



## Squash Australia Academy - Beep Test Standards

|         | U13 | U15  | U17  | U19  | Open  |
|---------|-----|------|------|------|-------|
| Males   | 9/9 | 10/5 | 12/5 | 13   | 13/5  |
| Females | 8/5 | 9/7  | 10/9 | 11/5 | 11/10 |

\* These fitness standards have been produced based on data collected on age group and senior athletes in various sports in Australia. They will be revised as testing data on squash athletes in Australia is collected