Same standards for below 5000ft and above 5000ft

Male Plank Standards

Performance		Age	17 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Category	Level	Points	Forearm Planks (minutes:seconds)										
Outstanding	High	100	03:24	03:20	03:16	03:12	03:08	03:04	03:01	02:57	02:54	02:50	02:47
Outstanding	Medium	95	03:19	03:15	03:11	03:07	03:04	03:00	02:56	02:53	02:49	02:46	02:43
Outstanding	Low	90	03:14	03:10	03:06	03:02	02:59	02:55	02:52	02:48	02:45	02:42	02:38
Excellent	High	85	03:04	03:00	02:56	02:53	02:49	02:46	02:43	02:39	02:36	02:33	02:30
Excellent	Medium	80	02:53	02:50	02:47	02:43	02:40	02:37	02:34	02:31	02:28	02:25	02:22
Excellent	Low	75	02:43	02:40	02:37	02:34	02:31	02:28	02:25	02:22	02:19	02:16	02:13
Good	High	70	02:23	02:20	02:17	02:14	02:12	02:09	02:07	02:04	02:02	01:59	01:57
Good	Medium	65	02:02	02:00	01:58	01:55	01:53	01:51	01:48	01:46	01:44	01:42	01:40
Good	Low	60	01:42	01:40	01:38	01:36	01:34	01:32	01:30	01:29	01:27	01:25	01:23
Satisfactory	High	55	01:32	01:30	01:28	01:26	01:25	01:23	01:21	01:20	01:18	01:17	01:15
Satisfactory	Medium	50	01:22	01:20	01:18	01:17	01:15	01:14	01:12	01:11	01:09	01:08	01:07
Probationary		45	01:11	01:10	01:09	01:07	01:06	01:05	01:03	01:02	01:01	01:00	00:58
Failure													

Female Plank Standards

Performance		Age	17 - 19	20 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65+
Category	Level	Points	Forearm Planks (minutes:seconds)										
Outstanding	High	100	03:14	03:10	03:06	03:02	02:59	02:55	02:52	02:48	02:45	02:42	02:38
Outstanding	Medium	95	03:09	03:05	03:01	02:58	02:54	02:51	02:47	02:44	02:41	02:37	02:34
Outstanding	Low	90	03:04	03:00	02:56	02:53	02:49	02:46	02:43	02:39	02:36	02:33	02:30
Excellent	High	85	02:53	02:50	02:47	02:43	02:40	02:37	02:34	02:31	02:28	02:25	02:22
Excellent	Medium	80	02:43	02:40	02:37	02:34	02:31	02:28	02:25	02:22	02:19	02:16	02:13
Excellent	Low	75	02:33	02:30	02:27	02:24	02:21	02:18	02:16	02:13	02:10	02:08	02:05
Good	High	70	02:13	02:10	02:07	02:05	02:02	02:00	01:58	01:55	01:53	01:51	01:48
Good	Medium	65	01:52	01:50	01:48	01:46	01:44	01:41	01:39	01:37	01:35	01:34	01:32
Good	Low	60	01:32	01:30	01:28	01:26	01:25	01:23	01:21	01:20	01:18	01:17	01:15
Satisfactory	High	55	01:22	01:20	01:18	01:17	01:15	01:14	01:12	01:11	01:09	01:08	01:07
Satisfactory	Medium	50	01:11	01:10	01:09	01:07	01:06	01:05	01:03	01:02	01:01	01:00	00:58
Probationary		45	01:01	01:00	00:59	00:58	00:56	00:55	00:54	00:53	00:52	00:51	00:50
Failure													