

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 17 - 19 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
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				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
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