**Canadian Fitness Standard: Beep Test Norms**

**Males**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **very poor** | **poor** | **fair** | **average** | **good** | **very good** | **excellent** |
| 12 - 13 yrs | < 3/3 | 3/4 - 5/1 | 5/2 - 6/4 | 6/5 - 7/5 | 7/6 - 8/8 | 8/9 - 10/9 | > 10/9 |
| 14 - 15 yrs | < 4/7 | 4/7 - 6/1 | 6/2 - 7/4 | 7/5 - 8/9 | 8/10 - 9/8 | 9/9 - 12/2 | > 12/2 |
| 16 - 17 yrs | < 5/1 | 5/1 - 6/8 | 6/9 - 8/2 | 8/3 - 9/9 | 9/10 - 11/3 | 11/4 - 13/7 | > 13/7 |
| 18 - 25 yrs | < 5/2 | 5/2 - 7/1 | 7/2 - 8/5 | 8/6 - 10/1 | 10/2 - 11/5 | 11/6 - 13/10 | > 13/10 |
| 26 - 35 yrs | < 5/2 | 5/2 - 6/5 | 6/6 - 7/9 | 7/10 - 8/9 | 8/10 - 10/6 | 10/7 - 12/9 | >12/9 |
| 36 - 45 yrs | < 3/8 | 3/8 - 5/3 | 5/4 - 6/4 | 6/5 - 7/7 | 7/8 - 8/9 | 8/10 - 11/3 | > 11/3 |
| 46 - 55 yrs | < 3/6 | 3/6 - 4/6 | 4/7 - 5/5 | 5/6 - 6/6 | 6/7 - 7/7 | 7/8 - 9/5 | > 9/5 |
| 56 - 65 yrs | < 2/7 | 2/7 - 3/6 | 3/7 - 4/8 | 4/9 - 5/6 | 5/7 - 6/8 | 6/9 - 8/4 | > 8/4 |
| > 65 yrs | < 2/2 | 2/2 - 2/5 | 2/6 - 3/7 | 3/8 - 4/8 | 4/9 - 6/1 | 6/2 - 7/2 | > 7/2 |

**Females**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **very poor** | **poor** | **fair** | **average** | **good** | **very good** | **excellent** |
| 12 - 13 yrs | < 2/6 | 2/6- 3/5 | 3/6- 5/1 | 5/2 - 6/1 | 6/2 - 7/4 | 7/5 - 9/3 | > 9/3 |
| 14 - 15 yrs | < 3/3 | 3/4 - 5/2 | 5/3 - 6/4 | 6/5 - 7/5 | 7/6 - 8/7 | 8/8 - 10/7 | > 10/7 |
| 16 - 17 yrs | < 4/2 | 4/2 - 5/6 | 5/7 - 7/1 | 7/2 - 8/4 | 8/5 - 9/7 | 9/8 - 11/10 | > 11/11 |
| 18 - 25 yrs | < 4/5 | 4/5 - 5/7 | 5/8 - 7/2 | 7/3 - 8/6 | 8/7 - 10/1 | 10/2 - 12/7 | > 12/7 |
| 26 - 35 yrs | < 3/8 | 3/8 - 5/2 | 5/3 - 6/5 | 6/6 - 7/7 | 7/8 - 9/4 | 9/5 - 11/5 | > 11/5 |
| 36 - 45 yrs | < 2/7 | 2/7- 3/7 | 3/8- 5/3 | 5/4 - 6/2 | 6/3 - 7/4 | 7/5 - 9/5 | > 9/5 |
| 46 - 55 yrs | < 2/5 | 2/5 - 3/5 | 3/6 - 4/4 | 4/5 - 5/3 | 5/4 - 6/2 | 6/3 - 8/1 | > 8/1 |
| 56 - 65 yrs | < 2/2 | 2/2 - 2/6 | 2/7 - 3/5 | 3/6 - 4/4 | 4/5 - 5/6 | 5/7 - 7/2 | > 7/2 |
| > 65 yrs | < 1/5 | 1/5 - 2/1 | 2/2 - 2/6 | 2/7 - 3/4 | 3/5 - 4/3 | 4/4 - 5/7 | > 5/7 |

