

NLCC SIT AND REACH STANDARDS

BOYS				GIRLS			
INCHES				INCHES			
AGE	M	N	P	AGE	M	N	P
10	½	1	4	10	1 ½	3	6
11	½	1	4	11	1 ½	3	6 ½
12	½	1	4	12	1 ¾	3 ½	7
13	¼	½	3 ½	13	1 ¾	3 ½	7

NSCC SIT AND REACH STANDARDS

BOYS				GIRLS			
INCHES				INCHES			
AGE	M	N	P	AGE	M	N	P
13	¼	½	3 ½	13	1 ¾	3 ½	7
14	½	1	4 ½	14	2 ¼	4 ½	8
15	1	2	5	15	2 ½	5	8
16	1 ½	3	6	16	2 ¾	5 ½	9
17	1 ½	3	7	17	2 ¼	4 ½	8
18	1 ½	3	7	18	2 ¼	4 ½	8

M = MINIMUM STANDARDS
N = NATIONAL STANDARDS
P = PRESIDENTIAL STANDARDS