



BURLINGTON COMPOSITE SQUADRON / NCR IA 005

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

Achieving Greater Heights

Spatz Award

NAME: _____

CAPID: _____

	Sit & Reach	Curl-Ups	Push-ups	Mile Run	Shuttle Run
1: Physical Training					
	Date				
2: Moral Leadership Essay Exam					
	Date				
3: Leadership Comprehensive Exam					
	Date				
4: Aerospace Comprehensive Exam					
	Activity	Date			
5: Activity					

Senior Member Approvals For Completion Of Tasks

	Sr. Member Signature	CAPID	Date
1: Physical Training			
2: Moral Leadership Essay Exam			
3: Leadership Comprehensive Exam			
4: Aerospace Comprehensive Exam			
5: Activity			

	Sr. Member Signature	CAPID	Date
Promotion to C/Col			
All entries into E-Services online record complete			

Cadet Physical Fitness Test Requirements

		SPAATZ AWARD															
		MALES								FEMALES							
AGE		10	11	12	13	14	15	16	17+	10	11	12	13	14	15	16	17+
SIT & REACH		28	29	29	30	33	34	36	40	31	32	34	36	38	41	39	40
CURL UPS		41	43	47	50	52	53	51	51	37	39	41	42	43	44	41	40
PUSH UPS		20	24	27	35	36	39	40	49	18	17	18	19	19	19	21	23
SHUTTLE RUN		10.7	10.4	10.0	9.8	9.4	9.2	8.9	8.9	11.3	10.8	10.7	10.5	10.5	10.3	10.4	10.3
MILE RUN		8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23	10:08	9:44	9:15	8:49	8:36	8:40	8:50	8:52

President's
 Challenge
75th
 Percentile