

2020

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, 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 test is an indicator of cardio-respiratory endurance. The alternate cardio options: stationary bike, treadmill, Concept 2 rower and 500-yard/450-meter swim 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. The push-ups and forearm plank events are indicators of muscular endurance. Although there is no single endurance test that measures the endurance of all muscles; the forearm plank serves as a measure of abdominal muscle endurance while the push-up measures upper body muscular endurance. In addition, the forearm plank, 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 5 minutes, but no more than 15 minutes between each event and in the following sequence:

- a. Push-ups
- b. Forearm plank
- c. Cardio-respiratory fitness (Concept 2 Rower, run, swim or stationary bike – see Guide 10.)

Due to the limited number of Concept-2 rower and stationary bikes available, extra coordination may be required to ensure members do not exceed 15 minutes between the forearm plank 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, Forearm plank, 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/.”](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. 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.

4. 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.

5. 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 13 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.

6. Clothing

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

7. 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.

8. 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 ten minutes. Without cool-down, members may become dizzy or light-headed.

9. 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 / Testing

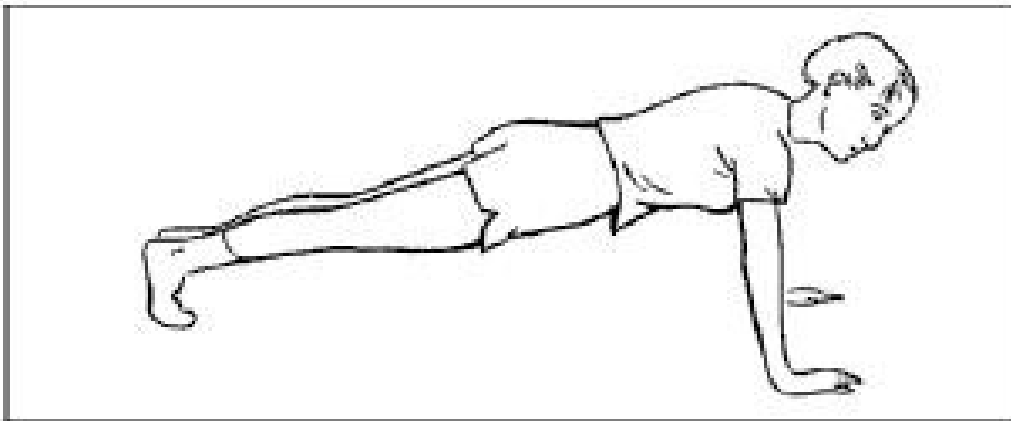
1. Push-Ups

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:

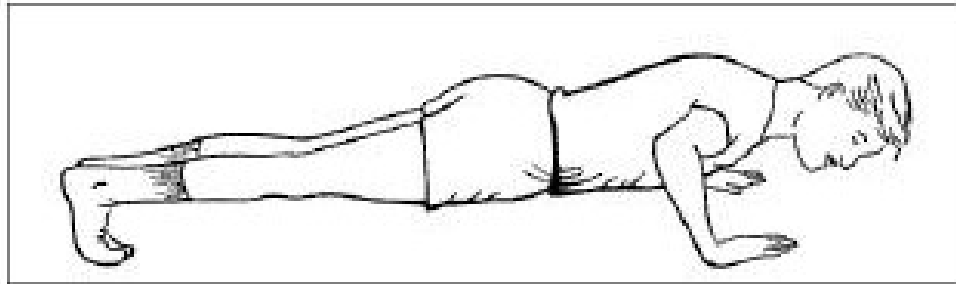
(1) Member will begin in leaning rest position on the deck so that body forms a straight line through the head, shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(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 head, 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 head, 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.

c. 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., head, shoulders, back, buttocks, and legs in a straight line with head and heels).

2. Forearm Plank

There will be no more than eight (8) Sailors to one Command Fitness Leader (CFL)/Assistant Command Fitness Leader (ACFL) when performing the forearm plank and with a partner who will monitor the Service Member for proper form.

For Recruit and Officer Training Commands, the training commands have the authority to determine the correct monitor to recruit/candidate ratio, which most effectively ensures the integrity of the event, given the number of recruits/candidates participating and the drill instructor staff available.

CFL/ACFL will record time with a stopwatch to the nearest second and will announce “**Start**”, as well as 15-second intervals. Cellphone stopwatches are prohibited.

The forearm plank will be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the Service Member must be entirely on or off the padding, (i.e., upper body of the Service Member cannot be on the padding with feet off). The event will consist of maintaining a proper forearm plank position for the maximum time allowed.

a. Forearm plank procedures:

(1) Service Member will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.

(2) Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Forearms may be parallel or angled inward, but the hands cannot be clasped together.

(3) Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.

(4) Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.

(5) The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.

(6) Toes, forearms and fists or palms must remain in contact with the deck at all times and folding of hands is not permitted. No part of the body of the Service Member may contact a vertical support surface.



(7) Involuntary muscle spasms (e.g., shaking, trembling, or quivering) resulting from maximum exertion during the exercise is anticipated and permitted as long as the proper forearm plank position is maintained.

b. Forearm plank event ends when:

(1) Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.

(2) Any part of the body other than hands (fists/palms) forearms, or feet touch the deck.

(3) Service Member lowers head to hands.

(4) Service Member lifts hands, forearms or feet off the deck.

(5) Service Member does not maintain 90 degrees at the elbow (i.e., Service Member shifts weight forward or back on forearms/toes decreasing or increasing the 90-degree bend).

(6) Service Member receives more than two corrections on form. On the third correction on form, the CFL/ACFL will stop the Service Member and record the time. This will be the official forearm plank time (score) of the Service Member.

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 be referred to medical for clearance prior to participating in the Bad Day.

4. Alternative Cardio Options

Although the 1.5 mile run remains standard for testing cardio-respiratory fitness, the Navy has authorized Commanding Officers (COs)/ Officers in Charge (OICs) to allow command members to conduct their test on the Concept-2 rower, stationary bike, treadmill or swim.

The Physical Fitness Assessment (PFA) notification should include the CO’s policy on whether alternate cardio options are authorized.

Members medically waived from the 1.5 mile run cannot be required to test via the alternative cardio options.

