## 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 |
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