2016

Guide 5
Physical Readiness Test (PRT)

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Section I – Physical Readiness Test (PRT) Guidelines

1. Purpose of PRT

The PRT provides Commanding Officers (COs) with a means of assessing the general fitness of members of their command and provides a means to comply with DODI 1308.3 to develop and administer a physical fitness test that evaluates aerobic capacity, or cardio-respiratory endurance, and muscular strength, and muscular endurance.

2. Components of PRT

a. Cardio-respiratory fitness. Cardio-respiratory fitness, or aerobic capacity, is the ability of the heart and lungs to deliver oxygen to working muscles. It is associated with the ability to carry out strenuous work for long durations without undue fatigue. The 1.5 mile run/walk and 500-yard/450-meter swim tests are indicators of cardio-respiratory endurance. The alternate cardio options, elliptical, stationary bike and treadmill tests are also indicators, but participation in these events are at the CO's discretion.

b. Muscular strength and endurance. Muscular strength and endurance is the ability to sustain muscle contractions over a period of time without undue fatigue. Curl-up and push-up events are indicators of muscular endurance. Although there is no single endurance test that measures the endurance of all muscles; the curl-up serves as a measure of abdominal muscle endurance while the push-up measures upper body muscular endurance. In addition, the curl-up, when performed properly, can help develop abdominal strength and endurance which are important factors in preventing low-back injuries.

3. Event Sequence

PRT events shall be completed on the same day, at least 2 minutes, but no more than 15 minutes between each event and in the following sequence:

a. Curl-ups

b. Push-ups

c. Cardio-respiratory fitness (run, swim, treadmill, elliptical or stationary bike)

Due to the limited number of elliptical trainers and stationary bikes available, extra coordination may be required to ensure members do not exceed 15 minutes between the push-up and cardio-respiratory event.

4. PRT Scoring

The PRT is broken down to 5 scoring categories, within the outstanding, excellent and good categories there are high, medium and low levels. Satisfactory has high and medium. Probationary is the lowest category and has no additional level. The following explains the categories:

a. OUTSTANDING**.** Performance above or equal to top 10 percentile.

b. EXCELLENT**.** Performance in top 25 percentile, but less than OUTSTANDING.

c. GOOD**.** Performance better than or equal to lowest 25 percentile, but less than EXCELLENT.

d. SATISFACTORY/PROBATIONARY**.** Performance in bottom 25 percentile, but above lowest 10th percentile.

e. FAILURE Performance in lowest 10 percentile.

f. PARTIAL PASS. Scoring used by PRIMS to indicate that the member passed the PRT but was waived from one or more PRT event.

g. Body Composition Assessment (BCA) PASS. Scoring used by PRIMS to indicate that the member passed the BCA but was authorized a non-participation status for the PRT.

5. Overall Physical Fitness Assessment (PFA) Score

Overall score is category-level performance corresponding to the average of points accumulated on PRT events. Members must pass all three PRT events to receive an overall score. Members must perform push-ups, curl-ups, and a cardio-respiratory event.

Section 2 - Safety Concerns

1. Safety Concerns Prior to Conducting PRT

Complete Operational Risk Management (ORM) analysis at least 24 hours prior to the PRT. Ensure a "change analysis" is conducted anytime there is a significant change in any portion of the PRT. Guidelines on conducting a successful ORM analysis may be found in OPNAVINST 3500.39B and the COMNAVSAFECEN web-site: "http://www.safetycenter.navy.mil/."

Eliminate all known risks to the maximum extent possible. Controls shall be put in place to reduce, to an acceptable level, any remaining risks. It is recommended the ORM process be documented and the appropriate level of authority within the chain of command be given the opportunity to make risk decisions.

2. Conditioning and Test Safety

There is a natural risk of injury for all personnel participating in physical activity, even those related to improving health. The environment and the characteristics of the participants also contribute to the overall injury risk. Members must be informed of these risks and taught how to minimize the possibility of injury. To reduce the potential for injury, commands are responsible to ensure member's level of physical fitness, including acclimatization to environment, is appropriate for the physical demands required of PT, PRT, and other physical activities.

   a. Support Personnel. The Command Fitness Leader (CFL) will ensure at least one Cardio Pulmonary Resuscitation (CPR)-certified monitor, in addition to CFL/Assistant CFL (ACFL) conducting the test, is present for every 25 members participating in a PRT, with a minimum of two monitors for every test. Monitors cannot be test participants and do not have to be members of the medical staff.

   b. Medical Emergency Assistance. A safety plan must be in place for summoning emergency assistance. At a minimum, the plan must include telephone numbers and procedures for summoning aid, clear directions for emergency response personnel to avoid confusion and ensure prompt arrival. Include guidance for contacting base security personnel to assist with rapid access of emergency personnel to test site.

   c. Emergency Drill. The safety plan will include an emergency drill which will be conducted prior to the PFA by the CFL with ACFLs, support personnel, and PRT monitors. The emergency drill will assess skills and review emergency procedures. The drill will include various scenarios and will be practiced until the desired results are obtained.

d. Test Site Selection and/or Certification. The CFL will select the most level 1.5-mile course available. The course will be free of steep inclines and declines, surface irregularities, and sharp turns. Verify or measure course distance with measuring wheel (usually available from recreation services). A bike odometer may only be used if measuring wheel is not available. Do not use automobile or motorcycle odometers or GPS devices.

e. Cardiopulmonary resuscitation (CPR)-certified personnel. The CFL will ensure CPR certified personnel are in place at appropriate intervals so the entire course is in view of monitors. The test site must be accessible to emergency vehicles and provide for telephone access for notification of emergency services if needed. Cellular phones, walkie-talkies, and other two-way communication devices are acceptable. When swim is conducted for the PRT, at least one certified lifeguard must be present.

f. Weather Safety Concerns. The PRT is not to be conducted under harsh environmental conditions. Specifically, the PRT should not be conducted outdoors when wind chill is 20 degrees Fahrenheit or lower, or when hot weather "black flag" conditions exist (wet bulb globe temperature [WBGT]) of 90 degrees Fahrenheit or higher.

3. Pre-physical Activity Questions

Prior to the PRT, FEP or command PT members must be asked pre-physical activity questions. Members recovering from a recent illness or reporting a change in health or risk factors (specifically, a tightness or discomfort in the chest, arms, or neck associated with activity or exercise) are not to be tested. Members reporting a change in risk factors will be referred to medical for an evaluation and medical clearance.

CFLs are to be able to recognize symptoms of cardiac distress (chest pain, shortness of breath, arm and neck pain) with participants. The CFL or ACFL will direct members to withdraw from PRT if these symptoms occur and contact emergency services immediately.

4. Warm-Up

The CFL/ACFL must lead participants in a five to ten minute dynamic warm-up exercise session or conduct the standardized PRT warm up at the start of the PRT events. See the Command Fitness /FEP Guide for dynamic warm-up exercises and CFL course material for the standardized PRT warm up. The warm up session is not designed to tire members.

5. Clothing

The only authorized clothing for participation in an official PFA, command Physical Training (PT) and the Fitness Enhancement Program (FEP) is the blue and gold official Navy Physical Training Uniform.

6. Hydration

Adequate fluid intake is vital to safe participation in the PRT and physical exercise. Members are encouraged to drink water before and after the PRT and physical activity, especially in hot weather.

7. Cool-down

At end of the PRT, members are required to participate in a cool down period to allow the heart rate to decline gradually. Cool down should last at least five minutes. Without cool-down, members may become dizzy or light-headed.

