PHYSICAL READINESS TEST (PRT)

1. Background and Rationale

a. Navy's culture of fitness includes an all hands commitment to well-rounded, regular physical conditioning, and healthy food choices. The PRT is simply one element of a total health, physical fitness, and readiness program. Minimal satisfactory performance on the PRT establishes a base level of physical capacity essential for every member, regardless of designator, Navy Enlisted Classification (NEC) or duty assignment. All personnel shall strive to optimize fitness and readiness by exceeding minimum standards and achieving continual improvement.

b. Standards are based on a sample of PRT results from over 200,000 members in the Fleet during PRTs from 1997 and 1998. NHRC San Diego completed data analysis and computed proposed PRT standards. Results of Navy personnel were divided into groups based on gender and age. Separate standards were developed for each gender within each age group. Standards for each performance category are approximately as follows:

(1) OUTSTANDING - Performance above or equal to top 10 percent.

(2) EXCELLENT - Performance in top 25 percent, but less than OUTSTANDING.

(3) GOOD - Performance better than or equal to lowest 25 percent, but less than EXCELLENT.

(4) SATISFACTORY/PROBATIONARY - Performance in bottom 25 percent, but above lowest 10 percent.

(5) UNSATISFACTORY - Performance in lowest 10 percent.

2. Purpose of PRT Events

a. Provide members with goals to promote basic physical fitness, health, and readiness.

b. Provide COs a means of assessing the general fitness of members of their command.

3. Components of PRT. Navy assesses physical fitness by a series of events associated with factors that enable members to perform physically. Factors evaluated and associated physical activity are as follows:

a. Flexibility. Flexibility is the ability of a joint to move through the full range of motion. Lack of flexibility is associated with an increased risk of injury. Although no single test measures the flexibility of all joints, sit-reach event serves as an important functional measure of hip region flexibility including lower back and back of legs.

b. Muscular endurance. Muscular 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. No single endurance test measures the endurance of all muscles; however, curl-ups serve as a measure of abdominal muscle endurance while push-ups indicate upper body muscular endurance. The curl-up exercise, when performed properly, is important in developing abdominal muscle tone. Adequate strength and endurance of abdominal muscles are an important element in prevention and treatment of lower back injury, which is associated with the ability to perform common pushing, pulling, and carrying tasks.

c. Cardiovascular endurance. Cardiovascular endurance 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 throughout the workday without undue fatigue. One and a half mile run/walk and 500-yard/450-meter swim are included in the PRT because performance in these events is indicative of aerobic capacity.

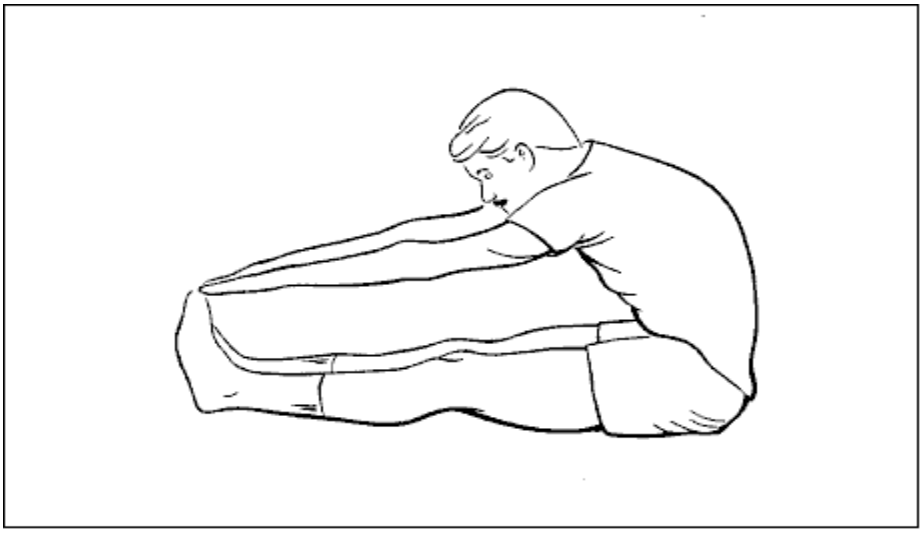
4. Event sequence

a. PRT events shall be completed on same day, in the following sequence: warm-up, sit-reach, curl-ups, push-ups, cardiovascular event (run/walk or swim), and cool-down.

b. Events shall be performed allowing at least 2 minutes, but no more than 15 minutes between events.

