

PERFORMANCE LEVEL	POINTS	PUSH-UPS	FOREARM PLANKS	1.5 MILE RUN	2KM ROW	500YD SWIM	450M SWIM
FEMALES: AGE 17-19 YEARS							
OUTSTANDING HIGH	100	51	3:14	9:29	8:00	6:45	6:35
OUTSTANDING MEDIUM	95	50	3:09	11:15	8:10	7:45	7:35
OUTSTANDING LOW	90	47	3:04	11:30	8:20	8:30	8:20
EXCELLENT HIGH	85	45	2:53	11:45	8:30	9:00	8:50
EXCELLENT MEDIUM	80	43	2:43	12:00	8:40	9:30	9:20
EXCELLENT LOW	75	42	2:33	12:30	8:50	9:45	9:35
GOOD HIGH	70	36	2:13	12:45	9:10	10:45	10:35
GOOD MEDIUM	65	30	1:52	13:00	9:40	12:00	11:50
GOOD LOW	60	24	1:32	13:30	10:10	13:00	12:50
SATISFACTORY HIGH	55	22	1:22	14:15	10:20	13:15	13:05
SATISFACTORY MEDIUM	50	20	1:11	14:45	10:30	13:45	13:35
PROBATIONARY	45	19	1:01	15:00	10:40	14:15	14:05
FEMALES: AGE 20-24 YEARS							
OUTSTANDING HIGH	100	48	3:10	9:47	8:05	7:15	7:05
OUTSTANDING MEDIUM	95	47	3:05	11:15	8:15	8:00	7:50
OUTSTANDING LOW	90	44	3:00	11:30	8:25	8:45	8:35
EXCELLENT HIGH	85	43	2:50	12:15	8:35	9:15	9:05
EXCELLENT MEDIUM	80	40	2:40	12:45	8:45	9:45	9:35
EXCELLENT LOW	75	39	2:30	13:15	8:55	10:00	9:50
GOOD HIGH	70	33	2:10	13:30	9:15	11:00	10:50
GOOD MEDIUM	65	28	1:50	13:45	9:45	12:15	12:05
GOOD LOW	60	21	1:30	14:15	10:15	13:15	13:05
SATISFACTORY HIGH	55	20	1:20	15:00	10:25	13:45	13:35
SATISFACTORY MEDIUM	50	17	1:10	15:15	10:35	14:00	13:50
PROBATIONARY	45	16	1:00	15:30	10:45	14:30	14:20
FEMALES: AGE 25-29 YEARS							
OUTSTANDING HIGH	100	46	3:06	10:17	8:10	7:23	7:13
OUTSTANDING MEDIUM	95	45	3:01	11:30	8:20	8:15	7:58
OUTSTANDING LOW	90	43	2:56	11:45	8:30	9:00	8:50
EXCELLENT HIGH	85	41	2:47	12:30	8:40	9:30	9:20
EXCELLENT MEDIUM	80	39	2:37	13:00	8:50	10:00	9:50
EXCELLENT LOW	75	37	2:27	13:23	9:00	10:15	10:05
GOOD HIGH	70	30	2:07	14:00	9:20	11:15	11:05
GOOD MEDIUM	65	26	1:48	14:30	9:50	12:30	12:20
GOOD LOW	60	19	1:28	14:53	10:20	13:30	13:20
SATISFACTORY HIGH	55	18	1:18	15:23	10:30	13:53	13:43
SATISFACTORY MEDIUM	50	15	1:09	15:45	10:40	14:15	14:05
PROBATIONARY	45	13	0:59	16:08	10:50	14:45	14:35
FEMALES: AGE 30-34 YEARS							
OUTSTANDING HIGH	100	44	3:02	10:46	8:15	7:30	7:20
OUTSTANDING MEDIUM	95	43	2:58	11:45	8:25	8:30	8:20
OUTSTANDING LOW	90	41	2:53	12:00	8:35	9:15	9:05
EXCELLENT HIGH	85	39	2:43	12:45	8:45	9:45	9:35
EXCELLENT MEDIUM	80	37	2:34	13:15	8:55	10:15	10:05
EXCELLENT LOW	75	35	2:24	13:30	9:05	10:30	10:20
GOOD HIGH	70	28	2:05	14:30	9:25	11:30	11:20