8. Injury Reporting

When members are injured during a PRT or any other command-authorized or personal PT, command safety officers shall report injuries to COMNAVSAFECEN, using guidance contained in OPNAVINST 5100.23G (http://doni.daps.dla.mil/allinstructions.aspx). Include BUMED M1 and OPNAV N1 as information addressees

Section 3 - PRT Event Procedures

1. Curl-Ups

Curl-ups are performed with a partner holding the member's feet. Any other means of securing the member's feet is not authorized. Members are required to wear shoes.

Curl-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used, however the member must be entirely on or off the padding, i.e., member's upper body cannot be on the padding with feet off.

   a. Proper Procedures.

   (1) The member will begin by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with palms of hands touching upper chest and shoulders (thumbs touching clavicle (collarbone)).

   (2) Feet shall be flat on the deck and held by partner's hands. If preferred the partner may use their knees (on the side of the feet only) in addition to their hands to secure member's feet. Any other means of securing the member's feet is not authorized.
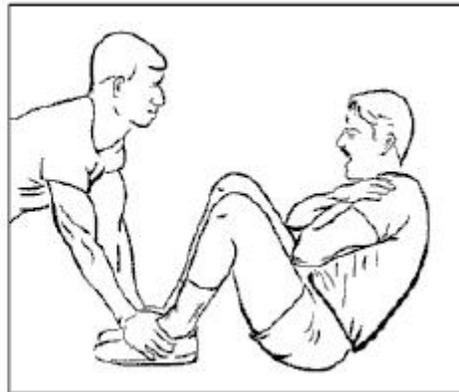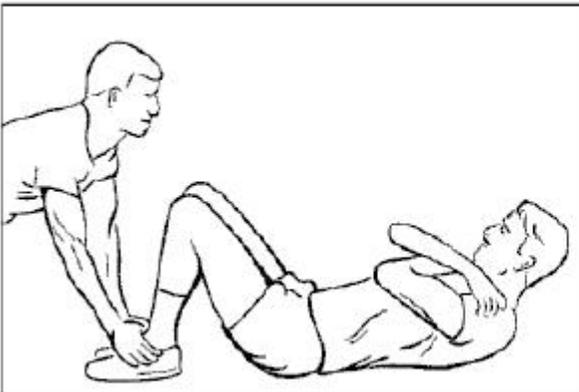
   (3) CFL/ACFL will announce the start as well as 15 second intervals until the two minutes have elapsed.

   (4) Member curls upper body up touching elbows to thighs (anywhere between the knees and hips) while keeping hands held firmly against the chest and shoulders (thumbs remaining in contact with clavicle (collarbone)).

   (5) After touching elbows to thighs, member returns to starting position ensuring lower back and shoulder blades touch the deck.

   (6) Member may rest in either the up or down position.

b. Curl-ups are repeated as many times as possible in two minutes. CFL or ACFL shall monitor members for correct form and count only the number of correctly performed curl-ups. Curl-ups performed incorrectly shall not be counted. Results for an event that ended in less than two minutes shall be the number of curl-ups properly performed at time of termination. **Curl-up event is ended when the member:**

(1) Lowers legs.

(2) Lifts feet off deck.

(3) Lifts buttocks off deck.

(4) Fails to keep arms folded across the chest and or lowers arms.

2. Push-Ups

Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, member must be entirely on the padding or off, i.e., member's upper body cannot be on the padding with feet off. Members are required to wear shoes.

a. Push-up procedures:

(1) Member will begin in leaning rest position on the deck so that body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(2) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width.
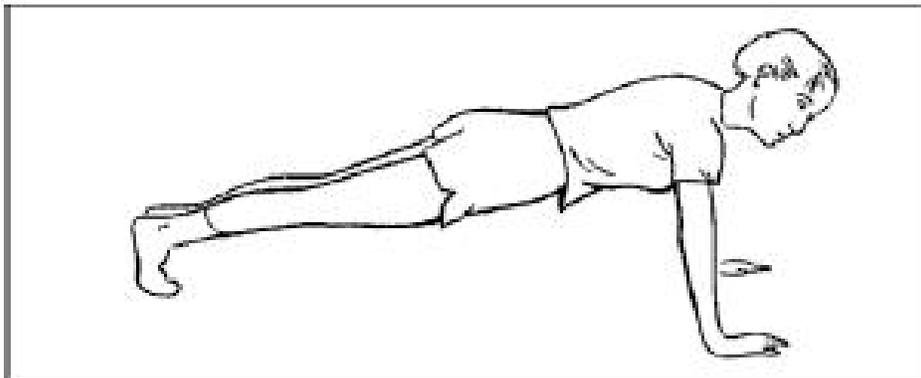
(3) CFL/ACFL will announce the start as well as 15-second intervals until the 2 minutes have elapsed.

(4) Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.
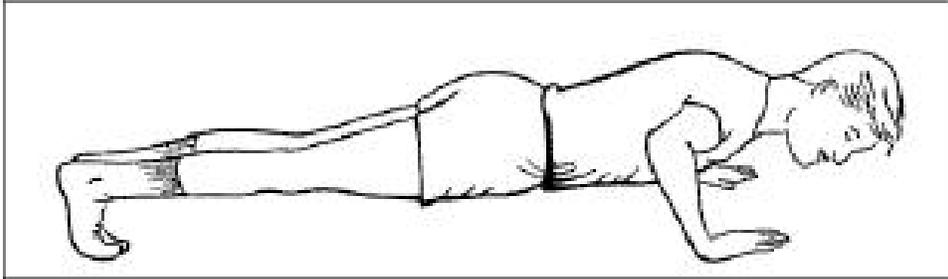
(5) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.

(6) Member may rest only in the up position maintaining a straight line with shoulders, back, buttocks and legs.

b. Push-ups are repeated correctly as many times as possible in 2 minutes. CFL or ACFL must monitor members for correct form and count only the number of correctly performed push-ups. Push-ups performed incorrectly shall not be counted. Results for an event that ended in less than 2 minutes shall be number of push-ups properly performed at time of termination. **Push-up event is ended when the member:**

(1) Touches deck with any part of body except hands and feet.

(2) Raises one hand or foot off the deck.

(3) Fails to maintain proper body alignment (i.e., shoulders, back, buttocks, and legs in a straight line with head and heels).

3. 1.5-mile Run and/or Walk

Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the event. Leaving the area of the event is not allowed.

a. Event Procedures:

(1) Conduct on a flat and solid surface track or outdoor course.

(2) Member will stand at start line.

(3) Timer will signal start and call out time intervals until completion of test.

(4) Time is recorded with stopwatch to nearest second.

b. **1.5 Mile Run and/or Walk Event is ended when:**

(1)The member completes the 1.5 mile. CFL will record the time. The member must remain on the designated course until they complete the event.

(2) Takes a short cut or does not complete the entire 1.5 mile course. If not complete (other than for injury), the cardio portion of the PRT will be scored a **59:59** in PRIMS and scored a "fail." The member will not be eligible for a retake under the Bad Day policy.

4. <u>Treadmill Testing</u>

a. 1.5 mile run event may be conducted on a treadmill at CO's discretion where appropriate facilities and equipment are reasonably available. Treadmill shall have following features:

(1) Motor-driven running surface belt with emergency stop button.

(2) Adjustable speed displayed in miles per hour.

(3) Inclination adjustment.

(4) Odometer that accurately measures distance traveled in miles.

b. 1.5 Mile run and/or Walk Event may be conducted on a treadmill as follows:

(1) Member will stand on the belt with treadmill inclination set at 1.0 percent. Neither the treadmill belt nor stopwatch is running.

(2) CFL/ACFL will signal start and member will start the treadmill at desired speed. Member is required to step onto the belt as soon as it starts moving, i.e., not wait until the belt has reached its programmed speed. As soon as the belt moves, the CFL or ACFL will start the official time using a stopwatch.

(3) CFL/ACFL will announce the start and call time within two minute intervals until the member has traveled 1.5 miles.