Only OPNAV (N170B) PFA approved Concept-2 rower and stationary bike models are authorized for official PRT testing. Access the Physical Readiness Program website for a detailed listing of approved machines. Testing conducted on other models will not be valid and the member will be required to retake the test on an approved machine.

The CFL must verify that safety/start/stop and testing procedures work accurately on each machine prior to the test day. The CFL must also verify that test day is not the member’s first time using the machine by asking the member if they have practiced on that specific machine or model.

Ensure no members participate in the bike alternate cardio options with a BCA waiver. An official BCA is required in order to determine the cardio score.

a. Proper procedures for conducting the 2000-meter alternate cardio row on approved Concept-2 rower (Models D and E only):

(1) Personnel who intend to use the rower for the PRT are required to train and familiarize themselves on the approved Concept-2 rower, as identified in PRP Guide 10, to ensure they are meeting their goals.

(2). This event is a timed 2000-meter row. The CFL/ACFL must conduct the rowing test as follows:

(3) Obtain authorization for alternate cardio options from the Commanding Officer/Officer-In-Charge for the current PFA cycle.

(4) Practice safety, setup, start, stop and testing procedures on each individual machine prior to conducting any official testing.

(5) Ensure the Service Member has practiced on the Concept-2 rower machine used for the test and is familiar with all safety requirements.

(6) Instruct Service Member to set damper setting on the flywheel of their choosing. Service Member will not be able to adjust the damper setting during the test.

(7) Instruct Service Member to sit on rower machine.

(a) Adjust the footplate placements and secure feet using adjustable straps. The foot straps should be secured at the widest portion of the foot to permit freedom of movement of the heel during rowing.

(b) The Service Member should grasp the handle with both hands and placed along the outer edge of the handle. Once the Service Member begins pulling on the handle, he or she should remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which would result in a test graded as a failure) until the 2000-meter test is complete.

(8) The CFL/ACFL will program the rowing machine performance monitor with the following items:

(a) From the main menu of the performance monitor, press the **“Select Workout”** button.

(b) Press the **“Standard List”** button and then select **“2000 m”**.

(c) Press **“Change Display”** until the top line shows **“2000m|0 s/m”**, the third line will show the overall elapsed time (00:00) and the bottom line will show the projected finish time.

(9) The event begins when the CFL/ACFL gives the command **“Start”**. Time starts automatically on the rowing performance monitor display when the member starts rowing. The rowing distance display counts down from **“2000 m”** to **“0 m”**.

(10) Once Service Member reaches **“0 m”**, the CFL/ACFL announces and records elapsed time from performance monitor rounding the time to the nearest whole second (0.4 and lower, round down; 0.5 and higher, round up).

(11) The Service Member begins the test by pressing with their legs and moving entire body back away from the performance monitor.

(12) The rower event ends when the participant:

(a) Completes 2000-meters.

(b) Stops rowing for a period long enough that the monitor turns off.

(13) If Service Member does not complete the rower portion of the PRT, other than for injury, the time will be recorded as 59:59 and scored as **“FAILED”**. In the event the Service Member would like to participate in the Bad Day PRT, Service Member must be cleared by medical prior to CO approval.

b. Treadmill Testing

(1) The 1.5 mile run event may be conducted on a treadmill where appropriate facilities and equipment are reasonably available. Treadmill shall have following features:

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

(b) Adjustable speed displayed in miles per hour.

(c) Inclination adjustment.

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

(2) 1.5 Mile run and/or Walk Event may be conducted on a treadmill as follows:

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

(b) 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.

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

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

(e) 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.

(f) 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.

(g) 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.

(3) Treadmill event is ended when the member:

(a) Completes 1.5 miles.

(b) 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.

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

(d) Changes treadmill inclination from 1.0.

c. 500-yard or 450-meter Swim

(1) The swim event may be conducted if facilities are reasonably available. 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.

(2) Swim Event Procedures:

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

(b) 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.

(c) Time shall be recorded with a 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) Members may use goggles, facemasks, swim caps, and/or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion devices are not authorized.

(3) Swim event is ended when member:

(a) Completes prescribed distance.

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

d. Stationary Bike Testing (Non-LifeFitness INC/Integrity Series Upright Bike)

(1) Stationary Bike Procedures:

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

(b) Instruct member to sit on the bike.

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

- Manual program.

- Resistance level of member's choice.

- 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).

(d) Allow the member to vary resistance/load as appropriate. (Members are required to keep hands on the handlebars throughout the test).

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

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

(g) Input caloric output into PRIMS calculator for scoring.

(2) Stationary Bike event will end, a caloric output of "20" will be entered into PRIMS when any of the following occur:

(a) Stops to rest.

(b) Stops the machine.

(c) Stands up.

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

e. LifeFitness INC/Integrity Series Upright Bike Stationary Bike Testing

(1) LifeFitness INC Bike Procedures:

- (a) Ensure machine data is cleared prior to programming for the test.
- (b) Instruct member to sit on the bike.
- (c) Program the following items in the order required by specific machine:
 - (a) Using Item 4, select the first button on the left with this (--) symbol. This is your MANUAL workout key.
 - (b) Select Item 7 for TIME, use the up/down arrow to select time enter 14 minutes (although the actual test duration is 12 minutes this accounts for automatic cool-down). Indicator (8) will illuminate for time.
 - (c) Select Item 7 to Increase or Decrease resistance LEVEL, use the up/down arrow to select resistance level.
 - (d) Select Item 7 to adjust member's WEIGHT, use the up/down arrow to select weight for member. Indicator (8) will illuminate for weight.
 - (e) Select Item 2 GO to start the PRT test.
 - (f) Allow the member to vary resistance/load as appropriate. (Members are required to keep hands on the handlebars throughout the test).
 - (g) At the 12 minute mark, read, announce and record caloric output from stationary bike console (Item 1). Test is complete when exactly 12 minutes is reached.
 - (h) Allow the member to cool-down as needed. The additional calories burned during the cool-down period shall not be used for scoring.



1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	GO	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

(2) Stationary Bike event will end, a caloric output of “20” will be entered into PRIMS when any of the following occur:

(a) Stops to rest.

(b) Stops the machine.

(c) Stands up.

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

5. Grading the PRT

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

a. Push-ups, forearm plank and one cardio-respiratory event (run and/or walk or alternate).