GOOD MEDIUM	65	24	1:46	15:15	9:55	12:45	12:35
GOOD LOW	60	17	1:26	15:30	10:25	13:45	13:35
SATISFACTORY HIGH	55	15	1:17	15:45	10:35	14:00	13:50
SATISFACTORY MEDIUM	50	13	1:07	16:15	10:45	14:30	14:20
PROBATIONARY	45	11	0:58	16:45	10:55	15:00	14:50
FEMALES: AGE 35-39 YEARS							
OUTSTANDING HIGH	100	43	2:59	10:51	8:20	7:45	7:35
OUTSTANDING MEDIUM	95	42	2:54	11:53	8:30	8:38	8:28
OUTSTANDING LOW	90	39	2:49	12:08	8:40	9:30	9:20
EXCELLENT HIGH	85	37	2:40	12:53	8:50	10:00	9:50
EXCELLENT MEDIUM	80	35	2:31	13:23	9:00	10:23	10:13
EXCELLENT LOW	75	34	2:21	13:45	9:10	10:45	10:35
GOOD HIGH	70	26	2:02	14:38	9:30	11:45	11:35
GOOD MEDIUM	65	22	1:44	15:30	10:00	12:53	12:43
GOOD LOW	60	14	1:25	15:53	10:30	14:00	13:50
SATISFACTORY HIGH	55	13	1:15	16:15	10:40	14:15	14:05
SATISFACTORY MEDIUM	50	11	1:06	16:38	10:50	14:38	14:28
PROBATIONARY	45	9	0:56	17:00	11:00	15:15	15:05
FEMALES: AGE 40-44 YEARS							
OUTSTANDING HIGH	100	41	2:55	10:56	8:25	8:00	7:50
OUTSTANDING MEDIUM	95	40	2:51	12:00	8:35	8:45	8:35
OUTSTANDING LOW	90	37	2:46	12:15	8:45	9:45	9:35
EXCELLENT HIGH	85	35	2:37	13:00	8:55	10:15	10:05
EXCELLENT MEDIUM	80	33	2:28	13:30	9:05	10:30	10:20
EXCELLENT LOW	75	32	2:18	14:00	9:15	11:00	10:50
GOOD HIGH	70	24	2:00	14:45	9:35	12:00	11:50
GOOD MEDIUM	65	20	1:41	15:45	10:05	13:00	12:50
GOOD LOW	60	12	1:23	16:15	10:35	14:15	14:05
SATISFACTORY HIGH	55	11	1:14	16:45	10:45	14:30	14:20
SATISFACTORY MEDIUM	50	9	1:05	17:00	10:55	14:45	14:35
PROBATIONARY	45	7	0:55	17:15	11:05	15:30	15:20
FEMALES: AGE 45-49 YEARS							
OUTSTANDING HIGH	100	40	2:52	10:58	8:30	8:15	8:05
OUTSTANDING MEDIUM	95	39	2:47	12:08	8:40	9:00	8:50
OUTSTANDING LOW	90	35	2:43	12:30	8:50	9:53	9:43
EXCELLENT HIGH	85	33	2:34	13:15	9:00	10:23	10:13
EXCELLENT MEDIUM	80	32	2:25	13:45	9:10	10:45	10:35
EXCELLENT LOW	75	30	2:16	14:08	9:20	11:08	10:58
GOOD HIGH	70	22	1:58	15:00	9:40	12:15	12:05
GOOD MEDIUM	65	18	1:39	15:53	10:10	13:15	13:05
GOOD LOW	60	11	1:21	16:30	10:40	14:30	14:20
SATISFACTORY HIGH	55	8	1:12	16:53	10:50	14:45	14:35
SATISFACTORY MEDIUM	50	7	1:03	17:08	11:00	15:00	14:50
PROBATIONARY	45	5	0:54	17:23	11:10	15:38	15:28
FEMALES: AGE 50-54 YEARS							
OUTSTANDING HIGH	100	38	2:48	11:00	8:35	8:30	8:20
OUTSTANDING MEDIUM	95	37	2:44	12:15	8:45	9:15	9:05
OUTSTANDING LOW	90	33	2:39	12:45	8:55	10:00	9:50
