

Males

Age	Very Poor	Poor	Fair	Average	Good	Very Good	Excellent
12-13yrs	<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	<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

Age	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

Source: www.topendsports.com

mp3: www.defencejobs.gov.au