

Cadet Challenge Score / Grade Matrix

Exercise	Female					NJROTC Award	Male					Grade %
	13	14	15	16	17		13	14	15	16	17	
Curl-ups						Curl-ups						
Outstanding	46	47	48	45	44	Gold	53	56	57	56	55	30
Excellent	42	42	41	40	38	Silver	48	51	51	50	50	29
Good	40	40	39	37	36	Bronze	45	48	49	48	46	28
Satisfactory	33	34	32	32	30	Ribbon	39	41	41	40	40	27
<Std / DNF						<Std / DNF						<20
Push-ups						Push-ups						
Outstanding	21	20	20	24	25	Gold	39	40	42	44	53	30
Excellent	15	12	18	19	19	Silver	31	30	35	36	44	29
Good	13	10	16	15	17	Bronze	28	25	32	32	41	28
Satisfactory	8	5	11	11	14	Ribbon	20	20	25	25	30	27
<Std / DNF						<Std / DNF						<20
1-Mile Run						1-Mile Run						
Outstanding	8:13	7:59	8:08	8:23	8:15	Gold	6:50	6:26	6:20	6:08	6:06	30
Excellent	9:09	8:50	8:55	9:11	9:15	Silver	7:20	6:59	6:48	6:33	6:32	29
Good	9:50	9:27	9:23	9:48	9:51	Bronze	7:41	7:19	7:06	6:50	6:50	28
Satisfactory	11:40	11:10	11:00	11:44	11:20	Ribbon	8:54	8:30	8:08	7:53	7:35	27
<Std / DNF						<Std / DNF						<20
Sit & Reach						Sit & Reach						
Outstanding	35	37	37	40	37	Gold	27	29	31	33	36	10
Excellent	30	32	33	35	32	Silver	26	26	28	29	31	9
Good	28	30	32	32	31	Bronze	24	24	26	27	28	8
Satisfactory	23	23	23	23	23	Ribbon	23	23	23	23	23	7
<Std / DNF						<Std / DNF						<5

Notes on Grading: Each element is graded individually, sum each of the four event points for the percent grade. If a cadet is unable to perform one of the elements (Medically approved) then the grade will be a percent of the elements completed.