

Estimated Aerobic Capacity (VO₂max) Look-up Table
Males Age 13
HFZ: ≥ 41.1

If Mile Time is: *BMI can be no more than:*

13:00	22.1
12:45	22.1
12:30	22.1
12:15	22.1
12:00	22.2
11:45	22.3
11:30	22.4
11:15	22.6
11:00	22.9
10:45	23.2
10:30	23.5
10:15	23.9
10:00	24.4
9:45	24.9
9:30	25.4
9:15	26.0
9:00	26.7
8:45	27.4
8:30	28.2
8:15	29.0
8:00	29.8
7:45	30.7
7:30	31.7
7:15	32.7
7:00	33.8
6:45	34.9
6:30	36.0
6:15	37.2
6:00	38.5
5:45	39.8
5:30	41.2
5:15	42.6
5:00	44.1

If PACER score is: *BMI can be no more than:*

10	22.1
11	22.1
12	22.1
13	22.1
15	22.2
19	22.7
23	23.3
28	24.1
32	24.8
37	25.7
41	26.5
46	27.5
51	28.6
56	29.6
61	30.7
67	32.0
72	33.0
78	34.3
83	35.5
89	36.7
94	37.6
101	39.1
106	39.9
113	41.1
118	41.8
125	42.7
131	43.4
138	44.0
144	44.8
151	45.7
157	46.5
165	47.5
171	48.2

Estimated Aerobic Capacity (VO₂max) Look-up Table
Males Age 14
HFZ: ≥ 42.5

If Mile Time is: *BMI can be no more than:*

13:00	20.7
12:45	20.7
12:30	20.7
12:15	20.7
12:00	20.7
11:45	20.8
11:30	21.0
11:15	21.2
11:00	21.4
10:45	21.7
10:30	22.1
10:15	22.5
10:00	23.0
9:45	23.5
9:30	24.0
9:15	24.6
9:00	25.3
8:45	26.0
8:30	26.7
8:15	27.5
8:00	28.4
7:45	29.3
7:30	30.3
7:15	31.3
7:00	32.3
6:45	33.5
6:30	34.6
6:15	35.8
6:00	37.1
5:45	38.4
5:30	39.8
5:15	41.2
5:00	42.7

If PACER score is: *BMI can be no more than:*

10	20.7
11	20.7
12	20.7
13	20.7
15	20.8
19	21.3
23	21.8
28	22.7
32	23.4
37	24.3
41	25.1
46	26.1
51	27.2
56	28.2
61	29.2
67	30.6
72	31.6
78	32.9
83	34.1
89	35.2
94	36.2
101	37.7
106	38.5
113	39.7
118	40.4
125	41.2
131	42.0
138	42.6
144	43.4
151	44.3
157	45.0
165	46.1
171	46.8

Estimated Aerobic Capacity (VO₂max) Look-up Table
Males Age 15
HFZ: ≥ 43.6

If Mile Time is: *BMI can be no more than:*

13:00	19.6
12:45	19.6
12:30	19.6
12:15	19.6
12:00	19.7
11:45	19.8
11:30	19.9
11:15	20.1
11:00	20.4
10:45	20.7
10:30	21.0
10:15	21.4
10:00	21.9
9:45	22.4
9:30	23.0
9:15	23.6
9:00	24.2
8:45	24.9
8:30	25.7
8:15	26.5
8:00	27.3
7:45	28.3
7:30	29.2
7:15	30.2
7:00	31.3
6:45	32.4
6:30	33.6
6:15	34.8
6:00	36.0
5:45	37.3
5:30	38.7
5:15	40.1
5:00	41.6

If PACER score is: *BMI can be no more than:*

10	19.6
11	19.6
12	19.6
13	19.6
15	19.7
19	20.2
23	20.8
28	21.6
32	22.4
37	23.3
41	24.0
46	25.1
51	26.1
56	27.1
61	28.2
67	29.5
72	30.6
78	31.9
83	33.0
89	34.2
94	35.2
101	36.6
106	37.4
113	38.6
118	39.3
125	40.2
131	40.9
138	41.5
144	42.3
151	43.2
157	44.0
165	45.0
171	45.8