(4) Treadmill speed may be adjusted to member's comfort anytime during test.

(5) Member may momentarily touch the treadmill's safety bar with fingertips or open palm for safety to recover balance. Member may not, however, grab or hold onto the bar for any reason other than to recover balance.

(6) Member is allowed to briefly pause the treadmill to retie a shoelace. No distance shall be counted towards the member's score during the pause. The stopwatch, however, will continue to run.

(7) Time is recorded with a stopwatch to nearest second. Although most treadmills are equipped with an accurate time display; only the time recorded by stopwatch shall be used for official scoring. This is done to account for the time during a pause. **Treadmill event is ended when the member:**

(a) Stops running or walking other than to retie shoelace or to remove a foreign object from their shoe (for safety purposes). If this should occur the member must pause the machine.

(b) Completes 1.5 miles.

(c) Supports body weight by holding onto or leaning against the treadmill support bar other than to momentarily regain balance (treadmill test only).

(d) Changes treadmill inclination.

5. 500-yard or 450-meter Swim

The 1.5 mile run remains the Navy testing standard. However, COs may allow the swim event if facilities are reasonably available. Members medically waived from the 1.5 mile run cannot be required to test via the swim.

Event consists of swimming 500 yards or 450 meters in fastest time possible. Any swim stroke and turn may be used and will only be conducted in a standard 25 or 50 yard/meter swimming pool.

a. Swim Event Procedures:

(1) Swimmers will begin test in water; i.e. no diving starts.

(2) CFL/ACFL will announce the start as well as number of pool lengths and associated times until member has completed either 500 yards or 450 meters.

(3) Time is recorded with a stopwatch to nearest second.

(4) Swimmers may push off from sides with hands and feet after each pool length.

(5) Resting is permitted by holding side of pool, standing, or treading water.

(6) Members may use goggles, facemasks, swim caps, and/or ear plugs. Fins ,

snorkels, flotation, wet suit, and propulsion devices are not authorized. **Swim event is ended when member:**

      (a) Completes prescribed distance.

      (b) Receives or requires assistance from CFL, ACFL, lifeguard, or other person.

6. Alternative Cardio Options

The 1.5 mile run remains the Navy standard for evaluating cardio-respiratory endurance. However, members can participate in the elliptical trainer or stationary bike test at the CO's discretion. COs should consider equipment availability and the additional time required to administer the PRT using these options prior to authorizing their use. Members medically waived from the 1.5 mile run cannot be required to test via the elliptical and stationary bike.

Only PFA approved elliptical trainers and stationary bikes are authorized for official PRT testing. Access the Physical Readiness Program website for detail listing of approved machines.

    a. The following items are required prior to official PFA testing on the elliptical trainer or stationary bike:

      (1) Obtain authorization for elliptical and/or stationary bike use from CO/OIC.

      (2) Verify the member has completed the BCA. Members with a BCA waiver may not participate in the bike/elliptical alternate cardio events.

      (3) Verify that the safety, setup/start/stop, and testing procedures work accurately on each of the individual machines prior to conducting any official testing.

      (4) Verify the clock accurately measures time on each individual machine prior to conducting official testing.

      (5) Ensure member has practiced on the specific machine to be used for the test and is familiar with all the safety requirements. CFLs shall not allow members to test on individual machines on which they have not practiced safety, setup/start/stop, or testing procedures prior to testing day.

7. Elliptical Testing

    a. Elliptical Testing procedures:

      (1) Ensure machine data is cleared prior to programming.

      .

(2) Instruct member to step on elliptical.

(3) Program the following items in the order required by specific machine:

(a) Manual program.

(b) Resistance level of member's choice.

(c) Enter Official BCA weight.

(d) Set the test duration time to 14 minutes (although the actual test duration is 12 minutes this accounts for machines that utilize automatic cool-down).

(4) Allow the member to vary resistance/load and stride rate/pedal rate as appropriate. Members are required to keep hands on the moveable handlebars throughout the test. Handlebars for the elliptical are defined as the primary set of movable handles, not the secondary set on some machines that do not move while exercising.

(5) At the 12-minute mark, read, announce and record caloric output from elliptical console. Test is complete when exactly 12 minutes is reached.

(6) Allow the member to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.

(7). Input caloric output into PRIMS calculator for scoring. **Elliptical event will end, a caloric output of "10" will be entered into PRIMS and the member will not be eligible for "bad day" when any of the following occur:**

(a) Stops to rest.

(c) Stops the machine.

(d) Removes hands from handlebars (other than momentarily required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.)

8. Stationary Bike Testing

a. Stationary Bike Procedures;

(1) Ensure machine data is cleared prior to programming for the test.

(2) Instruct member to sit on the bike.

(3) Program the following items in the order required by specific machine:

(a) Manual program.

(b) Resistance level of member's choice.

(c) Set the test duration time to 14 minutes (although the actual test duration is 12 minutes this accounts for machines that utilize automatic cool-down).

(4) Allow the member to vary resistance/load and stride rate/pedal rate as appropriate. Members are required to keep hands on the handlebars throughout the test.

(5)   At the 12 minute mark, read, announce and record caloric output from stationary bike console. Test is complete when exactly 12 minutes is reached.

(6) Allow the member to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.

(7) Input caloric output into PRIMS calculator for scoring. **Stationary Bike event will end, a caloric output of "10" will be entered into PRIMS and the member will not be eligible for "bad day" when any of the following occur:**

(a) Stops to rest.

(b) Stops the machine.

(c) Stands up (stationary bike only).

(d) Removes hands from handlebars (other than momentarily required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).

9. Personnel at Increased Elevation

Members permanently assigned or on TEMADD to locations at increased elevation will participate in a physical readiness program, including PFAs. Increased elevation is defined as greater than or equal to 5,000 feet above sea level.

For PRTs conducted at increased elevation, support facilities and personnel must be available. PRTs will be conducted at nearest suitable site with lower or equal elevation. A PRT conducted at increased elevation will be scored using standards for increased elevation these standards are adjusted for effects of altitude. The tables are available at the end of this guide.

Elevation adjustment in standards reflects research based on an acclimation period of 30 days. COs have the authority to set acclimation periods, with consultation from medical. Other than PRT scoring, PRT procedures are not modified due to increased elevation. Commands will institute all appropriate safety measures to minimize risk of injury to members exercising at increased elevation.

10. Grading the PRT

PRT is passed when members achieve "Probationary" performance standard or better for:

    a. Curl-ups, push-ups, and one cardio-respiratory event (run and/or walk or alternate).

    b. Any PRT event and one or more events are medically waived.

    c. Regardless of the level of performance on other events, the PRT is failed when the member does not achieve "Probationary" performance standard or better for any PRT event, unless event is medically waived.

    d. If a member attempts and fails to complete a cardio-respiratory event, it will be considered a PRT failure.