5. Event procedures

a. Sit-reach



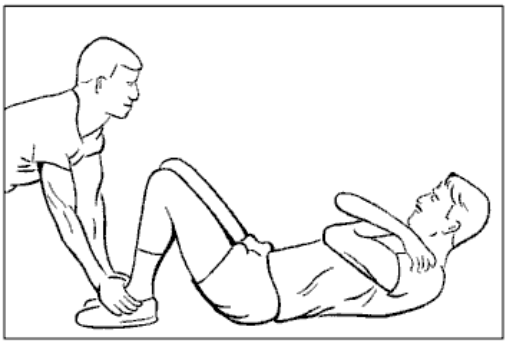
(1) Ensure proper warm-up and stretching is done prior to testing.

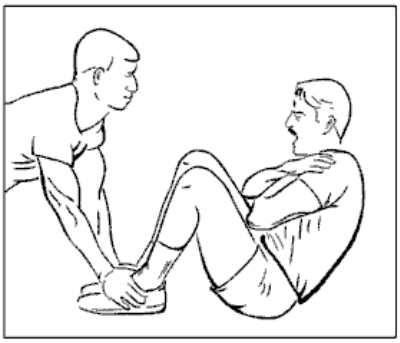
(2) Sit on deck, legs extended, knees very slightly flexed, feet together, and toes pointed up. Shoes are optional.

(3) Reach slowly forward and touch toes with fingertips of both hands simultaneously.

(4) Hold reach for one second. Do not bounce or lunge.

b. Curl-ups





(1) Event shall be conducted with partner on a level surface on a blanket, mat, or other suitable padding. Shoes are optional.

(2) Curl-ups are conducted as follows:

(a) Participants shall start by lying flat on back with knees bent, heels about 10 inches from buttocks. Arms shall be folded across and touching chest with hands touching upper chest or shoulders.

(b) Feet shall be held to floor only by partner's hands.

(c) Timer shall signal start for participants and call out 15-second time intervals until two minutes have elapsed.

(d) Participants curls body up, touching elbows to thighs while keeping hands in contact with chest or shoulders.

(e) After touching elbows to thighs, participants lie back, touching lower edge of shoulder blades to deck.

(f) Participants may rest in either up or down position.

(3) Curl-ups are repeated correctly as many times as possible in 2 minutes. CFL or assistant CFL monitors participants for correct form and counts number of correctly performed curl-ups. Incorrectly performed curl-ups shall not be counted. Results for event ended in less than two minutes shall be the number of curl-ups properly completed at time of termination.

(4) Event is ended if participant

(a) Lowers legs

(b) Raises feet off ground or floor

(c) Lifts buttocks off ground or floor

(d) Fails to keep arms folded across and touching chest.

(e) Fails to keep hands in contact with chest or shoulders.

c. Push-ups

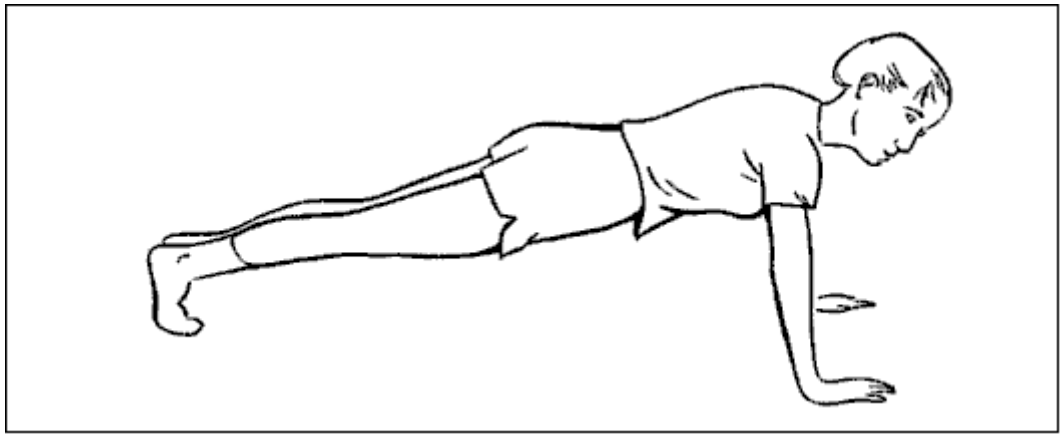
(1) Push-ups shall be performed on a firm or suitably padded, level surface. Shoes are optional.

