# PAT Matrix Quick Reference

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|  |
| All candidates need to achieve a total of at least 11 points across the four tests. |
|  |
| RUN |
|  |
| Must score at least 2 points |
|  |
| Males |  | Females |
|  |
| Physical Body Mass | <19 | 19-30 | >30 |  | Physical Body Mass | <19 | 19-30 | >30 |
|  |
| Times (min) | Points | Points | Points |  | Times (min) | Points | Points | Points |
| Over 12:00 | 0 | 0 | 0 |  | Over 13:00 | 0 | 0 | 0 |
| 11:16 - 12:00 | 0 | 0 | 2 |  | 12:16 - 13:00 | 0 | 0 | 2 |
| 10:15 - 11:15 | 2 | 3 | 4 |  | 11:15 - 12:15 | 2 | 3 | 4 |
| Under 10:15 | 4 | 5 | 6 |  | Under 11:15 | 4 | 5 | 6 |
|  |
| VERTICAL JUMP |
|  |
| Must score at least 1 points |
|  |
| Males |  | Females |
|  |
| Jump (cm) | PointsPointsPoints000002234456 |  | Jump (cm) | PointsPointsPoints000002234456 |
| 48 & over | 3 |  | 40 & over | 3 |
| 40-47 | 2 |  | 33-39 | 2 |
| 32-39 | 1 |  | 26-32 | 1 |
| Under 32 | 0 |  | Under 26 | 0 |
|  |
| PRESS UPS |
|  |
| Must score at least 2 points |
|  |
| Males |  | Females |
|  |
| Number | Points |  | Number | Points |
| 34 & over | 3 |  | 20 & over | 3 |
| 25-33 | 2 |  | 15-19 | 2 |
| Under 25 | 0 |  | Under 15 | 0 |
|  |
| GRIP STRENGTHS |
|  |
| Must score at least 1 points |
|  |
| Males |  | Females |
|  |
| KG | PointsPointsPoints000002234456 |  | KG | PointsPointsPoints000002234456 |
| 120 & over | 3 |  | 70 & over | 3 |
| 105-119.9 | 2 |  | 60-69.9 | 2 |
| 90-104.9 | 1 |  | 50-59.9 | 1 |
| Under 90 | 0 |  | Under 50 | 0 |