Section 4

PRT Standards for Altitudes Less Than 5000 Ft

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 17 - 19 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	109	92	8:15	6:30	6:20
Outstanding	Medium	95	107	91	8:45	6:45	6:35
Outstanding	**Low**	**90**	**102**	**86**	**9:00**	**7:15**	**7:05**
Excellent	High	85	98	82	9:15	7:45	7:35
Excellent	Medium	80	93	79	9:30	8:15	8:05
Excellent	**Low**	**75**	**90**	**76**	**9:45**	**8:30**	**8:20**
Good	High	70	81	68	10:00	9:15	9:05
Good	Medium	65	71	60	10:30	10:30	10:20
Good	**Low**	**60**	**62**	**51**	**11:00**	**11:15**	**11:05**
Satisfactory	High	55	59	49	12:00	11:45	11:35
Satisfactory	Medium	50	54	46	12:15	12:15	12:05
Probationary		45	50	42	12:45	12:45	12:35

Performance		Points	Females: Age 17 - 19 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	109	51	9:29	6:45	6:35
Outstanding	Medium	95	107	50	11:15	7:45	7:35
Outstanding	**Low**	**90**	**102**	**47**	**11:30**	**8:30**	**8:20**
Excellent	High	85	98	45	11:45	9:00	8:50
Excellent	Medium	80	93	43	12:00	9:30	9:20
Excellent	**Low**	**75**	**90**	**42**	**12:30**	**9:45**	**9:35**
Good	High	70	81	36	12:45	10:45	10:35
Good	Medium	65	71	30	13:00	12:00	11:50
Good	**Low**	**60**	**62**	**24**	**13:30**	**13:00**	**12:50**
Satisfactory	High	55	59	22	14:15	13:15	13:05
Satisfactory	Medium	50	54	20	14:45	13:45	13:35
Probationary		45	50	19	15:00	14:15	14:05

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 20 - 24 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	105	87	8:30	6:30	6:20
Outstanding	Medium	95	103	86	9:00	7:00	6:50
Outstanding	**Low**	**90**	**98**	**81**	**9:15**	**7:30**	**7:20**
Excellent	High	85	94	77	9:45	8:00	7:50
Excellent	Medium	80	90	74	10:00	8:15	8:05
Excellent	**Low**	**75**	**87**	**71**	**10:30**	**8:45**	**8:35**
Good	High	70	78	64	10:45	9:30	9:20
Good	Medium	65	66	55	11:30	10:30	10:20
Good	**Low**	**60**	**58**	**47**	**12:00**	**11:30**	**11:20**
Satisfactory	High	55	54	45	12:45	12:00	11:50
Satisfactory	Medium	50	50	42	13:15	12:15	12:05
Probationary		45	46	37	13:30	13:00	12:50

Performance		Points	Females: Age 20 - 24 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	105	48	9:47	7:15	7:05
Outstanding	Medium	95	103	47	11:15	8:00	7:50
Outstanding	**Low**	**90**	**98**	**44**	**11:30**	**8:45**	**8:35**
Excellent	High	85	94	43	12:15	9:15	9:05
Excellent	Medium	80	90	40	12:45	9:45	9:35
Excellent	**Low**	**75**	**87**	**39**	**13:15**	**10:00**	**9:50**
Good	High	70	78	33	13:30	11:00	10:50
Good	Medium	65	66	28	13:45	12:15	12:05
Good	**Low**	**60**	**58**	**21**	**14:15**	**13:15**	**13:05**
Satisfactory	High	55	54	20	15:00	13:45	13:35
Satisfactory	Medium	50	50	17	15:15	14:00	13:50
Probationary		45	46	16	15:30	14:30	14:20

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 25 - 29 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	101	84	8:55	6:38	6:28
Outstanding	Medium	95	100	82	9:23	7:08	6:58
Outstanding	**Low**	**90**	**95**	**77**	**9:38**	**7:38**	**7:28**
Excellent	High	85	91	73	10:15	8:08	7:58
Excellent	Medium	80	87	69	10:30	8:23	8:13
Excellent	**Low**	**75**	**84**	**67**	**10:52**	**8:53**	**8:43**
Good	High	70	75	60	11:23	9:38	9:28
Good	Medium	65	62	51	12:15	10:38	10:28
Good	**Low**	**60**	**54**	**44**	**12:53**	**11:38**	**11:28**
Satisfactory	High	55	50	41	13:23	12:08	11:58
Satisfactory	Medium	50	47	38	13:45	12:23	12:13
Probationary		45	43	34	14:00	13:08	12:58

Performance		Points	Females: Age 25 - 29 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	101	46	10:17	7:23	7:13
Outstanding	Medium	95	100	45	11:30	8:15	7:58
Outstanding	**Low**	**90**	**95**	**43**	**11:45**	**9:00**	**8:50**
Excellent	High	85	91	41	12:30	9:30	9:20
Excellent	Medium	80	87	39	13:00	10:00	9:50
Excellent	**Low**	**75**	**84**	**37**	**13:23**	**10:15**	**10:05**
Good	High	70	75	30	14:00	11:15	11:05
Good	Medium	65	62	26	14:30	12:30	12:20
Good	**Low**	**60**	**54**	**19**	**14:53**	**13:30**	**13:20**
Satisfactory	High	55	50	18	15:23	13:53	13:43
Satisfactory	Medium	50	47	15	15:45	14:15	14:05
Probationary		45	43	13	16:08	14:45	14:35

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 30 - 34 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	98	80	9:20	6:45	6:35
Outstanding	Medium	95	97	78	9:45	7:15	7:05
Outstanding	**Low**	**90**	**92**	**74**	**10:00**	**7:45**	**7:35**
Excellent	High	85	88	69	10:30	8:15	8:05
Excellent	Medium	80	85	67	11:00	8:30	8:20
Excellent	**Low**	**75**	**81**	**64**	**11:15**	**9:00**	**8:50**
Good	High	70	73	57	12:00	9:45	9:35
Good	Medium	65	59	48	13:00	10:45	10:35
Good	**Low**	**60**	**51**	**41**	**13:45**	**11:45**	**11:35**
Satisfactory	High	55	47	38	14:00	12:15	12:05
Satisfactory	Medium	50	44	35	14:15	12:30	12:20
Probationary		45	40	31	14:30	13:15	13:05

Performance		Points	Females: Age 30 - 34 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	98	44	10:46	7:30	7:20
Outstanding	Medium	95	97	43	11:45	8:30	8:20
Outstanding	**Low**	**90**	**92**	**41**	**12:00**	**9:15**	**9:05**
Excellent	High	85	88	39	12:45	9:45	9:35
Excellent	Medium	80	85	37	13:15	10:15	10:05
Excellent	**Low**	**75**	**81**	**35**	**13:30**	**10:30**	**10:20**
Good	High	70	73	28	14:30	11:30	11:20
Good	Medium	65	59	24	15:15	12:45	12:35
Good	**Low**	**60**	**51**	**17**	**15:30**	**13:45**	**13:35**
Satisfactory	High	55	47	15	15:45	14:00	13:50
Satisfactory	Medium	50	44	13	16:15	14:30	14:20
Probationary		45	40	11	16:45	15:00	14:50

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 35 - 39 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	95	76	9:25	6:53	6:43
Outstanding	Medium	95	93	74	9:53	7:23	7:13
Outstanding	**Low**	**90**	**88**	**70**	**10:08**	**7:53**	**7:43**
Excellent	High	85	85	65	10:38	8:23	8:13
Excellent	Medium	80	83	63	11:08	8:38	8:28
Excellent	**Low**	**75**	**78**	**60**	**11:23**	**9:08**	**8:58**
Good	High	70	70	53	12:23	9:53	9:43
Good	Medium	65	55	44	13:23	10:53	10:43
Good	**Low**	**60**	**47**	**37**	**14:08**	**11:53**	**11:43**
Satisfactory	High	55	43	35	14:23	12:23	12:13
Satisfactory	Medium	50	40	33	14:45	12:38	12:28
Probationary		45	37	27	15:00	13:23	13:13

Performance		Points	Females: Age 35 - 39 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	95	43	10:51	7:45	7:35
Outstanding	Medium	95	93	42	11:53	8:38	8:28
Outstanding	**Low**	**90**	**88**	**39**	**12:08**	**9:30**	**9:20**
Excellent	High	85	85	37	12:53	10:00	9:50
Excellent	Medium	80	83	35	13:23	10:23	10:13
Excellent	**Low**	**75**	**78**	**34**	**13:45**	**10:45**	**10:35**
Good	High	70	70	26	14:38	11:45	11:35
Good	Medium	65	55	22	15:30	12:53	12:43
Good	**Low**	**60**	**47**	**14**	**15:53**	**14:00**	**13:50**
Satisfactory	High	55	43	13	16:15	14:15	14:05
Satisfactory	Medium	50	40	11	16:38	14:38	14:28
Probationary		45	37	9	17:00	15:15	15:05

