



**BURLINGTON COMPOSITE SQUADRON / NCR IA 005**

CIVIL AIR PATROL  
 UNITED STATES AIR FORCE AUXILIARY  
 P.O. BOX 515  
 WEST BURLINGTON, IOWA 52655



**Cadet Phase I Qualification – Wright Brothers Achievement**

**NAME:** \_\_\_\_\_

**CAPID:** \_\_\_\_\_

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	<b>Topic</b>		<b>Date</b>		
2: Unit Activity					
	<b>Exam Score</b>	<b>Date</b>	<b>Date</b>		
3: Leadership, Comprehensive					

**Senior Member Approvals For Completion Of Tasks**

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Moral Leadership			
3: Leadership, Comprehensive			
4: Review Board, CAPF50-1			

	Sr. Member Signature	CAPID	Date
Promoted to C/SSgt			
CAPF 52-1			
All entries into E-Services online record complete			

<b>PHASE I ACHIEVEMENTS 1 – 3 &amp; THE WRIGHT BROTHERS AWARD</b>																
AGE	MALES								FEMALES							
	10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH	20	21	21	20	23	24	25	28	24	24	25	24	28	31	30	31
CURL UPS	30	31	34	36	39	38	38	38	25	27	29	30	31	30	30	28
PUSH UPS	10	11	12	16	18	22	24	26	10	10	9	9	9	11	11	12
SHUTTLE RUN	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
MILE RUN	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11

President's  
 Challenge  
**25<sup>th</sup>**  
 percentile