

## APPENDIX I

## SECTION 1: HEIGHT/WEIGHT STANDARDS

**MALES**

<b>HEIGHT</b>	<b>Maximum Standard</b>	<b>Minimum Standard</b>
<b>(Inches)</b>	<b>(Pounds)</b>	<b>(Pounds)</b>
58"	132	91
59"	136	94
60"	141	97
61"	146	100
62"	150	104
63"	155	107
64"	160	110
65"	165	114
66"	170	117
67"	176	121
68"	181	125
69"	186	128
70"	192	132
71"	197	136
72"	203	140
73"	208	144
74"	214	148
75"	220	152
76"	226	156
77"	232	160
78"	238	164
79"	244	168
80"	250	173

<b>Max BF%:</b>	<b>18%</b>
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**FEMALES**

<b>HEIGHT</b>	<b>Maximum Standard</b>	<b>Minimum Standard</b>
<b>(Inches)</b>	<b>(Pounds)</b>	<b>(Pounds)</b>
58"	120	91
59"	124	94
60"	128	97
61"	132	100
62"	137	104
63"	141	107
64"	146	110
65"	150	114
66"	155	117
67"	160	121
68"	164	125
69"	169	128
70"	174	132
71"	179	136
72"	184	140
73"	189	144
74"	195	148
75"	200	152
76"	205	156
77"	211	160
78"	216	164
79"	222	168
80"	228	173

<b>Max BF%:</b>	<b>26%</b>
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