EXCELLENT HIGH	85	31	2:31	13:30	9:05	10:30	10:20
EXCELLENT MEDIUM	80	30	2:22	14:00	9:15	11:00	10:50
EXCELLENT LOW	75	28	2:13	14:15	9:25	11:15	11:05
GOOD HIGH	70	20	1:55	15:15	9:45	12:30	12:20
GOOD MEDIUM	65	16	1:37	16:00	10:15	13:30	13:20
GOOD LOW	60	10	1:20	16:45	10:45	14:45	14:35
SATISFACTORY HIGH	55	6	1:11	17:00	10:55	15:00	14:50
SATISFACTORY MEDIUM	50	5	1:02	17:15	11:05	15:15	15:05
PROBATIONARY	45	2	0:53	17:30	11:15	15:45	15:35
FEMALES: AGE 55-59 YEARS							
OUTSTANDING HIGH	100	30	2:45	12:23	8:40	8:45	8:35
OUTSTANDING MEDIUM	95	28	2:41	13:39	8:50	9:30	9:20
OUTSTANDING LOW	90	26	2:36	13:57	9:00	10:07	9:57
EXCELLENT HIGH	85	24	2:28	14:25	9:10	10:37	10:27
EXCELLENT MEDIUM	80	22	2:19	14:53	9:20	11:15	11:05
EXCELLENT LOW	75	20	2:10	15:20	9:30	11:25	11:15
GOOD HIGH	70	16	1:53	16:09	9:50	12:45	12:35
GOOD MEDIUM	65	10	1:35	16:58	10:20	13:45	13:35
GOOD LOW	60	6	1:18	17:48	10:50	15:00	14:50
SATISFACTORY HIGH	55	5	1:09	18:03	11:00	15:15	15:05
SATISFACTORY MEDIUM	50	3	1:01	18:18	11:10	15:30	15:20
PROBATIONARY	45	2	0:52	18:34	11:20	16:00	15:50
FEMALES: AGE 60-64 YEARS							
OUTSTANDING HIGH	100	26	2:42	13:34	8:45	9:00	8:50
OUTSTANDING MEDIUM	95	24	2:37	14:50	8:55	9:45	9:35
OUTSTANDING LOW	90	22	2:33	15:08	9:05	10:15	10:05
EXCELLENT HIGH	85	20	2:25	15:34	9:15	10:45	10:35
EXCELLENT MEDIUM	80	18	2:16	16:00	9:25	11:30	11:20
EXCELLENT LOW	75	16	2:08	16:25	9:35	11:35	11:25
GOOD HIGH	70	12	1:51	17:17	9:55	13:00	12:50
GOOD MEDIUM	65	8	1:34	18:06	10:25	14:00	13:50
GOOD LOW	60	5	1:17	18:51	10:55	15:15	15:05
SATISFACTORY HIGH	55	4	1:08	19:08	11:05	15:30	15:20
SATISFACTORY MEDIUM	50	3	1:00	19:25	11:15	15:45	15:35
PROBATIONARY	45	2	0:51	19:43	11:25	16:15	16:05
FEMALES: AGE 65+ YEARS							
OUTSTANDING HIGH	100	22	2:38	14:45	8:50	9:15	9:05
OUTSTANDING MEDIUM	95	20	2:34	16:01	9:00	10:00	9:50
OUTSTANDING LOW	90	18	2:30	16:19	9:10	10:23	10:13
EXCELLENT HIGH	85	16	2:22	16:43	9:20	10:52	10:42
EXCELLENT MEDIUM	80	14	2:13	17:07	9:30	11:45	11:35
EXCELLENT LOW	75	12	2:05	17:30	9:40	11:50	11:40
GOOD HIGH	70	9	1:48	18:18	10:00	13:15	13:05
GOOD MEDIUM	65	6	1:32	19:06	10:30	14:15	14:05
GOOD LOW	60	4	1:15	19:54	11:00	15:30	15:20
SATISFACTORY HIGH	55	3	1:07	20:13	11:10	15:45	15:35
SATISFACTORY MEDIUM	50	2	0:58	20:31	11:20	16:00	15:50
PROBATIONARY	45	1	0:50	20:52	11:30	16:30	16:20