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

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.

If a member attempts and fails to complete a PRT 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

NOV 2020

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:40	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:35	8:45	7:10	6:45	6:35
Outstanding	Low	90	86	3:30	9:00	7:20	7:15	7:05
Excellent	High	85	82	3:23	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	3:17	9:30	7:40	8:15	8:05
Excellent	Low	75	76	3:10	9:45	7:50	8:30	8:20
Good	High	70	68	2:50	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:30	10:30	8:30	10:30	10:20
Good	Low	60	51	2:10	11:00	8:50	11:15	11:05
Satisfactory	High	55	49	1:50	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:30	12:15	9:10	12:15	12:05
Probationary		45	42	1:10	12:45	9:20	12:45	12:35
Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:40	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:35	11:15	8:10	7:45	7:35
Outstanding	Low	90	47	3:30	11:30	8:20	8:30	8:20
Excellent	High	85	45	3:23	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	3:17	12:00	8:40	9:30	9:20
Excellent	Low	75	42	3:10	12:30	8:50	9:45	9:35
Good	High	70	36	2:50	12:45	9:10	10:45	10:35
Good	Medium	65	30	2:30	13:00	9:40	12:00	11:50
Good	Low	60	24	2:10	13:30	10:10	13:00	12:50
Satisfactory	High	55	22	1:50	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:30	14:45	10:30	13:45	13:35
Probationary		45	19	1:10	15:00	10:40	14:15	14:05

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:35	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:30	9:00	7:15	7:00	6:50
Outstanding	Low	90	81	3:25	9:15	7:25	7:30	7:20
Excellent	High	85	77	3:18	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	3:12	10:00	7:45	8:15	8:05
Excellent	Low	75	71	3:05	10:30	7:55	8:45	8:35
Good	High	70	64	2:45	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:25	11:30	8:35	10:30	10:20
Good	Low	60	47	2:05	12:00	8:55	11:30	11:20
Satisfactory	High	55	45	1:45	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:25	13:15	9:15	12:15	12:05
Probationary		45	37	1:05	13:30	9:25	13:00	12:50
Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:35	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:30	11:15	8:15	8:00	7:50
Outstanding	Low	90	44	3:25	11:30	8:25	8:45	8:35
Excellent	High	85	43	3:18	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	3:12	12:45	8:45	9:45	9:35
Excellent	Low	75	39	3:05	13:15	8:55	10:00	9:50
Good	High	70	33	2:45	13:30	9:15	11:00	10:50
Good	Medium	65	28	2:25	13:45	9:45	12:15	12:05
Good	Low	60	21	2:05	14:15	10:15	13:15	13:05
Satisfactory	High	55	20	1:45	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:25	15:15	10:35	14:00	13:50
Probationary		45	16	1:05	15:30	10:45	14:30	14:20

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	84	3:30	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:25	9:23	7:20	7:08	6:58
Outstanding	Low	90	77	3:20	9:38	7:30	7:38	7:28
Excellent	High	85	73	3:14	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	3:07	10:30	7:50	8:23	8:13
Excellent	Low	75	67	3:00	10:52	8:00	8:53	8:43
Good	High	70	60	2:40	11:23	8:20	9:38	9:28
Good	Medium	65	51	2:20	12:15	8:40	10:38	10:28
Good	Low	60	44	2:00	12:53	9:00	11:38	11:28
Satisfactory	High	55	41	1:40	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:20	13:45	9:20	12:23	12:13
Probationary		45	34	1:00	14:00	9:30	13:08	12:58
Performance		Points	Females: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	46	3:30	10:17	8:10	7:23	7:13
Outstanding	Medium	95	45	3:25	11:30	8:20	8:15	7:58
Outstanding	Low	90	43	3:20	11:45	8:30	9:00	8:50
Excellent	High	85	41	3:14	12:30	8:40	9:30	9:20
Excellent	Medium	80	39	3:07	13:00	8:50	10:00	9:50
Excellent	Low	75	37	3:00	13:23	9:00	10:15	10:05
Good	High	70	30	2:40	14:00	9:20	11:15	11:05
Good	Medium	65	26	2:20	14:30	9:50	12:30	12:20
Good	Low	60	19	2:00	14:53	10:20	13:30	13:20
Satisfactory	High	55	18	1:40	15:23	10:30	13:53	13:43
Satisfactory	Medium	50	15	1:20	15:45	10:40	14:15	14:05
Probationary		45	13	1:00	16:08	10:50	14:45	14:35

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	80	3:25	9:20	7:15	6:45	6:35
Outstanding	Medium	95	78	3:20	9:45	7:25	7:15	7:05
Outstanding	Low	90	74	3:15	10:00	7:35	7:45	7:35
Excellent	High	85	69	3:09	10:30	7:45	8:15	8:05
Excellent	Medium	80	67	3:02	11:00	7:55	8:30	8:20
Excellent	Low	75	64	2:55	11:15	8:05	9:00	8:50
Good	High	70	57	2:35	12:00	8:25	9:45	9:35
Good	Medium	65	48	2:15	13:00	8:45	10:45	10:35
Good	Low	60	41	1:55	13:45	9:05	11:45	11:35
Satisfactory	High	55	38	1:35	14:00	9:15	12:15	12:05
Satisfactory	Medium	50	35	1:15	14:15	9:25	12:30	12:20
Probationary		45	31	0:55	14:30	9:35	13:15	13:05
Performance		Points	Females: Age 30 - 34 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	44	3:25	10:46	8:15	7:30	7:20
Outstanding	Medium	95	43	3:20	11:45	8:25	8:30	8:20
Outstanding	Low	90	41	3:15	12:00	8:35	9:15	9:05
Excellent	High	85	39	3:09	12:45	8:45	9:45	9:35
Excellent	Medium	80	37	3:02	13:15	8:55	10:15	10:05
Excellent	Low	75	35	2:55	13:30	9:05	10:30	10:20
Good	High	70	28	2:35	14:30	9:25	11:30	11:20
Good	Medium	65	24	2:15	15:15	9:55	12:45	12:35
Good	Low	60	17	1:55	15:30	10:25	13:45	13:35
Satisfactory	High	55	15	1:35	15:45	10:35	14:00	13:50
Satisfactory	Medium	50	13	1:15	16:15	10:45	14:30	14:20
Probationary		45	11	0:55	16:45	10:55	15:00	14:50