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 40 - 44 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	92	72	9:30	7:00	6:50
Outstanding	Medium	95	90	70	10:00	7:30	7:20
Outstanding	**Low**	**90**	**85**	**67**	**10:15**	**8:00**	**7:50**
Excellent	High	85	83	61	10:45	8:30	8:20
Excellent	Medium	80	80	59	11:15	8:45	8:35
Excellent	**Low**	**75**	**76**	**56**	**11:45**	**9:15**	**9:05**
Good	High	70	68	50	12:45	10:00	9:50
Good	Medium	65	51	41	13:45	11:00	10:50
Good	**Low**	**60**	**44**	**34**	**14:30**	**12:00**	**11:50**
Satisfactory	High	55	39	32	14:45	12:30	12:20
Satisfactory	Medium	50	37	29	15:15	12:45	12:35
Probationary		45	35	24	15:30	13:30	13:20

Performance		Points	Females: Age 40 - 44 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	92	41	10:56	8:00	7:50
Outstanding	Medium	95	90	40	12:00	8:45	8:35
Outstanding	**Low**	**90**	**85**	**37**	**12:15**	**9:45**	**9:35**
Excellent	High	85	83	35	13:00	10:15	10:05
Excellent	Medium	80	80	33	13:30	10:30	10:20
Excellent	**Low**	**75**	**76**	**32**	**14:00**	**11:00**	**10:50**
Good	High	70	68	24	14:45	12:00	11:50
Good	Medium	65	51	20	15:45	13:00	12:50
Good	**Low**	**60**	**44**	**12**	**16:15**	**14:15**	**14:05**
Satisfactory	High	55	39	11	16:45	14:30	14:20
Satisfactory	Medium	50	37	9	17:00	14:45	14:35
Probationary		45	35	7	17:15	15:30	15:20

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 45 - 49 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	88	68	9:33	7:08	6:58
Outstanding	Medium	95	86	66	10:08	7:38	7:28
Outstanding	**Low**	**90**	**81**	**63**	**10:30**	**8:08**	**7:58**
Excellent	High	85	80	57	11:08	8:38	8:28
Excellent	Medium	80	78	54	11:38	8:53	8:43
Excellent	**Low**	**75**	**73**	**52**	**12:08**	**9:23**	**9:13**
Good	High	70	65	46	13:00	10:08	9:58
Good	Medium	65	47	37	14:08	11:08	10:58
Good	**Low**	**60**	**40**	**32**	**14:53**	**12:08**	**11:58**
Satisfactory	High	55	35	28	15:15	12:38	12:28
Satisfactory	Medium	50	33	25	15:45	12:53	12:43
Probationary		45	31	21	16:08	13:38	13:28

Performance		Points	Females: Age 45 - 49 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	88	40	10:58	8:15	8:05
Outstanding	Medium	95	86	39	12:08	9:00	8:50
Outstanding	**Low**	**90**	**81**	**35**	**12:30**	**9:53**	**9:43**
Excellent	High	85	80	33	13:15	10:23	10:13
Excellent	Medium	80	78	32	13:45	10:45	10:35
Excellent	**Low**	**75**	**73**	**30**	**14:08**	**11:08**	**10:58**
Good	High	70	65	22	15:00	12:15	12:05
Good	Medium	65	47	18	15:53	13:15	13:05
Good	**Low**	**60**	**40**	**11**	**16:30**	**14:30**	**14:20**
Satisfactory	High	55	35	8	16:53	14:45	14:35
Satisfactory	Medium	50	33	7	17:08	15:00	14:50
Probationary		45	31	5	17:23	15:38	15:28

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 50 - 54 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	85	64	9:35	7:15	7:05
Outstanding	Medium	95	84	62	10:15	7:45	7:35
Outstanding	**Low**	**90**	**78**	**59**	**10:45**	**8:15**	**8:05**
Excellent	High	85	77	53	11:30	8:45	8:35
Excellent	Medium	80	76	51	12:00	9:00	8:50
Excellent	**Low**	**75**	**71**	**49**	**12:30**	**9:30**	**9:20**
Good	High	70	63	43	13:15	10:15	10:05
Good	Medium	65	44	34	14:30	11:15	11:05
Good	**Low**	**60**	**37**	**30**	**15:15**	**12:15**	**12:05**
Satisfactory	High	55	32	25	15:45	12:45	12:35
Satisfactory	Medium	50	30	23	16:15	13:00	12:50
Probationary		45	29	19	16:45	13:45	13:35

Performance		Points	Females: Age 50 - 54 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	85	38	11:00	8:30	8:20
Outstanding	Medium	95	84	37	12:15	9:15	9:05
Outstanding	**Low**	**90**	**78**	**33**	**12:45**	**10:00**	**9:50**
Excellent	High	85	77	31	13:30	10:30	10:20
Excellent	Medium	80	76	30	14:00	11:00	10:50
Excellent	**Low**	**75**	**71**	**28**	**14:15**	**11:15**	**11:05**
Good	High	70	63	20	15:15	12:30	12:20
Good	Medium	65	44	16	16:00	13:30	13:20
Good	**Low**	**60**	**37**	**10**	**16:45**	**14:45**	**14:35**
Satisfactory	High	55	32	6	17:00	15:00	14:50
Satisfactory	Medium	50	30	5	17:15	15:15	15:05
Probationary		45	29	2	17:30	15:45	15:35

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 55 - 59 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	**100**	81	60	10:42	7:17	7:07
Outstanding	Medium	**95**	80	59	11:09	7:47	7:37
Outstanding	**Low**	**90**	**74**	**56**	**11:25**	**8:17**	**8:07**
Excellent	High	**85**	70	52	11:57	8:50	8:40
Excellent	Medium	**80**	66	48	12:29	9:15	9:05
Excellent	**Low**	**75**	**62**	**46**	**13:12**	**9:47**	**9:37**
Good	High	**70**	54	38	14:13	10:40	10:30
Good	Medium	**65**	40	32	15:14	11:35	11:25
Good	**Low**	**60**	**36**	**16**	**16:15**	**12:33**	**12:23**
Satisfactory	High	**55**	30	14	16:33	13:00	12:50
Satisfactory	Medium	**50**	28	12	16:51	13:25	13:15
Probationary		**45**	26	10	17:09	13:55	13:45

Performance		Points	Females: Age 55 - 59 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	81	30	12:23	8:45	8:35
Outstanding	Medium	95	80	28	13:39	9:30	9:20
Outstanding	**Low**	**90**	**74**	**26**	**13:57**	**10:07**	**9:57**
Excellent	High	85	70	24	14:25	10:37	10:27
Excellent	Medium	80	66	22	14:53	11:15	11:05
Excellent	**Low**	**75**	**62**	**20**	**15:20**	**11:25**	**11:15**
Good	High	70	54	16	16:09	12:45	12:35
Good	Medium	65	40	10	16:58	13:45	13:35
Good	**Low**	**60**	**36**	**6**	**17:48**	**15:00**	**14:50**
Satisfactory	High	55	30	5	18:03	15:15	15:05
Satisfactory	Medium	50	28	3	18:18	15:30	15:20
Probationary		45	26	2	18:34	16:00	15:50