PRT STANDARDS FOR FEMALES

Table 4-1:PRT Standards Less Than 5000 Feet



PERFORMANCE LEVEL	POINTS	PUSH-UPS	FOREARM PLANKS	1.5 MILE RUN	2KM ROW	500YD SWIM	450M SWIM
MALES: AGE 17-19 YEARS							
OUTSTANDING HIGH	100	92	3:24	8:15	7:00	6:30	6:20
OUTSTANDING MEDIUM	95	91	3:19	8:45	7:10	6:45	6:35
OUTSTANDING LOW	90	86	3:14	9:00	7:20	7:15	7:05
EXCELLENT HIGH	85	82	3:04	9:15	7:30	7:45	7:35
EXCELLENT MEDIUM	80	79	2:53	9:30	7:40	8:15	8:05
EXCELLENT LOW	75	76	2:43	9:45	7:50	8:30	8:20
GOOD HIGH	70	68	2:23	10:00	8:10	9:15	9:05
GOOD MEDIUM	65	60	2:02	10:30	8:30	10:30	10:20
GOOD LOW	60	51	1:42	11:00	8:50	11:15	11:05
SATISFACTORY HIGH	55	49	1:32	12:00	9:00	11:45	11:35
SATISFACTORY MEDIUM	50	46	1:22	12:15	9:10	12:15	12:05
PROBATIONARY	45	42	1:11	12:45	9:20	12:45	12:35
MALES: AGE 20-24 YEARS							
OUTSTANDING HIGH	100	87	3:20	8:30	7:05	6:30	6:20
OUTSTANDING MEDIUM	95	86	3:15	9:00	7:15	7:00	6:50
OUTSTANDING LOW	90	81	3:10	9:15	7:25	7:30	7:20
EXCELLENT HIGH	85	77	3:00	9:45	7:35	8:00	7:50
EXCELLENT MEDIUM	80	74	2:50	10:00	7:45	8:15	8:05
EXCELLENT LOW	75	71	2:40	10:30	7:55	8:45	8:35
GOOD HIGH	70	64	2:20	10:45	8:15	9:30	9:20
GOOD MEDIUM	65	55	2:00	11:30	8:35	10:30	10:20
GOOD LOW	60	47	1:40	12:00	8:55	11:30	11:20
SATISFACTORY HIGH	55	45	1:30	12:45	9:05	12:00	11:50
SATISFACTORY MEDIUM	50	42	1:20	13:15	9:15	12:15	12:05
PROBATIONARY	45	37	1:10	13:30	9:25	13:00	12:50
MALES: AGE 25-29 YEARS							
OUTSTANDING HIGH	100	84	3:16	8:55	7:10	6:38	6:28
OUTSTANDING MEDIUM	95	82	3:11	9:23	7:20	7:08	6:58
OUTSTANDING LOW	90	77	3:06	9:38	7:30	7:38	7:28
EXCELLENT HIGH	85	73	2:56	10:15	7:40	8:08	7:58
EXCELLENT MEDIUM	80	69	2:47	10:30	7:50	8:23	8:13
EXCELLENT LOW	75	67	2:37	10:52	8:00	8:53	8:43
GOOD HIGH	70	60	2:17	11:23	8:20	9:38	9:28
GOOD MEDIUM	65	51	1:58	12:15	8:40	10:38	10:28
GOOD LOW	60	44	1:38	12:53	9:00	11:38	11:28
SATISFACTORY HIGH	55	41	1:28	13:23	9:10	12:08	11:58
SATISFACTORY MEDIUM	50	38	1:18	13:45	9:20	12:23	12:13
PROBATIONARY	45	34	1:09	14:00	9:30	13:08	12:58
MALES: AGE 30-34 YEARS							
OUTSTANDING HIGH	100	80	3:12	9:20	7:15	6:45	6:35
OUTSTANDING MEDIUM	95	78	3:07	9:45	7:25	7:15	7:05
OUTSTANDING LOW	90	74	3:02	10:00	7:35	7:45	7:35
EXCELLENT HIGH	85	69	2:53	10:30	7:45	8:15	8:05
EXCELLENT MEDIUM	80	67	2:43	11:00	7:55	8:30	8:20
EXCELLENT LOW	75	64	2:34	11:15	8:05	9:00	8:50