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	76	3:20	9:25	7:20	6:53	6:43
Outstanding	Medium	95	74	3:15	9:53	7:30	7:23	7:13
Outstanding	Low	90	70	3:10	10:08	7:40	7:53	7:43
Excellent	High	85	65	3:04	10:38	7:50	8:23	8:13
Excellent	Medium	80	63	2:57	11:08	8:00	8:38	8:28
Excellent	Low	75	60	2:50	11:23	8:10	9:08	8:58
Good	High	70	53	2:30	12:23	8:30	9:53	9:43
Good	Medium	65	44	2:10	13:23	8:50	10:53	10:43
Good	Low	60	37	1:50	14:08	9:10	11:53	11:43
Satisfactory	High	55	35	1:30	14:23	9:20	12:23	12:13
Satisfactory	Medium	50	33	1:10	14:45	9:30	12:38	12:28
Probationary		45	27	0:50	15:00	9:40	13:23	13:13
Performance		Points	Females: Age 35 - 39 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	43	3:20	10:51	8:20	7:45	7:35
Outstanding	Medium	95	42	3:15	11:53	8:30	8:38	8:28
Outstanding	Low	90	39	3:10	12:08	8:40	9:30	9:20
Excellent	High	85	37	3:04	12:53	8:50	10:00	9:50
Excellent	Medium	80	35	2:57	13:23	9:00	10:23	10:13
Excellent	Low	75	34	2:50	13:45	9:10	10:45	10:35
Good	High	70	26	2:30	14:38	9:30	11:45	11:35
Good	Medium	65	22	2:10	15:30	10:00	12:53	12:43
Good	Low	60	14	1:50	15:53	10:30	14:00	13:50
Satisfactory	High	55	13	1:30	16:15	10:40	14:15	14:05
Satisfactory	Medium	50	11	1:10	16:38	10:50	14:38	14:28
Probationary		45	9	0:50	17:00	11:00	15:15	15:05

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 40 - 44 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	72	3:15	9:30	7:25	7:00	6:50
Outstanding	Medium	95	70	3:10	10:00	7:35	7:30	7:20
Outstanding	Low	90	67	3:05	10:15	7:45	8:00	7:50
Excellent	High	85	61	2:59	10:45	7:55	8:30	8:20
Excellent	Medium	80	59	2:52	11:15	8:05	8:45	8:35
Excellent	Low	75	56	2:45	11:45	8:15	9:15	9:05
Good	High	70	50	2:25	12:45	8:35	10:00	9:50
Good	Medium	65	41	2:05	13:45	8:55	11:00	10:50
Good	Low	60	34	1:45	14:30	9:15	12:00	11:50
Satisfactory	High	55	32	1:25	14:45	9:25	12:30	12:20
Satisfactory	Medium	50	29	1:05	15:15	9:35	12:45	12:35
Probationary		45	24	0:45	15:30	9:45	13:30	13:20
Performance		Points	Females: Age 40 - 44 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	41	3:15	10:56	8:25	8:00	7:50
Outstanding	Medium	95	40	3:10	12:00	8:35	8:45	8:35
Outstanding	Low	90	37	3:05	12:15	8:45	9:45	9:35
Excellent	High	85	35	2:59	13:00	8:55	10:15	10:05
Excellent	Medium	80	33	2:52	13:30	9:05	10:30	10:20
Excellent	Low	75	32	2:45	14:00	9:15	11:00	10:50
Good	High	70	24	2:25	14:45	9:35	12:00	11:50
Good	Medium	65	20	2:05	15:45	10:05	13:00	12:50
Good	Low	60	12	1:45	16:15	10:35	14:15	14:05
Satisfactory	High	55	11	1:25	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	0:45	17:15	11:05	15:30	15:20

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 45 - 49 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	68	3:10	9:33	7:30	7:08	6:58
Outstanding	Medium	95	66	3:05	10:08	7:40	7:38	7:28
Outstanding	Low	90	63	3:00	10:30	7:50	8:08	7:58
Excellent	High	85	57	2:54	11:08	8:00	8:38	8:28
Excellent	Medium	80	54	2:47	11:38	8:10	8:53	8:43
Excellent	Low	75	52	2:40	12:08	8:20	9:23	9:13
Good	High	70	46	2:20	13:00	8:40	10:08	9:58
Good	Medium	65	37	2:00	14:08	9:00	11:08	10:58
Good	Low	60	32	1:40	14:53	9:20	12:08	11:58
Satisfactory	High	55	28	1:20	15:15	9:30	12:38	12:28
Satisfactory	Medium	50	25	1:00	15:45	9:40	12:53	12:43
Probationary		45	21	0:40	16:08	9:50	13:38	13:28
Performance		Points	Females: Age 45 - 49 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	40	3:10	10:58	8:30	8:15	8:05
Outstanding	Medium	95	39	3:05	12:08	8:40	9:00	8:50
Outstanding	Low	90	35	3:00	12:30	8:50	9:53	9:43
Excellent	High	85	33	2:54	13:15	9:00	10:23	10:13
Excellent	Medium	80	32	2:47	13:45	9:10	10:45	10:35
Excellent	Low	75	30	2:40	14:08	9:20	11:08	10:58
Good	High	70	22	2:20	15:00	9:40	12:15	12:05
Good	Medium	65	18	2:00	15:53	10:10	13:15	13:05
Good	Low	60	11	1:40	16:30	10:40	14:30	14:20
Satisfactory	High	55	8	1:20	16:53	10:50	14:45	14:35
Satisfactory	Medium	50	7	1:00	17:08	11:00	15:00	14:50
Probationary		45	5	0:40	17:23	11:10	15:38	15:28

