

| Number of Situps | POINTS | | | | | | | |
|------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| | 17 - 21 | 22 - 26 | 27 - 31 | 32 - 36 | 37 - 41 | 42-46 | 47-51 | 52-56 |
| | Male/Female | Male/Female | Male/Female | Male/Female | Male/Female | Male/Female | Male/Female | Male/Female |
| 82 | | | 100 | | | | | |
| 81 | | | 99 | | | | | |
| 80 | | 100 | 98 | | | | | |
| 79 | | 99 | 97 | | | | | |
| 78 | 100 | 97 | 96 | | | | | |
| 77 | 98 | 96 | 95 | | | | | |
| 76 | 97 | 95 | 94 | 100 | 100 | | | |
| 75 | 95 | 93 | 92 | 99 | 99 | | | |
| 74 | 94 | 92 | 91 | 98 | 98 | | | |
| 73 | 92 | 91 | 90 | 96 | 97 | | | |
| 72 | 90 | 89 | 89 | 95 | 96 | 100 | | |
| 71 | 89 | 88 | 88 | 94 | 95 | 99 | | |
| 70 | 88 | 87 | 87 | 93 | 94 | 98 | | |
| 69 | 87 | 85 | 86 | 92 | 93 | 97 | | |
| 68 | 84 | 84 | 85 | 91 | 92 | 96 | | |
| 67 | 82 | 83 | 84 | 89 | 91 | 95 | | |
| 66 | 81 | 81 | 83 | 88 | 89 | 94 | 100 | 100 |
| 65 | 79 | 80 | 82 | 87 | 88 | 93 | 99 | 99 |
| 64 | 78 | 79 | 81 | 86 | 87 | 92 | 98 | 98 |
| 63 | 76 | 77 | 79 | 85 | 86 | 91 | 97 | 97 |
| 62 | 74 | 76 | 78 | 84 | 85 | 90 | 96 | 96 |
| 61 | 73 | 75 | 77 | 82 | 84 | 89 | 94 | 95 |
| 60 | 71 | 73 | 76 | 81 | 83 | 88 | 93 | 94 |
| 59 | 70 | 72 | 75 | 80 | 82 | 87 | 92 | 93 |
| 58 | 68 | 71 | 74 | 79 | 81 | 86 | 91 | 92 |
| 57 | 66 | 69 | 73 | 78 | 80 | 85 | 90 | 91 |
| 56 | 65 | 68 | 72 | 76 | 79 | 84 | 89 | 89 |
| 55 | 63 | 67 | 71 | 75 | 78 | 83 | 88 | 88 |
| 54 | 62 | 65 | 70 | 74 | 77 | 82 | 87 | 87 |
| 53 | 60 | 64 | 69 | 73 | 76 | 81 | 86 | 86 |
| 52 | 58 | 63 | 68 | 72 | 75 | 80 | 84 | 85 |
| 51 | 57 | 61 | 66 | 71 | 74 | 79 | 83 | 84 |
| 50 | 55 | 60 | 65 | 69 | 73 | 78 | 82 | 83 |
| 49 | 54 | 59 | 64 | 68 | 72 | 77 | 81 | 82 |
| 48 | 52 | 57 | 63 | 67 | 71 | 76 | 80 | 81 |
| 47 | 50 | 56 | 62 | 66 | 69 | 75 | 79 | 80 |
| 46 | 49 | 55 | 61 | 65 | 68 | 74 | 78 | 79 |
| 45 | 47 | 53 | 60 | 64 | 67 | 73 | 77 | 78 |

| | | | | | | | | |
|-----------|----|----|----|----|----|----|----|----|
| 44 | 45 | 52 | 59 | 62 | 66 | 72 | 76 | 77 |
| 43 | 44 | 50 | 58 | 61 | 65 | 71 | 74 | 76 |
| 42 | 42 | 49 | 57 | 60 | 64 | 70 | 73 | 75 |
| 41 | 41 | 48 | 56 | 59 | 63 | 69 | 72 | 74 |
| 40 | 39 | 47 | 55 | 58 | 62 | 68 | 71 | 73 |
| 39 | 38 | 45 | 54 | 56 | 61 | 67 | 70 | 72 |
| 38 | 36 | 44 | 52 | 55 | 60 | 66 | 69 | 71 |
| 37 | 34 | 43 | 51 | 54 | 59 | 65 | 68 | 69 |
| 36 | 33 | 41 | 50 | 53 | 58 | 64 | 67 | 68 |
| 35 | 31 | 40 | 49 | 52 | 57 | 63 | 66 | 67 |
| 34 | 30 | 39 | 48 | 50 | 56 | 62 | 64 | 66 |
| 33 | 28 | 37 | 47 | 49 | 55 | 61 | 63 | 65 |
| 32 | 26 | 36 | 46 | 48 | 54 | 60 | 62 | 64 |
| 31 | 25 | 35 | 45 | 47 | 53 | 59 | 61 | 63 |
| 30 | 23 | 33 | 44 | 46 | 52 | 58 | 60 | 62 |
| 29 | 22 | 32 | 43 | 45 | 50 | 57 | 59 | 61 |
| 28 | 20 | 31 | 42 | 44 | 49 | 56 | 58 | 60 |
| 27 | 18 | 29 | 41 | 42 | 48 | 55 | 57 | 59 |
| 26 | 17 | 28 | 39 | 41 | 47 | 54 | 56 | 58 |
| 25 | 15 | 27 | 38 | 40 | 46 | 53 | 54 | 57 |
| 24 | 14 | 25 | 37 | 39 | 45 | 52 | 53 | 56 |
| 23 | 12 | 24 | 36 | 38 | 44 | 51 | 52 | 55 |
| 22 | 10 | 23 | 35 | 36 | 43 | 50 | 51 | 54 |
| 21 | 9 | 21 | 34 | 35 | 42 | 49 | 50 | 53 |