GOOD HIGH	70	57	2:14	12:00	8:25	9:45	9:35
GOOD MEDIUM	65	48	1:55	13:00	8:45	10:45	10:35
GOOD LOW	60	41	1:36	13:45	9:05	11:45	11:35
SATISFACTORY HIGH	55	38	1:26	14:00	9:15	12:15	12:05
SATISFACTORY MEDIUM	50	35	1:17	14:15	9:25	12:30	12:20
PROBATIONARY	45	31	1:07	14:30	9:35	13:15	13:05
MALES: AGE 35-39 YEARS							
OUTSTANDING HIGH	100	76	3:08	9:25	7:20	6:53	6:43
OUTSTANDING MEDIUM	95	74	3:04	9:53	7:30	7:23	7:13
OUTSTANDING LOW	90	70	2:59	10:08	7:40	7:53	7:43
EXCELLENT HIGH	85	65	2:49	10:38	7:50	8:23	8:13
EXCELLENT MEDIUM	80	63	2:40	11:08	8:00	8:38	8:28
EXCELLENT LOW	75	60	2:31	11:23	8:10	9:08	8:58
GOOD HIGH	70	53	2:12	12:23	8:30	9:53	9:43
GOOD MEDIUM	65	44	1:53	13:23	8:50	10:53	10:43
GOOD LOW	60	37	1:34	14:08	9:10	11:53	11:43
SATISFACTORY HIGH	55	35	1:25	14:23	9:20	12:23	12:13
SATISFACTORY MEDIUM	50	33	1:15	14:45	9:30	12:38	12:28
PROBATIONARY	45	27	1:06	15:00	9:40	13:23	13:13
MALES: AGE 40-44 YEARS							
OUTSTANDING HIGH	100	72	3:04	9:30	7:25	7:00	6:50
OUTSTANDING MEDIUM	95	70	3:00	10:00	7:35	7:30	7:20
OUTSTANDING LOW	90	67	2:55	10:15	7:45	8:00	7:50
EXCELLENT HIGH	85	61	2:46	10:45	7:55	8:30	8:20
EXCELLENT MEDIUM	80	59	2:37	11:15	8:05	8:45	8:35
EXCELLENT LOW	75	56	2:28	11:45	8:15	9:15	9:05
GOOD HIGH	70	50	2:09	12:45	8:35	10:00	9:50
GOOD MEDIUM	65	41	1:51	13:45	8:55	11:00	10:50
GOOD LOW	60	34	1:32	14:30	9:15	12:00	11:50
SATISFACTORY HIGH	55	32	1:23	14:45	9:25	12:30	12:20
SATISFACTORY MEDIUM	50	29	1:14	15:15	9:35	12:45	12:35
PROBATIONARY	45	24	1:05	15:30	9:45	13:30	13:20
MALES: AGE 45-49 YEARS							
OUTSTANDING HIGH	100	68	3:01	9:33	7:30	7:08	6:58
OUTSTANDING MEDIUM	95	66	2:56	10:08	7:40	7:38	7:28
OUTSTANDING LOW	90	63	2:52	10:30	7:50	8:08	7:58
EXCELLENT HIGH	85	57	2:43	11:08	8:00	8:38	8:28
EXCELLENT MEDIUM	80	54	2:34	11:38	8:10	8:53	8:43
EXCELLENT LOW	75	52	2:25	12:08	8:20	9:23	9:13
GOOD HIGH	70	46	2:07	13:00	8:40	10:08	9:58
GOOD MEDIUM	65	37	1:48	14:08	9:00	11:08	10:58
GOOD LOW	60	32	1:30	14:53	9:20	12:08	11:58
SATISFACTORY HIGH	55	28	1:21	15:15	9:30	12:38	12:28
SATISFACTORY MEDIUM	50	25	1:12	15:45	9:40	12:53	12:43
PROBATIONARY	45	21	1:03	16:08	9:50	13:38	13:48
MALES: AGE 50-54 YEARS							
OUTSTANDING HIGH	100	64	2:57	9:35	7:35	7:15	7:05
OUTSTANDING MEDIUM	95	62	2:53	10:15	7:45	7:45	7:35
OUTSTANDING LOW	90	59	2:48	10:45	7:55	8:15	8:05
EXCELLENT HIGH	85	53	2:39	11:30	8:05	8:45	8:35