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	64	3:05	9:35	7:35	7:15	7:05
Outstanding	Medium	95	62	3:00	10:15	7:45	7:45	7:35
Outstanding	Low	90	59	2:55	10:45	7:55	8:15	8:05
Excellent	High	85	53	2:49	11:30	8:05	8:45	8:35
Excellent	Medium	80	51	2:42	12:00	8:15	9:00	8:50
Excellent	Low	75	49	2:35	12:30	8:25	9:30	9:20
Good	High	70	43	2:15	13:15	8:45	10:15	10:05
Good	Medium	65	34	1:55	14:30	9:05	11:15	11:05
Good	Low	60	30	1:35	15:15	9:25	12:15	12:05
Satisfactory	High	55	25	1:15	15:45	9:35	12:45	12:35
Satisfactory	Medium	50	23	0:55	16:15	9:45	13:00	12:50
Probationary		45	19	0:35	16:45	9:55	13:45	13:35
Performance		Points	Females: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	38	3:05	11:00	8:35	8:30	8:20
Outstanding	Medium	95	37	3:00	12:15	8:45	9:15	9:05
Outstanding	Low	90	33	2:55	12:45	8:55	10:00	9:50
Excellent	High	85	31	2:49	13:30	9:05	10:30	10:20
Excellent	Medium	80	30	2:42	14:00	9:15	11:00	10:50
Excellent	Low	75	28	2:35	14:15	9:25	11:15	11:05
Good	High	70	20	2:15	15:15	9:45	12:30	12:20
Good	Medium	65	16	1:55	16:00	10:15	13:30	13:20
Good	Low	60	10	1:35	16:45	10:45	14:45	14:35
Satisfactory	High	55	6	1:15	17:00	10:55	15:00	14:50
Satisfactory	Medium	50	5	0:55	17:15	11:05	15:15	15:05
Probationary		45	2	0:35	17:30	11:15	15:45	15:35

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	60	3:00	10:42	7:40	7:17	7:07
Outstanding	Medium	95	59	2:55	11:09	7:50	7:47	7:37
Outstanding	Low	90	56	2:50	11:25	8:00	8:17	8:07
Excellent	High	85	52	2:44	11:57	8:10	8:50	8:40
Excellent	Medium	80	48	2:37	12:29	8:20	9:15	9:05
Excellent	Low	75	46	2:30	13:12	8:30	9:47	9:37
Good	High	70	38	2:10	14:13	8:50	10:40	10:30
Good	Medium	65	32	1:50	15:14	9:10	11:35	11:25
Good	Low	60	16	1:30	16:15	9:30	12:33	12:23
Satisfactory	High	55	14	1:10	16:33	9:40	13:00	12:50
Satisfactory	Medium	50	12	0:50	16:51	9:50	13:25	13:15
Probationary		45	10	0:30	17:09	10:00	13:55	13:45
Performance		Points	Females: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	30	3:00	12:23	8:40	8:45	8:35
Outstanding	Medium	95	28	2:55	13:39	8:50	9:30	9:20
Outstanding	Low	90	26	2:50	13:57	9:00	10:07	9:57
Excellent	High	85	24	2:44	14:25	9:10	10:37	10:27
Excellent	Medium	80	22	2:37	14:53	9:20	11:15	11:05
Excellent	Low	75	20	2:30	15:20	9:30	11:25	11:15
Good	High	70	16	2:10	16:09	9:50	12:45	12:35
Good	Medium	65	10	1:50	16:58	10:20	13:45	13:35
Good	Low	60	6	1:30	17:48	10:50	15:00	14:50
Satisfactory	High	55	5	1:10	18:03	11:00	15:15	15:05
Satisfactory	Medium	50	3	0:50	18:18	11:10	15:30	15:20
Probationary		45	2	0:30	18:34	11:20	16:00	15:50

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	57	2:55	11:21	7:45	7:20	7:10
Outstanding	Medium	95	56	2:50	11:48	7:55	7:50	7:40
Outstanding	Low	90	52	2:45	12:04	8:05	8:20	8:10
Excellent	High	85	48	2:39	12:40	8:15	8:55	8:45
Excellent	Medium	80	46	2:32	13:16	8:25	9:30	9:20
Excellent	Low	75	44	2:25	13:53	8:35	10:05	9:55
Good	High	70	32	2:05	15:00	8:55	11:00	10:50
Good	Medium	65	23	1:45	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	1:05	17:47	9:45	13:15	13:05
Satisfactory	Medium	50	10	0:45	18:20	9:55	13:40	13:30
Probationary		45	8	0:25	18:52	10:05	14:05	13:55
Performance		Points	Females: Age 60 - 64 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	26	2:55	13:34	8:45	9:00	8:50
Outstanding	Medium	95	24	2:50	14:50	8:55	9:45	9:35
Outstanding	Low	90	22	2:45	15:08	9:05	10:15	10:05
Excellent	High	85	20	2:39	15:34	9:15	10:45	10:35
Excellent	Medium	80	18	2:32	16:00	9:25	11:30	11:20
Excellent	Low	75	16	2:25	16:25	9:35	11:35	11:25
Good	High	70	12	2:05	17:17	9:55	13:00	12:50
Good	Medium	65	8	1:45	18:06	10:25	14:00	13:50
Good	Low	60	5	1:25	18:51	10:55	15:15	15:05
Satisfactory	High	55	4	1:05	19:08	11:05	15:30	15:20
Satisfactory	Medium	50	3	0:45	19:25	11:15	15:45	15:35
Probationary		45	2	0:25	19:43	11:25	16:15	16:05

Table 4-1: PRT Standards less than 5000 feet

NOV 2020

Performance		Points	Males: Age 65 + years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	2:50	11:41	7:50	7:25	7:15
Outstanding	Medium	95	46	2:45	12:13	8:00	7:55	7:45
Outstanding	Low	90	44	2:40	12:43	8:10	8:25	8:15
Excellent	High	85	41	2:34	13:20	8:20	9:05	8:55
Excellent	Medium	80	39	2:27	13:57	8:30	9:45	9:35
Excellent	Low	75	36	2:20	14:34	8:40	10:30	10:20
Good	High	70	25	2:00	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	1:20	18:13	9:40	13:20	13:10
Satisfactory	High	55	8	1:00	19:00	9:50	13:40	13:30
Satisfactory	Medium	50	6	0:40	19:47	10:00	14:00	13:50
Probationary		45	4	0:20	20:35	10:10	14:15	14:05
Performance		Points	Females: Age 65 + years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	22	2:50	14:45	8:50	9:15	9:05
Outstanding	Medium	95	20	2:45	16:01	9:00	10:00	9:50
Outstanding	Low	90	18	2:40	16:19	9:10	10:23	10:13
Excellent	High	85	16	2:34	16:43	9:20	10:52	10:42
Excellent	Medium	80	14	2:27	17:07	9:30	11:45	11:35
Excellent	Low	75	12	2:20	17:30	9:40	11:50	11:40
Good	High	70	9	2:00	18:18	10:00	13:15	13:05
Good	Medium	65	6	1:40	19:06	10:30	14:15	14:05
Good	Low	60	4	1:20	19:54	11:00	15:30	15:20
Satisfactory	High	55	3	1:00	20:13	11:10	15:45	15:35
Satisfactory	Medium	50	2	0:40	20:31	11:20	16:00	15:50
Probationary		45	1	0:20	20:52	11:30	16:30	16:20