Estimated Aerobic Capacity (VO₂max) Look-up Table
Males Age 16
HFZ: ≥ 44.1

If Mile Time is: *BMI can be no more than:*

13:00	19.3
12:45	19.3
12:30	19.3
12:15	19.3
12:00	19.3
11:45	19.4
11:30	19.6
11:15	19.8
11:00	20.0
10:45	20.3
10:30	20.7
10:15	21.1
10:00	21.5
9:45	22.1
9:30	22.6
9:15	23.2
9:00	23.9
8:45	24.6
8:30	25.3
8:15	26.1
8:00	27.0
7:45	27.9
7:30	28.9
7:15	29.9
7:00	30.9
6:45	32.1
6:30	33.2
6:15	34.4
6:00	35.7
5:45	37.0
5:30	38.4
5:15	39.8
5:00	41.3

If PACER score is: *BMI can be no more than:*

10	19.3
11	19.3
12	19.3
13	19.3
15	19.4
19	19.9
23	20.4
28	21.3
32	22.0
37	22.9
41	23.7
46	24.7
51	25.7
56	26.8
61	27.8
67	29.2
72	30.2
78	31.5
83	32.7
89	33.8
94	34.8
101	36.3
106	37.1
113	38.3
118	39.0
125	39.8
131	40.6
138	41.2
144	42.0
151	42.9
157	43.6
165	44.7
171	45.4

Estimated Aerobic Capacity (VO2max) Look-up Table
Males Age 17
HFZ: ≥ 44.2

If Mile Time is: *BMI can be no more than:*

13:00	19.4
12:45	19.4
12:30	19.4
12:15	19.4
12:00	19.5
11:45	19.6
11:30	19.7
11:15	19.9
11:00	20.2
10:45	20.5
10:30	20.8
10:15	21.2
10:00	21.7
9:45	22.2
9:30	22.7
9:15	23.3
9:00	24.0
8:45	24.7
8:30	25.5
8:15	26.3
8:00	27.1
7:45	28.0
7:30	29.0
7:15	30.0
7:00	31.1
6:45	32.2
6:30	33.3
6:15	34.6
6:00	35.8
5:45	37.1
5:30	38.5
5:15	39.9
5:00	41.4

If PACER score is: *BMI can be no more than:*

10	19.4
11	19.4
12	19.4
13	19.4
15	19.5
19	20.0
23	20.6
28	21.4
32	22.1
37	23.0
41	23.8
46	24.9
51	25.9
56	26.9
61	28.0
67	29.3
72	30.3
78	31.6
83	32.8
89	34.0
94	35.0
101	36.4
106	37.2
113	38.4
118	39.1
125	40.0
131	40.7
138	41.3
144	42.1
151	43.0
157	43.8
165	44.8
171	45.6

Estimated Aerobic Capacity (VO₂max) Look-up Table
Males Age >17
HFZ: ≥ 44.3

<i>If Mile Time is:</i>	<i>BMI can be no more than:</i>
13:00	19.5
12:45	19.5
12:30	19.5
12:15	19.6
12:00	19.6
11:45	19.7
11:30	19.8
11:15	20.0
11:00	20.3
10:45	20.6
10:30	21.0
10:15	21.4
10:00	21.8
9:45	22.3
9:30	22.9
9:15	23.5
9:00	24.1
8:45	24.8
8:30	25.6
8:15	26.4
8:00	27.3
7:45	28.2
7:30	29.1
7:15	30.1
7:00	31.2
6:45	32.3
6:30	33.5
6:15	34.7
6:00	36.0
5:45	37.3
5:30	38.6
5:15	40.0
5:00	41.5

<i>If PACER score is:</i>	<i>BMI can be no more than:</i>
10	19.5
11	19.5
12	19.5
13	19.5
15	19.7
19	20.1
23	20.7
28	21.5
32	22.3
37	23.2
41	23.9
46	25.0
51	26.0
56	27.0
61	28.1
67	29.4
72	30.5
78	31.8
83	32.9
89	34.1
94	35.1
101	36.5
106	37.3
113	38.5
118	39.2
125	40.1
131	40.9
138	41.5
144	42.2
151	43.2
157	43.9
165	44.9
171	45.7

