21.9	41	24.9
10:15	22.3	46	26.0
10:00	22.8	51	27.0
9:45	23.3	56	28.0
9:30	23.8	61	29.1
9:15	24.5	67	30.4
9:00	25.1	72	31.5
8:45	25.8	78	32.8
8:15	27.4	89	35.1
8:00	28.2	94	36.1
7:45	29.1	101	37.5
7:30	30.1	106	38.3
7:15	31.1	113	39.5
7:00	32.2	118	40.7

## Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table Females Age 14 HFZ: ≥ 39.4

If Mile Time is more than	BMI can be no more than	If PACED pace is more than	BMI can be no more than
13:00	20.9	10	20.9
12:45	20.9	11	20.9
12:30	20.9	12	20.9
12:15	20.9	13	20.9
12:00	20.9	15	21.0
11:45	21.0	19	21.5
11:30	21.0	20	21.5
11:15	21.1	21	21.6
11:00	21.6	32	23.6
10:45	21.9	37	24.5
10:30	22.3	41	25.3
10:15	22.7	46	26.3
10:00	23.1	51	27.3
9:45	23.6	56	28.3
9:30	24.2	61	29.4
9:15	24.8	67	30.8
9:00	25.5	72	31.8
8:45	26.2	78	33.1
8:30	26.9	83	34.2
8:15	27.7	89	35.4
8:00	28.6	94	36.4
7:45	29.5	101	37.9
7:30	30.5	106	38.7
7:15	31.5	113	39.9
7:00	32.5	118	40.6





## Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table Females Age 15 HFZ: ≥ 39.1

<i>If Mile Time is:</i>	<i>BMI can be no more than:</i>	<i>If PACER score is:</i>	<i>BMI can be no more than:</i>
13:00	21.2	10	21.2
12:45	21.2	11	21.2
12:30	21.2	12	21.2
12:15	21.3	13	21.2
12:00	21.3	15	21.3
11:45	21.4	19	21.8
11:30	21.5	23	22.4
11:15	21.7	28	23.2
11:00	22.0	32	24.0
10:45	22.3	37	24.9
10:30	22.6	41	25.6
10:15	23.0	46	26.7
10:00	23.5	51	27.7
9:45	24.0	56	28.7
9:30	24.6	61	29.8
9:15	25.2	67	31.1
9:00	25.8	72	32.2
8:45	26.5	78	33.5
8:30	27.3	83	34.6
8:15	28.1	89	35.9
8:00	29.0	94	36.8
7:45	29.9	101	38.2
7:30	30.8	106	39.0
7:15	31.8	113	40.2
7:00	32.9	118	40.9
6:45	34.0	125	41.8
6:30	35.2	131	42.6
6:15	36.4	138	43.1
6:00	37.5	144	43.9

**Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table**  
**Females Age 16**  
**HFZ:  $\geq 38.9$**

<i>If Mile Time is:</i>	<i>BMI can be no more than:</i>	<i>If PACER score is:</i>	<i>BMI can be no more than:</i>
13:00	21.5	10	21.5
12:45	21.5	11	21.5
12:30	21.5	12	21.5
12:15	21.5	13	21.5
12:00	21.5	15	21.6
11:45	21.6	19	22.0
11:30	21.8	23	22.6
11:15	22.2	27	23.2
11:00	22.2	32	24.2
10:45	22.5	37	25.1
10:30	22.9	41	25.9
10:15	23.3	46	26.9
10:00	23.7	51	27.9
9:45	24.2	56	28.9
9:30	24.8	61	30.0
9:15	25.4	67	31.4
9:00	26.1	72	32.4
8:45	26.8	78	33.7
8:30	27.5	83	34.8
8:15	28.3	89	36.0
8:00	29.2	94	37.0
7:45	30.1	101	38.5
7:30	31.1	106	39.2
7:15	32.1	113	40.4
7:00	33.1	118	41.5
6:45	34.2	125	42.0
6:30	35.4	131	42.8
6:15	36.6	138	43.4
6:00	37.9	144	44.2
5:45	39.2	151	45.1
5:30	40.6	157	45.8

## Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table Females Age 17 HFZ: ≥ 38.8

<i>If Mile Time is:</i>	<i>BMI can be no more than:</i>	<i>If PACER score is:</i>	<i>BMI can be no more than:</i>
13:00	21.6	10	21.6
12:45	21.6	11	21.6
12:30	21.6	12	21.6
12:15	21.6	13	21.6
12:00	21.6	15	21.7
11:45	21.7	19	22.2
11:30	21.9	23	22.8
11:15	22.1	28	23.6
11:00	22.3	32	24.3
10:45	22.6	37	25.2
10:30	23.0	41	26.0
10:15	23.4	46	27.0
10:00	23.9	51	28.1
9:45	24.4	56	29.1
9:30	24.9	61	30.1
9:15	25.5	67	31.5
9:00	26.2	72	32.5
8:45	26.9	78	33.8
8:30	27.6	83	35.0
8:15	28.5	89	36.1
8:00	29.3	94	37.1
7:45	30.2	101	38.6
7:30	31.2	106	39.4
7:15	32.2	113	40.6
7:00	33.3	118	41.3
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6:30	35.5	131	42.9
6:15	36.7	138	43.5
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5:45	39.3	151	45.2
5:30	40.7	157	45.9



## Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-up Table

### Females Age >17

HFZ:  $\geq 38.6$

<i>If Mile Time is:</i>	<i>BMI can be no more than:</i>	<i>If PACER score is:</i>	<i>BMI can be no more than:</i>
13:00	21.8	10	21.8
12:45	21.8	11	21.8
12:30	21.8	12	21.8
12:15	21.8	13	21.8
12:00	21.9	15	21.9
11:45	22.0	19	22.4
11:30	22.1	23	23.0
11:15	22.3	28	23.8
11:00	22.5	33	24.6
10:45	22.9	37	25.5
10:30	23.2	41	26.2
10:15	23.6	46	27.3
10:00	24.1	51	28.3
9:45	24.6	56	29.3
9:30	25.2	61	30.4
9:15	25.8	67	31.7
9:00	26.4	72	32.8
8:45	27.1	78	34.1
8:30	27.9	83	35.2
8:15	28.7	89	36.4
8:00	29.5	94	37.4
7:45	30.5	101	38.8
7:30	31.4	106	39.6
7:15	32.4	113	40.8
7:00	33.5	118	41.5
6:45	34.6	125	42.4
6:30	35.8	131	43.1
6:15	37.0	138	43.7
6:00	38.2	144	44.5
5:45	39.6	151	45.4
5:30	40.9	157	46.2
5:15	42.3	165	47.2
5:00	43.8	171	48.0