Section 5

PRT Standards for Altitudes Greater Than 5000 Ft

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:40	9:00	07:38	7:05	6:55
Outstanding	Medium	95	91	3:35	9:30	07:49	7:20	7:10
Outstanding	Low	90	86	3:30	9:50	08:00	7:55	7:45
Excellent	High	85	82	3:23	10:05	08:11	8:25	8:15
Excellent	Medium	80	79	3:17	10:20	08:21	9:00	8:50
Excellent	Low	75	76	3:10	10:40	08:32	9:15	9:05
Good	High	70	68	2:50	10:55	08:54	10:05	9:55
Good	Medium	65	60	2:30	11:25	09:16	11:25	11:15
Good	Low	60	51	2:10	12:00	09:38	12:15	12:05
Satisfactory	High	55	49	1:50	13:05	09:49	12:50	12:40
Satisfactory	Medium	50	46	1:30	13:20	10:00	13:20	13:10
Probationary		45	42	1:10	13:40	10:10	13:55	13:40
Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:40	10:20	08:43	7:20	7:10
Outstanding	Medium	95	50	3:35	12:15	08:54	8:25	8:15
Outstanding	Low	90	47	3:30	12:30	09:05	9:15	9:05
Excellent	High	85	45	3:23	12:50	09:16	9:50	9:40
Excellent	Medium	80	43	3:17	13:05	09:27	10:20	10:10
Excellent	Low	75	42	3:10	13:40	09:38	10:40	10:25
Good	High	70	36	2:50	13:55	10:00	11:45	11:30
Good	Medium	65	30	2:30	14:10	10:32	13:05	12:55
Good	Low	60	24	2:10	14:45	11:05	14:10	14:00
Satisfactory	High	55	22	1:50	15:30	11:16	14:25	14:15
Satisfactory	Medium	50	20	1:30	16:05	11:27	15:00	14:50
Probationary		45	19	1:10	16:20	11:38	15:30	15:20

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 20 - 24 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	87	3:35	9:15	07:43	7:05	6:55
Outstanding	Medium	95	86	3:30	9:50	07:54	7:40	7:25
Outstanding	Low	90	81	3:25	10:05	08:05	8:10	8:00
Excellent	High	85	77	3:18	10:40	08:16	8:45	8:30
Excellent	Medium	80	74	3:12	10:55	08:27	9:00	8:50
Excellent	Low	75	71	3:05	11:25	08:38	9:30	9:20
Good	High	70	64	2:45	11:45	09:00	10:20	10:10
Good	Medium	65	55	2:25	12:30	09:21	11:25	11:15
Good	Low	60	47	2:05	13:05	09:43	12:30	12:20
Satisfactory	High	55	45	1:45	13:55	09:54	13:05	12:55
Satisfactory	Medium	50	42	1:25	14:25	10:05	13:20	13:10
Probationary		45	37	1:05	14:45	10:16	14:10	14:00
Performance		Points	Females: Age 20 - 24 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	48	3:35	10:40	08:49	7:55	7:45
Outstanding	Medium	95	47	3:30	12:15	09:00	8:45	8:30
Outstanding	Low	90	44	3:25	12:30	09:10	9:30	9:20
Excellent	High	85	43	3:18	13:20	09:21	10:05	9:55
Excellent	Medium	80	40	3:12	13:55	09:32	10:40	10:25
Excellent	Low	75	39	3:05	14:25	09:43	10:55	10:45
Good	High	70	33	2:45	14:45	10:05	12:00	11:50
Good	Medium	65	28	2:25	15:00	10:38	13:20	13:10
Good	Low	60	21	2:05	15:30	11:10	14:25	14:15
Satisfactory	High	55	20	1:45	16:20	11:21	15:00	14:50
Satisfactory	Medium	50	17	1:25	16:40	11:32	15:15	15:05
Probationary		45	16	1:05	16:55	11:43	15:50	15:40

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	84	3:30	9:43	07:49	7:13	7:06
Outstanding	Medium	95	82	3:25	10:15	08:00	7:48	7:40
Outstanding	Low	90	77	3:20	10:30	08:11	8:18	8:10
Excellent	High	85	73	3:14	11:13	08:21	8:53	8:44
Excellent	Medium	80	69	3:07	11:28	08:32	9:08	8:59
Excellent	Low	75	67	3:00	11:50	08:43	9:40	9:31
Good	High	70	60	2:40	12:25	09:05	10:30	10:20
Good	Medium	65	51	2:20	13:20	09:27	11:35	11:24
Good	Low	60	44	2:00	14:03	09:49	12:40	12:28
Satisfactory	High	55	41	1:40	14:35	10:00	13:13	13:00
Satisfactory	Medium	50	38	1:20	14:58	10:10	13:30	13:17
Probationary		45	34	1:00	15:18	10:21	14:18	14:04
Performance		Points	Females: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	46	3:30	11:13	08:54	8:03	7:55
Outstanding	Medium	95	45	3:25	12:33	09:05	9:00	8:51
Outstanding	Low	90	43	3:20	12:48	09:16	9:48	9:38
Excellent	High	85	41	3:14	13:38	09:27	10:23	10:13
Excellent	Medium	80	39	3:07	14:10	09:38	10:55	10:45
Excellent	Low	75	37	3:00	14:35	09:49	11:10	10:59
Good	High	70	30	2:40	15:18	10:10	12:15	12:03
Good	Medium	65	26	2:20	15:50	10:43	13:38	13:24
Good	Low	60	19	2:00	16:13	11:16	14:43	14:28
Satisfactory	High	55	18	1:40	16:45	11:27	15:08	14:53
Satisfactory	Medium	50	15	1:20	17:13	11:38	15:33	15:18
Probationary		45	13	1:00	17:35	11:48	16:05	15:50