Estimated Aerobic Capacity (VO₂max) Look-up Table
Females Age 13
HFZ: ≥ 39.7

If Mile Time is: **BMI can be no more than:**

13:00	20.5
12:45	20.5
12:30	20.5
12:15	20.5
12:00	20.6
11:45	20.7
11:30	20.8
11:15	21.0
11:00	21.3
10:45	21.6
10:30	21.9
10:15	22.3
10:00	22.8
9:45	23.3
9:30	23.8
9:15	24.5
9:00	25.1
8:45	25.8
8:30	26.6
8:15	27.4
8:00	28.2
7:45	29.1
7:30	30.1
7:15	31.1
7:00	32.2
6:45	33.3
6:30	34.5
6:15	35.7
6:00	36.9
5:45	38.2
5:30	39.6
5:15	41.0
5:00	42.5

If PACER score is: **BMI can be no more than:**

10	20.5
11	20.5
12	20.5
13	20.5
15	20.6
19	21.1
23	21.7
28	22.5
32	23.2
37	24.2
41	24.9
46	26.0
51	27.0
56	28.0
61	29.1
67	30.4
72	31.5
78	32.8
83	33.9
89	35.1
94	36.1
101	37.5
106	38.3
113	39.5
118	40.2
125	41.1
131	41.8
138	42.4
144	43.2
151	44.1
157	44.9
165	45.9
171	46.7

Estimated Aerobic Capacity (VO₂max) Look-up Table
Females Age 14
HFZ: ≥ 39.4

If Mile Time is: *BMI can be no more than:*

13:00	20.9
12:45	20.9
12:30	20.9
12:15	20.9
12:00	20.9
11:45	21.0
11:30	21.2
11:15	21.4
11:00	21.6
10:45	21.9
10:30	22.3
10:15	22.7
10:00	23.1
9:45	23.6
9:30	24.2
9:15	24.8
9:00	25.5
8:45	26.2
8:30	26.9
8:15	27.7
8:00	28.6
7:45	29.5
7:30	30.5
7:15	31.5
7:00	32.5
6:45	33.6
6:30	34.8
6:15	36.0
6:00	37.3
5:45	38.6
5:30	40.0
5:15	41.4
5:00	42.8

If PACER score is: *BMI can be no more than:*

10	20.9
11	20.9
12	20.9
13	20.9
15	21.0
19	21.5
23	22.0
28	22.9
32	23.6
37	24.5
41	25.3
46	26.3
51	27.3
56	28.3
61	29.4
67	30.8
72	31.8
78	33.1
83	34.2
89	35.4
94	36.4
101	37.9
106	38.7
113	39.9
118	40.6
125	41.4
131	42.2
138	42.8
144	43.6
151	44.5
157	45.2
165	46.2
171	47.0

Estimated Aerobic Capacity (VO₂max) Look-up Table
Females Age 15
HFZ: ≥ 39.1

If Mile Time is: **BMI can be no more than:**

13:00	21.2
12:45	21.2
12:30	21.2
12:15	21.3
12:00	21.3
11:45	21.4
11:30	21.5
11:15	21.7
11:00	22.0
10:45	22.3
10:30	22.6
10:15	23.0
10:00	23.5
9:45	24.0
9:30	24.6
9:15	25.2
9:00	25.8
8:45	26.5
8:30	27.3
8:15	28.1
8:00	29.0
7:45	29.9
7:30	30.8
7:15	31.8
7:00	32.9
6:45	34.0
6:30	35.2
6:15	36.4
6:00	37.6
5:45	39.0
5:30	40.3
5:15	41.7
5:00	43.2

If PACER score is: **BMI can be no more than:**

10	21.2
11	21.2
12	21.2
13	21.2
15	21.3
19	21.8
23	22.4
28	23.2
32	24.0
37	24.9
41	25.6
46	26.7
51	27.7
56	28.7
61	29.8
67	31.1
72	32.2
78	33.5
83	34.6
89	35.8
94	36.8
101	38.2
106	39.0
113	40.2
118	40.9
125	41.8
131	42.6
138	43.1
144	43.9
151	44.8
157	45.6
165	46.6
171	47.4