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 60 - 64 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	75	57	11:21	7:20	7:10
Outstanding	Medium	95	74	56	11:48	7:50	7:40
Outstanding	**Low**	**90**	**70**	**52**	**12:04**	**8:20**	**8:10**
Excellent	High	85	66	48	12:40	8:55	8:45
Excellent	Medium	80	62	46	13:16	9:30	9:20
Excellent	**Low**	**75**	**56**	**44**	**13:53**	**10:05**	**9:55**
Good	High	70	40	32	15:00	11:00	10:50
Good	Medium	65	32	23	16:07	11:55	11:45
Good	**Low**	**60**	**26**	**14**	**17:14**	**12:50**	**12:40**
Satisfactory	High	55	24	12	17:47	13:15	13:05
Satisfactory	Medium	50	22	10	18:20	13:40	13:30
Probationary		45	20	8	18:52	14:05	13:55

Performance		Points	Females: Age 60 - 64 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	75	26	13:34	9:00	8:50
Outstanding	Medium	95	74	24	14:50	9:45	9:35
Outstanding	**Low**	**90**	**70**	**22**	**15:08**	**10:15**	**10:05**
Excellent	High	85	66	20	15:34	10:45	10:35
Excellent	Medium	80	62	18	16:00	11:30	11:20
Excellent	**Low**	**75**	**56**	**16**	**16:25**	**11:35**	**11:25**
Good	High	70	40	12	17:17	13:00	12:50
Good	Medium	65	32	8	18:06	14:00	13:50
Good	**Low**	**60**	**26**	**5**	**18:51**	**15:15**	**15:05**
Satisfactory	High	55	24	4	19:08	15:30	15:20
Satisfactory	Medium	50	22	3	19:25	15:45	15:35
Probationary		45	20	2	19:43	16:15	16:05

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 65 + years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	65	48	11:41	7:25	7:15
Outstanding	Medium	95	64	46	12:13	7:55	7:45
Outstanding	**Low**	**90**	**60**	**44**	**12:43**	**8:25**	**8:15**
Excellent	High	85	55	41	13:20	9:05	8:55
Excellent	Medium	80	50	39	13:57	9:45	9:35
Excellent	**Low**	**75**	**44**	**36**	**14:34**	**10:30**	**10:20**
Good	High	70	36	25	15:47	11:25	11:15
Good	Medium	65	28	18	17:00	12:20	12:10
Good	**Low**	**60**	**20**	**10**	**18:13**	**13:20**	**13:10**
Satisfactory	High	55	17	8	19:00	13:40	13:30
Satisfactory	Medium	50	13	6	19:47	14:00	13:50
Probationary		45	10	4	20:35	14:15	14:05

Performance		Points	Females: Age 65 + years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	65	22	14:45	9:15	9:05
Outstanding	Medium	95	64	20	16:01	10:00	9:50
Outstanding	**Low**	**90**	**60**	**18**	**16:19**	**10:23**	**10:13**
Excellent	High	85	55	16	16:43	10:52	10:42
Excellent	Medium	80	50	14	17:07	11:45	11:35
Excellent	**Low**	**75**	**44**	**12**	**17:30**	**11:50**	**11:40**
Good	High	70	36	9	18:18	13:15	13:05
Good	Medium	65	28	6	19:06	14:15	14:05
Good	**Low**	**60**	**20**	**4**	**19:54**	**15:30**	**15:20**
Satisfactory	High	55	17	3	20:13	15:45	15:35
Satisfactory	Medium	50	13	2	20:31	16:00	15:50
Probationary		45	10	1	20:52	16:30	16:20

Section 5

PRT Standards for Altitudes Greater Than 5000 Ft

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 17 - 19 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	109	92	9:00	7:05	6:55
Outstanding	Medium	95	107	91	9:30	7:20	7:10
Outstanding	**Low**	**90**	**102**	**86**	**9:50**	**7:55**	**7:45**
Excellent	High	85	98	82	10:05	8:25	8:15
Excellent	Medium	80	93	79	10:20	9:00	8:50
Excellent	**Low**	**75**	**90**	**76**	**10:40**	**9:15**	**9:05**
Good	High	70	81	68	10:55	10:05	9:55
Good	Medium	65	71	60	11:25	11:25	11:15
Good	**Low**	**60**	**62**	**51**	**12:00**	**12:15**	**12:05**
Satisfactory	High	55	59	49	13:05	12:50	12:40
Satisfactory	Medium	50	54	46	13:20	13:20	13:10
Probationary		45	50	42	13:40	13:55	13:40

Performance		Points	Females: Age 17 - 19 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	109	51	10:20	7:20	7:10
Outstanding	Medium	95	107	50	12:15	8:25	8:15
Outstanding	**Low**	**90**	**102**	**47**	**12:30**	**9:15**	**9:05**
Excellent	High	85	98	45	12:50	9:50	9:40
Excellent	Medium	80	93	43	13:05	10:20	10:10
Excellent	**Low**	**75**	**90**	**42**	**13:40**	**10:40**	**10:25**
Good	High	70	81	36	13:55	11:45	11:30
Good	Medium	65	71	30	14:10	13:05	12:55
Good	**Low**	**60**	**62**	**24**	**14:45**	**14:10**	**14:00**
Satisfactory	High	55	59	22	15:30	14:25	14:15
Satisfactory	Medium	50	54	20	16:05	15:00	14:50
Probationary		45	50	19	16:20	15:30	15:20

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 20 - 24 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	105	87	9:15	7:05	6:55
Outstanding	Medium	95	103	86	9:50	7:40	7:25
Outstanding	**Low**	**90**	**98**	**81**	**10:05**	**8:10**	**8:00**
Excellent	High	85	94	77	10:40	8:45	8:30
Excellent	Medium	80	90	74	10:55	9:00	8:50
Excellent	**Low**	**75**	**87**	**71**	**11;25**	**9:30**	**9:20**
Good	High	70	78	64	11;45	10:20	10:10
Good	Medium	65	66	55	12:30	11:25	11:15
Good	**Low**	**60**	**58**	**47**	**13:05**	**12:30**	**12:20**
Satisfactory	High	55	54	45	13:55	13:05	12:55
Satisfactory	Medium	50	50	42	14:25	13:20	13:10
Probationary		45	46	37	14:45	14:10	14:00

Performance		Points	Females: Age 20 - 24 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	105	48	10:40	7:55	7:45
Outstanding	Medium	95	103	47	12:15	8:45	8:30
Outstanding	**Low**	**90**	**98**	**44**	**12:30**	**9:30**	**9:20**
Excellent	High	85	94	43	13:20	10:05	9:55
Excellent	Medium	80	90	40	13:55	10:40	10:25
Excellent	**Low**	**75**	**87**	**39**	**14:25**	**10:55**	**10:45**
Good	High	70	78	33	14:45	12:00	11:50
Good	Medium	65	66	28	15:00	13:20	13:10
Good	**Low**	**60**	**58**	**21**	**15:30**	**14:25**	**14:15**
Satisfactory	High	55	54	20	16:20	15:00	14:50
Satisfactory	Medium	50	50	17	16:40	15:15	15:05
Probationary		45	46	16	16:55	15:50	15:40