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 30 - 34 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	80	3:25	10:10	07:54	7:20	7:10
Outstanding	Medium	95	78	3:20	10:40	08:05	7:55	7:45
Outstanding	Low	90	74	3:15	10:55	08:16	8:25	8:15
Excellent	High	85	69	3:09	11:45	08:27	9:00	8:50
Excellent	Medium	80	67	3:02	12:00	08:38	9:15	9:05
Excellent	Low	75	64	2:55	12:15	08:49	9:50	9:40
Good	High	70	57	2:35	13:05	09:10	10:40	10:25
Good	Medium	65	48	2:15	14:10	09:32	11:45	11:30
Good	Low	60	41	1:55	15:00	09:54	12:50	12:40
Satisfactory	High	55	38	1:35	15:15	10:05	13:20	13:10
Satisfactory	Medium	50	35	1:15	15:30	10:16	13:40	13:25
Probationary		45	31	0:55	15:50	10:27	14:25	14:15
Performance		Points	Females: Age 30 - 34 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	44	3:25	11:45	09:00	8:10	8:00
Outstanding	Medium	95	43	3:20	12:50	09:10	9:15	9:05
Outstanding	Low	90	41	3:15	13:05	09:21	10:05	9:55
Excellent	High	85	39	3:09	13:55	09:32	10:40	10:25
Excellent	Medium	80	37	3:02	14:25	09:43	11:10	11:00
Excellent	Low	75	35	2:55	14:45	09:54	11:25	11:15
Good	High	70	28	2:35	15:50	10:16	12:30	12:20
Good	Medium	65	24	2:15	16:40	10:49	13:55	13:45
Good	Low	60	17	1:55	16:55	11:21	15:00	14:50
Satisfactory	High	55	15	1:35	17:10	11:32	15:15	15:05
Satisfactory	Medium	50	13	1:15	17:45	11:43	15:50	15:40
Probationary		45	11	0:55	18:15	11:54	16:20	16:10

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 35 - 39 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	76	3:20	10:15	08:00	7:30	7:23
Outstanding	Medium	95	74	3:15	10:48	08:11	8:03	7:55
Outstanding	Low	90	70	3:10	11:03	08:21	8:35	8:27
Excellent	High	85	65	3:04	11:45	08:32	9:08	8:59
Excellent	Medium	80	63	2:57	12:08	08:43	9:23	9:14
Excellent	Low	75	60	2:50	12:33	08:54	9:58	9:48
Good	High	70	53	2:30	13:30	09:16	10:48	10:37
Good	Medium	65	44	2:10	14:35	09:38	11:53	11:41
Good	Low	60	37	1:50	15:25	10:00	12:58	12:45
Satisfactory	High	55	35	1:30	15:40	10:10	13:30	13:17
Satisfactory	Medium	50	33	1:10	16:05	10:21	13:48	13:34
Probationary		45	27	0:50	16:23	10:32	14:35	14:21
Performance		Points	Females: Age 35 - 39 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	43	3:20	11:50	09:05	8:28	8:19
Outstanding	Medium	95	42	3:15	12:58	09:16	9:23	9:14
Outstanding	Low	90	39	3:10	13:13	09:27	10:23	10:13
Excellent	High	85	37	3:04	14:03	09:38	10:55	10:45
Excellent	Medium	80	35	2:57	14:35	09:49	11:18	11:07
Excellent	Low	75	34	2:50	15:00	10:00	11:43	11:31
Good	High	70	26	2:30	15:58	10:21	12:48	12:35
Good	Medium	65	22	2:10	16:55	10:54	14:03	13:49
Good	Low	60	14	1:50	17:20	11:27	15:15	15:00
Satisfactory	High	55	13	1:30	17:43	11:38	15:33	15:18
Satisfactory	Medium	50	11	1:10	18:08	11:48	15:40	15:42
Probationary		45	9	0:50	18:33	11:59	15:58	16:22

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 40 - 44 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	72	3:15	10:20	08:05	7:40	7:25
Outstanding	Medium	95	70	3:10	10:55	08:16	8:10	8:00
Outstanding	Low	90	67	3:05	11:10	08:27	8:45	8:30
Excellent	High	85	61	2:59	11:45	08:38	9:15	9:05
Excellent	Medium	80	59	2:52	12:15	08:49	9:30	9:20
Excellent	Low	75	56	2:45	12:50	09:00	10:05	9:55
Good	High	70	50	2:25	13:55	09:21	10:55	10:45
Good	Medium	65	41	2:05	15:00	09:43	12:00	11:50
Good	Low	60	34	1:45	15:50	10:05	13:05	12:55
Satisfactory	High	55	32	1:25	16:05	10:16	13:40	13:25
Satisfactory	Medium	50	29	1:05	16:40	10:27	13:55	13:45
Probationary		45	24	0:45	16:55	10:38	14:45	14:30
Performance		Points	Females: Age 40 - 44 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	41	3:15	11:55	09:10	8:45	8:30
Outstanding	Medium	95	40	3:10	13:05	09:21	9:30	9:20
Outstanding	Low	90	37	3:05	13:20	09:32	10:40	10:25
Excellent	High	85	35	2:59	14:10	09:43	11:10	11:00
Excellent	Medium	80	33	2:52	14:45	09:54	11:25	11:15
Excellent	Low	75	32	2:45	15:15	10:05	12:00	11:50
Good	High	70	24	2:25	16:05	10:27	13:05	12:55
Good	Medium	65	20	2:05	17:10	10:59	14:10	14:00
Good	Low	60	12	1:45	17:45	11:32	15:30	15:20
Satisfactory	High	55	11	1:25	18:15	11:43	15:50	15:40
Satisfactory	Medium	50	9	1:05	18:30	11:54	16:05	15:55
Probationary		45	7	0:45	18:50	12:05	16:55	16:40

