

USPHS SciPAC Excellence in Fitness Program

This program was designed in an effort to motivate and recognize Scientist officers who improve their fitness levels or demonstrate achievement in fitness. To earn a certificate, officers must complete one (or more) of the following within a single calendar year and submit a screenshot of the qualifying results to CDR Alison Halpin vif0@cdc.gov; LT Bradley Goodwin ylm5@cdc.gov; LT Michelle Hughes nqw7@cdc.gov. We kindly request, but do not require, that athletes wear their SciPAC or USPHS gear when competing. Send any questions: CDR Alison Halpin vif0@cdc.gov; LT Bradley Goodwin ylm5@cdc.gov; LT Michelle Hughes nqw7@cdc.gov.

I. APFT Improvement and Consistency Certificate (3 options)

- A. Increasing level in APFT score (e.g., Good to Excellent, Excellent to Outstanding, etc.)
- B. Achieving Maximum level (first time only)
- C. Maintaining Outstanding/Maximum level (3 consecutive years)

II. Excellence in Endurance Certificate (3 options)

- A. Completing **two or more** distance races in a single calendar year
 - Olympic distance multisport race or longer (triathlon/duathlon/aqua-bike/aquathlon)
 - Half Marathon or longer
- B. Completing **one or more** long distance races in a single calendar year
 - Half-Ironman distance multisport race or longer (triathlon/duathlon/aqua-bike/aquathlon)
 - Marathon or longer
 - Open water swim (1 mile or longer)
- C. Other endurance races will be evaluated on a case-by-case basis.

III. Achievement in Speed Certificate (4 options)

Awarded using the World Record road race times as a standard (60% of world record for age category, gender, and distance) *as of 2016*. <http://www.runnersworld.com/pace-calculators/age-grade-calculator>

Female

Age category	5K	10K	Half Marathon	Full Marathon
<35	24:37	0:50:33	1:48:42	3:45:41
35-39	24:57	0:51:17	1:50:37	3:49:01
40-44	25:23	0:52:45	1:54:00	3:55:58
45-49	26:40	0:55:10	1:59:22	4:07:25
50-54	28:09	0:58:30	2:06:37	4:23:10
55-59	29:49	1:02:18	2:14:52	4:41:12
60-64	31:40	1:06:36	2:24:15	5:01:54
65+	35:12	1:14:53	2:42:22	5:42:10

Male

Age category	5K	10K	Half Marathon	Full Marathon
<35	21:39	0:44:32	1:37:18	3:24:55
35-39	22:22	0:45:20	1:38:27	3:27:01
40-44	23:10	0:46:55	1:41:32	3:33:49
45-49	24:02	0:48:50	1:45:40	3:44:51
50-54	24:59	0:50:55	1:50:30	3:52:41
55-59	25:59	0:53:12	1:55:37	4:03:26
60-64	27:04	0:55:42	2:01:12	4:15:15
65+	29:07	1:00:15	2:11:25	4:36:42