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 25 - 29 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	101	84	9:43	7:13	7:06
Outstanding	Medium	95	100	82	10:15	7:48	7:40
Outstanding	**Low**	**90**	**95**	**77**	**10:30**	**8:18**	**8:10**
Excellent	High	85	91	73	11:13	8:53	8:44
Excellent	Medium	80	87	69	11:28	9:08	8:59
Excellent	**Low**	**75**	**84**	**67**	**11:50**	**9:40**	**9:31**
Good	High	70	75	60	12:25	10:30	10:20
Good	Medium	65	62	51	13:20	11:35	11:24
Good	**Low**	**60**	**54**	**44**	**14:03**	**12:40**	**12:28**
Satisfactory	High	55	50	41	14:35	13:13	13:00
Satisfactory	Medium	50	47	38	14:58	13:30	13:17
Probationary		45	43	34	15:18	14:18	14:04
		Points	Females: Age 25 - 29 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	101	46	11:13	8:03	7:55
Outstanding	Medium	95	100	45	12:33	9:00	8:51
Outstanding	**Low**	**90**	**95**	**43**	**12:48**	**9:48**	**9:38**
Excellent	High	85	91	41	13:38	10:23	10:13
Excellent	Medium	80	87	39	14:10	10:55	10:45
Excellent	**Low**	**75**	**84**	**37**	**14:35**	**11:10**	**10:59**
Good	High	70	75	30	15:18	12:15	12:03
Good	Medium	65	62	26	15:50	13:38	13:24
Good	**Low**	**60**	**54**	**19**	**16:13**	**14:43**	**14:28**
Satisfactory	High	55	50	18	16:45	15:08	14:53
Satisfactory	Medium	50	47	15	17:13	15:33	15:18
Probationary		45	43	13	17:35	16:05	15:50

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 30 - 34 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	98	80	10:10	7:20	7:10
Outstanding	Medium	95	97	78	10:40	7:55	7:45
Outstanding	**Low**	**90**	**92**	**74**	**10:55**	**8:25**	**8:15**
Excellent	High	85	88	69	11:45	9:00	8:50
Excellent	Medium	80	85	67	12:00	9:15	9:05
Excellent	**Low**	**75**	**81**	**64**	**12:15**	**9:50**	**9:40**
Good	High	70	73	57	13:05	10:40	10:25
Good	Medium	65	59	48	14:10	11:45	11:30
Good	**Low**	**60**	**51**	**41**	**15:00**	**12:50**	**12:40**
Satisfactory	High	55	47	38	15:15	13:20	13:10
Satisfactory	Medium	50	44	35	15:30	13:40	13:25
Probationary		45	40	31	15:50	14:25	14:15

Performance		Points	Females: Age 30 - 34 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	98	44	11:45	8:10	8:00
Outstanding	Medium	95	97	43	12:50	9:15	9:05
Outstanding	**Low**	**90**	**92**	**41**	**13:05**	**10:05**	**9:55**
Excellent	High	85	88	39	13:55	10:40	10:25
Excellent	Medium	80	85	37	14:25	11:10	11:00
Excellent	**Low**	**75**	**81**	**35**	**14:45**	**11:25**	**11:15**
Good	High	70	73	28	15:50	12:30	12:20
Good	Medium	65	59	24	16:40	13:55	13:45
Good	**Low**	**60**	**51**	**17**	**16:55**	**15:00**	**14:50**
Satisfactory	High	55	47	15	17:10	15:15	15:05
Satisfactory	Medium	50	44	13	17:45	15:50	15:40
Probationary		45	40	11	18:15	16:20	16:10

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 35 - 39 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	95	76	10:15	7:30	7:23
Outstanding	Medium	95	93	74	10:48	8:03	7:55
Outstanding	**Low**	**90**	**88**	**70**	**11:03**	**8:35**	**8:27**
Excellent	High	85	85	65	11:45	9:08	8:59
Excellent	Medium	80	83	63	12:08	9:23	9:14
Excellent	**Low**	**75**	**78**	**60**	**12:33**	**9:58**	**9:48**
Good	High	70	70	53	13:30	10:48	10:37
Good	Medium	65	55	44	14:35	11:53	11:41
Good	**Low**	**60**	**47**	**37**	**15:25**	**12:58**	**12:45**
Satisfactory	High	55	43	35	15:40	13:30	13:17
Satisfactory	Medium	50	40	33	16:05	13:48	13:34
Probationary		45	37	27	16:23	14:35	14:21

Performance		Points	Females: Age 35 - 39 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	95	43	11:50	8:28	8:19
Outstanding	Medium	95	93	42	12:58	9:23	9:14
Outstanding	**Low**	**90**	**88**	**39**	**13:13**	**10:23**	**10:13**
Excellent	High	85	85	37	14:03	10:55	10:45
Excellent	Medium	80	83	35	14:35	11:18	11:07
Excellent	**Low**	**75**	**78**	**34**	**15:00**	**11:43**	**11:31**
Good	High	70	70	26	15:58	12:48	12:35
Good	Medium	65	55	22	16:55	14:03	13:49
Good	**Low**	**60**	**47**	**14**	**17:20**	**15:15**	**15:00**
Satisfactory	High	55	43	13	17:43	15:33	15:18
Satisfactory	Medium	50	40	11	18:08	15:40	15:42
Probationary		45	37	9	18:33	15:58	16:22

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 40 - 44 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	92	72	10:20	7:40	7:25
Outstanding	Medium	95	90	70	10:55	8:10	8:00
Outstanding	**Low**	**90**	**85**	**67**	**11:10**	**8:45**	**8:30**
Excellent	High	85	83	61	11:45	9:15	9:05
Excellent	Medium	80	80	59	12:15	9:30	9:20
Excellent	**Low**	**75**	**76**	**56**	**12:50**	**10:05**	**9:55**
Good	High	70	68	50	13:55	10:55	10:45
Good	Medium	65	51	41	15:00	12:00	11:50
Good	**Low**	**60**	**44**	**34**	**15:50**	**13:05**	**12:55**
Satisfactory	High	55	39	32	16:05	13:40	13:25
Satisfactory	Medium	50	37	29	16:40	13:55	13:45
Probationary		45	35	24	16:55	14:45	14:30

Performance		Points	Females: Age 40 - 44 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	92	41	11:55	8:45	8:30
Outstanding	Medium	95	90	40	13:05	9:30	9:20
Outstanding	**Low**	**90**	**85**	**37**	**13:20**	**10:40**	**10:25**
Excellent	High	85	83	35	14:10	11:10	11:00
Excellent	Medium	80	80	33	14:45	11:25	11:15
Excellent	**Low**	**75**	**76**	**32**	**15:15**	**12:00**	**11:50**
Good	High	70	68	24	16:05	13:05	12:55
Good	Medium	65	51	20	17:10	14:10	14:00
Good	**Low**	**60**	**44**	**12**	**17:45**	**15:30**	**15:20**
Satisfactory	High	55	39	11	18:15	15:50	15:40
Satisfactory	Medium	50	37	9	18:30	16:05	15:55
Probationary		45	35	7	18:50	16:55	16:40

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 45 - 49 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	88	68	10:23	7:48	7:40
Outstanding	Medium	95	86	66	11:03	8:18	8:10
Outstanding	**Low**	**90**	**81**	**63**	**11:28**	**8:53**	**8:44**
Excellent	High	85	80	57	12:08	9:23	9:14
Excellent	Medium	80	78	54	12:40	9:40	9:31
Excellent	**Low**	**75**	**73**	**52**	**13:15**	**10:13**	**10:03**
Good	High	70	65	46	14:10	11:03	10:52
Good	Medium	65	47	37	15:25	12:08	11:56
Good	**Low**	**60**	**40**	**32**	**16:15**	**13:13**	**12:59**
Satisfactory	High	55	35	28	16:38	13:48	13:34
Satisfactory	Medium	50	33	25	17:13	14:03	13:49
Probationary		45	31	21	17:35	14:53	14:38

Performance		Points	Females: Age 45 -49 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	88	40	11:58	9:00	8:51
Outstanding	Medium	95	86	39	13:13	9:48	9:38
Outstanding	**Low**	**90**	**81**	**35**	**13:38**	**10:48**	**10:37**
Excellent	High	85	80	33	14:28	11:18	11:07
Excellent	Medium	80	78	32	15:00	11:43	11:31
Excellent	**Low**	**75**	**73**	**30**	**15:23**	**12:08**	**11:56**
Good	High	70	65	22	16:23	13:23	13:10
Good	Medium	65	47	18	17:18	14:28	14:14
Good	**Low**	**60**	**40**	**11**	**18:00**	**15:48**	**15:32**
Satisfactory	High	55	35	8	18:23	16:05	15:50
Satisfactory	Medium	50	33	7	18:40	16:23	16:07
Probationary		45	31	5	18:58	17:03	16:46