EXCELLENT MEDIUM	80	51	2:31	12:00	8:15	9:00	8:50
EXCELLENT LOW	75	49	2:22	12:30	8:25	9:30	9:20
GOOD HIGH	70	43	2:04	13:15	8:45	10:15	10:05
GOOD MEDIUM	65	34	1:46	14:30	9:05	11:15	11:05
GOOD LOW	60	30	1:29	15:15	9:25	12:15	12:05
SATISFACTORY HIGH	55	25	1:20	15:45	9:35	12:45	12:35
SATISFACTORY MEDIUM	50	23	1:11	16:15	9:45	13:00	12:50
PROBATIONARY	45	19	1:02	16:45	9:55	13:45	13:35
MALES: AGE 55-59 YEARS							
OUTSTANDING HIGH	100	60	2:54	10:42	7:40	7:17	7:07
OUTSTANDING MEDIUM	95	59	2:49	11:09	7:50	7:47	7:37
OUTSTANDING LOW	90	56	2:45	11:25	8:00	8:17	8:07
EXCELLENT HIGH	85	52	2:36	11:57	8:10	8:50	8:40
EXCELLENT MEDIUM	80	48	2:28	12:29	8:20	9:15	9:05
EXCELLENT LOW	75	46	2:19	13:12	8:30	9:47	9:37
GOOD HIGH	70	38	2:02	14:13	8:50	10:40	10:30
GOOD MEDIUM	65	32	1:44	15:14	9:10	11:35	11:25
GOOD LOW	60	16	1:27	16:15	9:30	12:33	12:23
SATISFACTORY HIGH	55	14	1:18	16:33	9:40	13:00	12:50
SATISFACTORY MEDIUM	50	12	1:09	16:51	9:50	13:25	13:15
PROBATIONARY	45	10	1:01	17:09	10:00	13:55	13:45
MALES: AGE 60-64 YEARS							
OUTSTANDING HIGH	100	57	2:50	11:21	7:45	7:20	7:10
OUTSTANDING MEDIUM	95	56	2:46	11:48	7:55	7:50	7:40
OUTSTANDING LOW	90	52	2:42	12:04	8:05	8:20	8:10
EXCELLENT HIGH	85	48	2:33	12:40	8:15	8:55	8:45
EXCELLENT MEDIUM	80	46	2:25	13:16	8:25	9:30	9:20
EXCELLENT LOW	75	44	2:16	13:53	8:35	10:05	9:55
GOOD HIGH	70	32	1:59	15:00	8:55	11:00	10:50
GOOD MEDIUM	65	23	1:42	16:07	9:15	11:55	11:45
GOOD LOW	60	14	1:25	17:14	9:35	12:50	12:40
SATISFACTORY HIGH	55	12	1:17	17:47	9:45	13:15	13:05
SATISFACTORY MEDIUM	50	10	1:08	18:20	9:55	13:40	13:30
PROBATIONARY	45	8	1:00	18:52	10:05	14:05	13:55
MALES: AGE 65+ YEARS							
OUTSTANDING HIGH	100	48	2:47	11:41	7:50	7:25	7:15
OUTSTANDING MEDIUM	95	46	2:43	12:13	8:00	7:55	7:45
OUTSTANDING LOW	90	44	2:38	12:43	8:10	8:25	8:15
EXCELLENT HIGH	85	41	2:30	13:20	8:20	9:05	8:55
EXCELLENT MEDIUM	80	39	2:22	13:57	8:30	9:45	9:35
EXCELLENT LOW	75	36	2:13	14:34	8:40	10:30	10:20
GOOD HIGH	70	25	1:57	15:47	9:00	11:25	11:15
GOOD MEDIUM	65	18	1:40	17:00	9:20	12:20	12:10
GOOD LOW	60	10	1:23	18:13	9:40	13:20	13:10
SATISFACTORY HIGH	55	8	1:15	19:00	9:50	13:40	13:30
SATISFACTORY MEDIUM	50	6	1:07	19:47	10:00	14:00	13:50
PROBATIONARY	45	4	0:58	20:35	10:10	14:15	14:05

PRT STANDARDS FOR MALES

Table 4-1:PRT Standards Less Than 5000 Feet

