# PAT Matrix Quick Reference

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | |
| 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) | Points  Points  Points  0  0  0  0  0  2  2  3  4  4  5  6 | | |  | Jump (cm) | Points  Points  Points  0  0  0  0  0  2  2  3  4  4  5  6 | | | |
| 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 | Points  Points  Points  0  0  0  0  0  2  2  3  4  4  5  6 | | |  | KG | Points  Points  Points  0  0  0  0  0  2  2  3  4  4  5  6 | | | |
| 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 | | | |