



Winning Edge Fitness Standards

Beep Test

		U13	U15	U17	U19	Open
Males	Level Achieved	11/1	12/1	13/1	14/1	15/1
	Equivalent $\dot{V}O_2$ max.	52.7	56.2	59.6	63.1	66.6
Females	Level Achieved	8/1	9/1	10/1	11/1	12/1
	Equivalent $\dot{V}O_2$ max.	42.2	45.7	49.2	52.7	56.2

Vertical Jump Height (cm)

	U13	U15	U17	U19	Open
Males	45	48	52	59	62
Females	37	39	41	43	46

20 m Sprint

	U13	U15	U17	U19	Open
Males	3.44	3.21	3.07	2.98	2.90
Females	3.63	3.58	3.51	3.46	3.40

- These fitness standards have been produced based on data collected on age group and senior athletes in various sports in Australia. They will be revised as testing data on squash athletes in Australia is collected.
- Predicted $\dot{V}O_2$ max values from beep test scores have been calculated using a regression equation from Ransbottom et al. (1988).