(2) Push-ups shall be performed as follows:

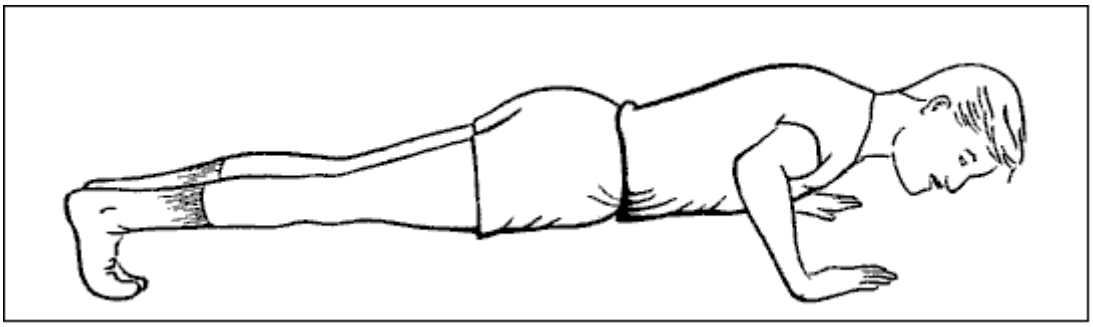
(a) Participant shall begin in "front-leaning rest" position, palms of hands placed on floor directly beneath or slightly wider than shoulders. Both feet together on floor.

(b) Back, buttocks, and legs shall be straight from head to heels and must remain so throughout test. Toes and palms of hands shall remain in contact with floor. Feet shall not contact a wall or other vertical support surface.

(c) Timer shall signal start for participants and calls out 15-second time intervals until two minutes have elapsed.



(d) Participants shall lower entire body as a single unit by bending elbows until upper arms, shoulders, and lower back are aligned and parallel to deck.



(e) Participants shall return to starting position by extending elbows, raising body as a single unit until arms are straight.

(f) Participants may rest only in up position while maintaining arms, back, buttocks, and legs in straight position.

(3) Push-ups are repeated correctly as many times as possible in two minutes. CFLs or assistant CFLs monitor participants for correct form and counts correctly performed push-ups. Incorrect push-ups shall not be counted. Results for event ended in less than two minutes shall be number of push-ups properly performed at time of termination.

(4) Event is ended if participant

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

(b) Raises one or both feet or hands off deck or ground.

(c) Fails to maintain back, buttocks, and legs straight from head to heels.

d. <u>1.5-mile run/walk</u>

(1) Event consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete event.

(a) Event shall be conducted on a flat and solid surface.

(b) At CO's discretion event may be conducted on treadmill 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.

(2) Event shall be conducted on a track or outdoor course as follows:

(a) Participants shall stand at start line.

(b) Timer shall signal start and call out time intervals until completion of test.

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

(3) Event shall be conducted on a treadmill as follows:

(a) Participants straddle treadmill belt with treadmill inclination set to 1.0 percent.

(b) Timer shall signal start and participant starts treadmill at desired speed.

(c) Timer calls out time intervals until completion of test.

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

(e) Treadmill speed may be adjusted to participant's comfort anytime during test.

(f) Touching bar with fingertips or open palm for safety to recover balance is acceptable.

(4) Event is ended if participants

(a) stops running or walking other than to retie shoelace or remove foreign object from shoe.

(b) completes 1.5 miles.

(c) changes treadmill inclination from 1.0 percent.

(d) supports body weight using arms, hands, torso, or any mechanical device.

e. 500-yard or 450-meter swim

(1) Event consists of swimming 500 yards or 450 meters in fastest time possible. Any swim stroke and turn may be used.

(2) Event shall only be conducted in a standard 25 or 50 yard/meter swimming pool.

(3) Swim event shall be conducted as follows:

(a) Swimmers begin test in water.

(b) Timer shall signal start and call out time intervals or lengths until completion of test.

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

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

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

(f) Swimmers may use goggles, facemasks, swim caps, and or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion device are not allowed.