Estimated Aerobic Capacity (VO₂max) Look-up Table
Females Age 16
HFZ: ≥ 38.9

If Mile Time is: *BMI can be no more than:*

13:00	21.5
12:45	21.5
12:30	21.5
12:15	21.5
12:00	21.5
11:45	21.6
11:30	21.8
11:15	22.0
11:00	22.2
10:45	22.5
10:30	22.9
10:15	23.3
10:00	23.7
9:45	24.2
9:30	24.8
9:15	25.4
9:00	26.1
8:45	26.8
8:30	27.5
8:15	28.3
8:00	29.2
7:45	30.1
7:30	31.1
7:15	32.1
7:00	33.1
6:45	34.2
6:30	35.4
6:15	36.6
6:00	37.9
5:45	39.2
5:30	40.6
5:15	42.0
5:00	43.4

If PACER score is: *BMI can be no more than:*

10	21.5
11	21.5
12	21.5
13	21.5
15	21.6
19	22.0
23	22.6
28	23.5
32	24.2
37	25.1
41	25.9
46	26.9
51	27.9
56	28.9
61	30.0
67	31.4
72	32.4
78	33.7
83	34.8
89	36.0
94	37.0
101	38.5
106	39.2
113	40.4
118	41.2
125	42.0
131	42.8
138	43.4
144	44.2
151	45.1
157	45.8
165	46.8
171	47.6

Estimated Aerobic Capacity (VO₂max) Look-up Table
Females Age 17
HFZ: ≥ 38.8

If Mile Time is: *BMI can be no more than:*

13:00	21.6
12:45	21.6
12:30	21.6
12:15	21.6
12:00	21.6
11:45	21.7
11:30	21.9
11:15	22.1
11:00	22.3
10:45	22.6
10:30	23.0
10:15	23.4
10:00	23.9
9:45	24.4
9:30	24.9
9:15	25.5
9:00	26.2
8:45	26.9
8:30	27.6
8:15	28.5
8:00	29.3
7:45	30.2
7:30	31.2
7:15	32.2
7:00	33.3
6:45	34.4
6:30	35.5
6:15	36.7
6:00	38.0
5:45	39.3
5:30	40.7
5:15	42.1
5:00	43.6

If PACER score is: *BMI can be no more than:*

10	21.6
11	21.6
12	21.6
13	21.6
15	21.7
19	22.2
23	22.8
28	23.6
32	24.3
37	25.2
41	26.0
46	27.0
51	28.1
56	29.1
61	30.1
67	31.5
72	32.5
78	33.8
83	35.0
89	36.1
94	37.1
101	38.6
106	39.4
113	40.6
118	41.3
125	42.2
131	42.9
138	43.5
144	44.3
151	45.2
157	45.9
165	47.0
171	47.7

Estimated Aerobic Capacity (VO₂max) Look-up Table
Females Age >17
HFZ: ≥ 38.6

If Mile Time is: *BMI can be no more than:*

13:00	21.8
12:45	21.8
12:30	21.8
12:15	21.8
12:00	21.9
11:45	22.0
11:30	22.1
11:15	22.3
11:00	22.6
10:45	22.9
10:30	23.2
10:15	23.6
10:00	24.1
9:45	24.6
9:30	25.2
9:15	25.8
9:00	26.4
8:45	27.1
8:30	27.9
8:15	28.7
8:00	29.5
7:45	30.5
7:30	31.4
7:15	32.4
7:00	33.5
6:45	34.6
6:30	35.8
6:15	37.0
6:00	38.2
5:45	39.6
5:30	40.9
5:15	42.3
5:00	43.8

If PACER score is: *BMI can be no more than:*

10	21.8
11	21.8
12	21.8
13	21.8
15	21.9
19	22.4
23	23.0
28	23.8
32	24.6
37	25.5
41	26.2
46	27.3
51	28.3
56	29.3
61	30.4
67	31.7
72	32.8
78	34.1
83	35.2
89	36.4
94	37.4
101	38.8
106	39.6
113	40.8
118	41.5
125	42.4
131	43.1
138	43.7
144	44.5
151	45.4
157	46.2
165	47.2
171	48.0