**Examining Exactly How the Beep Test Works**

**Many of you ask me how each level works, how many times you run back and forth and how long you ran in total. The following chart will explain it all to you.**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Level** | **Shuttles** | **Cumulative Shuttles** | **Speed (km/h)** | **Shuttle Time (seconds)** | **Total level time (s)** | **Distance (m)** | **Cumulative Distance (m)** | **Cumulative Time (min and seconds)** |
| 1 | 7 | 7 | 8.0 | 9.00 | 63.00 | 140 | 140 | 1:03 |
| 2 | 8 | 15 | 9.0 | 8.00 | 64.00 | 160 | 300 | 2:07 |
| 3 | 8 | 23 | 9.5 | 7.58 | 60.63 | 160 | 460 | 3:08 |
| 4 | 9 | 32 | 10.0 | 7.20 | 64.80 | 180 | 640 | 4:12 |
| 5 | 9 | 41 | 10.5 | 6.86 | 61.71 | 180 | 820 | 5:14 |
| 6 | 10 | 51 | 11.0 | 6.55 | 65.50 | 200 | 1020 | 6:20 |
| 7 | 10 | 61 | 11.5 | 6.26 | 62.61 | 200 | 1220 | 7:22 |
| 8 | 11 | 72 | 12.0 | 6.00 | 66.00 | 220 | 1440 | 8:28 |
| 9 | 11 | 83 | 12.5 | 5.76 | 63.36 | 220 | 1660 | 9:31 |
| 10 | 11 | 94 | 13.0 | 5.54 | 60.92 | 220 | 1880 | 10:32 |
| 11 | 12 | 106 | 13.5 | 5.33 | 64.00 | 240 | 2120 | 11:36 |
| 12 | 12 | 118 | 14.0 | 5.14 | 61.71 | 240 | 2360 | 12:38 |
| 13 | 13 | 131 | 14.5 | 4.97 | 64.55 | 260 | 2620 | 13:43 |
| 14 | 13 | 144 | 15.0 | 4.80 | 62.40 | 260 | 2880 | 14:45 |
| 15 | 13 | 157 | 15.5 | 4.65 | 60.39 | 260 | 3140 | 15:46 |
| 16 | 14 | 171 | 16.0 | 4.50 | 63.00 | 280 | 3420 | 16:49 |
| 17 | 14 | 185 | 16.5 | 4.36 | 61.09 | 280 | 3700 | 17:50 |
| 18 | 15 | 200 | 17.0 | 4.24 | 63.53 | 300 | 4000 | 18:54 |
| 19 | 15 | 215 | 17.5 | 4.11 | 61.71 | 300 | 4300 | 19:56 |
| 20 | 16 | 231 | 18.0 | 4.00 | 64.00 | 320 | 4620 | 21:00 |
| 21 | 16 | 247 | 18.5 | 3.89 | 62.27 | 320 | 4940 | 22:03 |

**Beep Test World Record Scores**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **rank** | **score** | **name** | **sport** | **notes** |
| 1 | 17/1 | Kini Qereqeretabua | Rugby Union | Fijian player, achived in 2007. This effort is very impressive, especially considering that he is 103kg. (from the [Fiji Times](http://www.fijitimes.com/story.aspx?id=55725)) |
| =2 | 17 | Sebastian Coe | Athletics | reported result from this UK middle distance champion runner |
| =2 | 17 | Lee Gong Dook | Football (Soccer) | Premier League player |
| =2 | 17 | Brent Livermore | Field Hockey | Australian field hockey player |
| =2 | 17 | Steve Nash | Basketball | NBA point guard, played with the Dallas Mavericks |
| 6 | 16/7 | Netani Suka | Rugby Union | Fijian player, achived in 2007 at the same time as Qereqeretabua. (from the [Fiji Times](http://www.fijitimes.com/story.aspx?id=55725)) |
| 7 | 16/4 | Scott Spriggs | AFL | Player from the North Ballarat Rebels TAC cup team, from about 2010. He has achived several scores above 16 during AFL Victorian state testing. |
| =8 | 16/2 | Kane Mitchell | AFL | Claremont player, achieved at the AFL WA state combine in October 2011 |
| =8 | 16/2 | Hayden Hector | AFL | Gippsland Power player, achieved at the AFL VIC state combine in October 2011 |
| =10 | 16/1 | Maurizio Minetti | Handball | Achieved by this player from Ossola, Italy in Oct 2009. (unconfirmed result, submitted by visitor) |
| =10 | 16/1 | Brad Hill | AFL | Younger brother of Stephen Hill of the Fremantle Dockers. |