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 50 - 54 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	85	64	10:25	7:55	7:45
Outstanding	Medium	95	84	62	11:10	8:25	8:15
Outstanding	**Low**	**90**	**78**	**59**	**11:45**	**9:00**	**8:50**
Excellent	High	85	77	53	12:30	9:30	9:20
Excellent	Medium	80	76	51	13:05	9:50	9:40
Excellent	**Low**	**75**	**71**	**49**	**13:40**	**10:20**	**10:10**
Good	High	70	63	43	14:25	11:10	11:00
Good	Medium	65	44	34	15:50	12:15	12:05
Good	**Low**	**60**	**37**	**30**	**16:40**	**13:20**	**13:10**
Satisfactory	High	55	32	25	17:10	13:55	13:45
Satisfactory	Medium	50	30	23	17:45	14:10	14:00
Probationary		45	29	19	18:15	15:00	14:50

Performance		Points	Females: Age 50 -54 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	85	38	12:00	9:15	9:05
Outstanding	Medium	95	84	37	13:20	10:05	9:55
Outstanding	**Low**	**90**	**78**	**33**	**13:55**	**10:55**	**10:45**
Excellent	High	85	77	31	14:45	11:25	11:15
Excellent	Medium	80	76	30	15:15	12:00	11:50
Excellent	**Low**	**75**	**71**	**28**	**15:30**	**12:15**	**12:05**
Good	High	70	63	20	16:40	13:40	13:25
Good	Medium	65	44	16	17:25	14:45	14:30
Good	**Low**	**60**	**37**	**10**	**18:15**	**16:05**	**15:55**
Satisfactory	High	55	32	6	18:30	16:20	16:10
Satisfactory	Medium	50	30	5	18:50	16:40	16:26
Probationary		45	29	2	19:05	17:10	17:00

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

| Performance | | Points | Males: Age 55 - 59 years | | | | |
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	81	60	11:46	8:01	7:50
Outstanding	Medium	95	80	59	12:16	8:34	8:23
Outstanding	**Low**	**90**	**74**	**56**	**12:34**	**9:07**	**8:56**
Excellent	High	85	70	52	13:09	9:43	9:32
Excellent	Medium	80	66	48	13:44	10:11	10:00
Excellent	**Low**	**75**	**62**	**46**	**14:31**	**10:46**	**10:35**
Good	High	70	54	38	15:38	11:44	11:33
Good	Medium	65	40	32	16:45	12:45	12:34
Good	**Low**	**60**	**36**	**16**	**17:53**	**13:48**	**13:37**
Satisfactory	High	55	30	14	18:12	14:18	14:07
Satisfactory	Medium	50	28	12	18:32	14:46	14:35
Probationary		45	26	10	18:52	15:19	15:08

| Performance | | Points | Females: Age 55 -59 years | | | | |
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	81	30	13:37	9:38	9:27
Outstanding	Medium	95	80	28	15:01	10:27	10:16
Outstanding	**Low**	**90**	**74**	**26**	**15:21**	**11:08**	**10:57**
Excellent	High	85	70	24	15:52	11:41	11:30
Excellent	Medium	80	66	22	16:22	12:23	12:12
Excellent	**Low**	**75**	**62**	**20**	**16:52**	**12:34**	**12:23**
Good	High	70	54	16	17:46	14:02	13:51
Good	Medium	65	40	10	18:40	15:08	14:57
Good	**Low**	**60**	**36**	**6**	**19:35**	**16:30**	**16:19**
Satisfactory	High	55	30	5	19:51	16:47	16:36
Satisfactory	Medium	50	28	3	20:08	17:03	16:52
Probationary		45	26	2	20:25	17:36	17:25

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 60 - 64 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	75	57	12:29	8:04	7:53
Outstanding	Medium	95	74	56	12:59	8:37	8:26
Outstanding	**Low**	**90**	**70**	**52**	**13:16**	**9:10**	**8:59**
Excellent	High	85	66	48	13:56	9:49	9:38
Excellent	Medium	80	62	46	14:36	10:27	10:16
Excellent	**Low**	**75**	**56**	**44**	**15:16**	**11:06**	**10:55**
Good	High	70	40	32	16:30	12:06	11:55
Good	Medium	65	32	23	17:44	13:07	12:56
Good	**Low**	**60**	**26**	**14**	**18:57**	**14:07**	**13:56**
Satisfactory	High	55	24	12	19:34	14:35	14:24
Satisfactory	Medium	50	22	10	12:10	15:02	14:51
Probationary		45	20	8	20:45	15:30	15:19

Performance		Points	Females: Age 60 - 64 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	75	26	14:55	9:54	9:43
Outstanding	Medium	95	74	24	16:19	10:44	10:33
Outstanding	**Low**	**90**	**70**	**22**	**16:39**	**11:17**	**11:06**
Excellent	High	85	66	20	17:07	11:50	11:39
Excellent	Medium	80	62	18	17:36	12:39	12:28
Excellent	**Low**	**75**	**56**	**16**	**18:04**	**12:45**	**12:34**
Good	High	70	40	12	19:01	14:18	14:07
Good	Medium	65	32	8	19:55	15:24	15:13
Good	**Low**	**60**	**26**	**5**	**20:44**	**16:47**	**16:36**
Satisfactory	High	55	24	4	21:03	17:03	16:52
Satisfactory	Medium	50	22	3	21:22	17:20	17:09
Probationary		45	20	2	21:41	17:53	17:42

Table 5-1: PRT Standards for Altitudes > 5,000 Feet

Performance		Points	Males: Age 65+ years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	65	48	12:51	8:10	7:59
Outstanding	Medium	95	64	46	13:26	8:43	8:32
Outstanding	**Low**	**90**	**60**	**44**	**13:59**	**9:16**	**9:05**
Excellent	High	85	55	41	14:40	10:00	9:49
Excellent	Medium	80	50	39	15:21	10:44	10:33
Excellent	**Low**	**75**	**44**	**36**	**16:01**	**11:33**	**11:22**
Good	High	70	36	25	17:22	12:34	12:23
Good	Medium	65	28	18	18:42	13:34	13:23
Good	**Low**	**60**	**20**	**10**	**20:02**	**14:40**	**14:29**
Satisfactory	High	55	17	8	20:54	15:02	14:51
Satisfactory	Medium	50	13	6	21:46	15:24	15:13
Probationary		45	10	4	22:39	15:41	15:30

Performance		Points	Females: Age 65+ years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	65	22	16:14	10:11	10:00
Outstanding	Medium	95	64	20	17:37	11:00	10:49
Outstanding	**Low**	**90**	**60**	**18**	**17:57**	**11:25**	**11:14**
Excellent	High	85	55	16	18:23	11:57	11:46
Excellent	Medium	80	50	14	18:50	12:56	12:45
Excellent	**Low**	**75**	**44**	**12**	**19:15**	**13:01**	**12:50**
Good	High	70	36	9	20:08	14:35	14:24
Good	Medium	65	28	6	21:01	15:41	15:30
Good	**Low**	**60**	**20**	**4**	**21:53**	**17:03**	**16:52**
Satisfactory	High	55	17	3	22:14	17:20	17:09
Satisfactory	Medium	50	13	2	22:34	17:36	17:25
Probationary		45	10	1	22:57	18:09	17:58