(7) Event is ended if participants

(a) completes prescribed distance.

(b) moves forward while resting.

(c) receives or requires assistance from lifeguard or other person.

6. Options

a. COs may allow swim event if facilities are reasonably available.

b. If medically cleared, members shall participate in 1.5 mile run/walk unless COs authorize swim event.

c. Members who are medically waived from 1.5-mile run/walk are not required to participate in swim event.

d. COs may permit 1.5-mile run/walk to be conducted on a treadmill if equipment is reasonably available.

7. Personnel at Increased Elevation

a. Members permanently assigned or on TAD to locations at increased elevation shall participate in Physical Readiness Program, including PFAs. Increased elevation is defined as greater than or equal to 5,000 feet above mean sea level.

b. For PRT conducted at increased elevation, support facilities and personnel required by this instruction must be available.

c. PRT shall be conducted at nearest suitable site with lower or equal elevation.

d. PRT conducted at increased elevation shall be scored using standards for increased elevation. These standards are adjusted for effects of altitude.

e. Elevation adjustment in standards reflects research based on an acclimation period of 30 days. Commands shall provide members an acclimation period of at least 30 days prior to conducting PRT.

f. Other than PRT scoring, PRT procedures are not modified due to increased elevation.

g. Commands shall institute all appropriate safety measures to minimize risk of injury to members exercising at increased elevation.

8. Interpretation of Performance Standard Tables

a. Values for curl-ups and push-ups are minimum required to attain category.

b. Run time values are maximum allowed to attain category.

c. If members attempt and fail a cardiorespiratory event, it is considered a PRT failure; an attempt on a different cardiorespiratory event is not authorized. For example, members failing run on treadmill, track, or outdoor course cannot participate in swimming test.

d. Inability to touch toes and hold for 1 second does not constitute a PRT failure.

9. Grading PRT

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

(1) curl-ups, push-ups, and one cardiorespiratory event (run/walk or swim), or

(2) any two PRT events (other than sit reach) when the third is medically waived.

b. Regardless of level of performance on other events, PRT is failed when members do not achieve "Probationary" performance standard or better for any PRT event (other than sit reach) unless event is medically waived.

10. Overall Score

a. Overall score is performance category-level corresponding to the average of points accumulated on PRT events. Members must pass all three PRT events to receive an overall score.

b. Members must perform push-ups, curl-ups, and a cardiovascular event. Members who are medically waived from any of these events cannot be assigned an overall score.

c. Point assignment

Category Level	Points
Outstanding-High	100
Outstanding-Medium	95
Outstanding-Low	90
Excellent-High	85
Excellent-Medium	80
Excellent-Low	75
Good-High	70
Good-Medium	65
Good-Low	60
Satisfactory-High	55
Satisfactory-Medium	50
Probationary	45

d. Example for 25 year-old female.

Step 1. Determine points for each event.

Event	Performance	Performance Category-Level	Points
Curl-ups	91	Excellent High	85
Push-ups	26	Good Medium	65
Run	15:23	Satisfactory High	55

Step 2. Add points for individual events.

85 + 65 + 55 = 205 points.

Step 3. Divide total points by three.

205 divided by 3 = 68.3.

Step 4. Assign performance category-level. (Category-level is not achieved unless average equals or exceeds points corresponding to category-level.) 68 points equals "Good Medium".

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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	12:30	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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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	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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

Performance Performance		Points	Males: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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	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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

Performance		Points	Males: Age 40-44 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

Performance		Points	Males: Age 50-54 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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	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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

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

Physical Readiness Test Standards
(Test site elevation LESS than 5,000 ft above sea level)

Performance		Points	Males: Age 65+ years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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	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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

Performance Performance		Points	Males: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Performance		Points	Females: Age 25-29 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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	15:58	15:42
Probationary		45	37	9	18:33	15:33	16:22

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

Performance		Points	Males: Age 40-44 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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***	***12:60***
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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

Performance		Points	Males: Age 50-54 years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

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	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	20:10	15:02	14:51
Probationary		45	20	8	20:45	15:30	15:19

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	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

Physical Readiness Test Standards
(Test site elevation GREATER than 5,000 ft above sea level)

Performance		Points	Males: Age 65+ years				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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				
Category	Level		Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
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