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 45 - 49 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	68	3:10	10:23	08:11	7:48	7:40
Outstanding	Medium	95	66	3:05	11:03	08:21	8:18	8:10
Outstanding	Low	90	63	3:00	11:28	08:32	8:53	8:44
Excellent	High	85	57	2:54	12:08	08:43	9:23	9:14
Excellent	Medium	80	54	2:47	12:40	08:54	9:40	9:31
Excellent	Low	75	52	2:40	13:15	09:05	10:13	10:03
Good	High	70	46	2:20	14:10	09:27	11:03	10:52
Good	Medium	65	37	2:00	15:25	09:49	12:08	11:56
Good	Low	60	32	1:40	16:15	10:10	13:13	12:59
Satisfactory	High	55	28	1:20	16:38	10:21	13:48	13:34
Satisfactory	Medium	50	25	1:00	17:13	10:32	14:03	13:49
Probationary		45	21	0:40	17:35	10:43	14:53	14:38
Performance		Points	Females: Age 45 -49 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	40	3:10	11:58	09:16	9:00	8:51
Outstanding	Medium	95	39	3:05	13:13	09:27	9:48	9:38
Outstanding	Low	90	35	3:00	13:38	09:38	10:48	10:37
Excellent	High	85	33	2:54	14:28	09:49	11:18	11:07
Excellent	Medium	80	32	2:47	15:00	10:00	11:43	11:31
Excellent	Low	75	30	2:40	15:23	10:10	12:08	11:56
Good	High	70	22	2:20	16:23	10:32	13:23	13:10
Good	Medium	65	18	2:00	17:18	11:05	14:28	14:14
Good	Low	60	11	1:40	18:00	11:38	15:48	15:32
Satisfactory	High	55	8	1:20	18:23	11:48	16:05	15:50
Satisfactory	Medium	50	7	1:00	18:40	11:59	16:23	16:07
Probationary		45	5	0:40	18:58	12:10	17:03	16:46

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	64	3:05	10:25	08:16	7:55	7:45
Outstanding	Medium	95	62	3:00	11:10	08:27	8:25	8:15
Outstanding	Low	90	59	2:55	11:45	08:38	9:00	8:50
Excellent	High	85	53	2:49	12:30	08:49	9:30	9:20
Excellent	Medium	80	51	2:42	13:05	09:00	9:50	9:40
Excellent	Low	75	49	2:35	13:40	09:10	10:20	10:10
Good	High	70	43	2:15	14:25	09:32	11:10	11:00
Good	Medium	65	34	1:55	15:50	09:54	12:15	12:05
Good	Low	60	30	1:35	16:40	10:16	13:20	13:10
Satisfactory	High	55	25	1:15	17:10	10:27	13:55	13:45
Satisfactory	Medium	50	23	0:55	17:45	10:38	14:10	14:00
Probationary		45	19	0:35	18:15	10:49	15:00	14:50
Performance		Points	Females: Age 50 - 54 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	38	3:05	12:00	09:21	9:15	9:05
Outstanding	Medium	95	37	3:00	13:20	09:32	10:05	9:55
Outstanding	Low	90	33	2:55	13:55	09:43	10:55	10:45
Excellent	High	85	31	2:49	14:45	09:54	11:25	11:15
Excellent	Medium	80	30	2:42	15:15	10:05	12:00	11:50
Excellent	Low	75	28	2:35	15:30	10:16	12:15	12:05
Good	High	70	20	2:15	16:40	10:38	13:40	13:25
Good	Medium	65	16	1:55	17:25	11:10	14:45	14:30
Good	Low	60	10	1:35	18:15	11:43	16:05	15:55
Satisfactory	High	55	6	1:15	18:30	11:54	16:20	16:10
Satisfactory	Medium	50	5	0:55	18:50	12:05	16:40	16:26
Probationary		45	2	0:35	19:05	12:16	17:10	17:00

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 55 - 59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	60	3:00	11:46	08:26	8:01	7:50
Outstanding	Medium	95	59	2:55	12:16	08:37	8:34	8:23
Outstanding	Low	90	56	2:50	12:34	08:48	9:07	8:56
Excellent	High	85	52	2:44	13:09	08:59	9:43	9:32
Excellent	Medium	80	48	2:37	13:44	09:10	10:11	10:00
Excellent	Low	75	46	2:30	14:31	09:21	10:46	10:35
Good	High	70	38	2:10	15:38	09:43	11:44	11:33
Good	Medium	65	32	1:50	16:45	10:05	12:45	12:34
Good	Low	60	16	1:30	17:53	10:27	13:48	13:37
Satisfactory	High	55	14	1:10	18:12	10:38	14:18	14:07
Satisfactory	Medium	50	12	0:50	18:32	10:49	14:46	14:35
Probationary		45	10	0:30	18:52	11:00	15:19	15:08
Performance		Points	Females: Age 55 -59 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	30	3:00	13:37	09:32	9:38	9:27
Outstanding	Medium	95	28	2:55	15:01	09:43	10:27	10:16
Outstanding	Low	90	26	2:50	15:21	09:54	11:08	10:57
Excellent	High	85	24	2:44	15:52	10:05	11:41	11:30
Excellent	Medium	80	22	2:37	16:22	10:16	12:23	12:12
Excellent	Low	75	20	2:30	16:52	10:27	12:34	12:23
Good	High	70	16	2:10	17:46	10:49	14:02	13:51
Good	Medium	65	10	1:50	18:40	11:22	15:08	14:57
Good	Low	60	6	1:30	19:35	11:55	16:30	16:19
Satisfactory	High	55	5	1:10	19:51	12:06	16:47	16:36
Satisfactory	Medium	50	3	0:50	20:08	12:17	17:03	16:52
Probationary		45	2	0:30	20:25	12:28	17:36	17:25

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 60 - 64 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	57	2:55	12:29	08:31	8:04	7:53
Outstanding	Medium	95	56	2:50	12:59	08:42	8:37	8:26
Outstanding	Low	90	52	2:45	13:16	08:54	9:10	8:59
Excellent	High	85	48	2:39	13:56	09:04	9:49	9:38
Excellent	Medium	80	46	2:32	14:36	09:16	10:27	10:16
Excellent	Low	75	44	2:25	15:16	09:26	11:06	10:55
Good	High	70	32	2:05	16:30	09:48	12:06	11:55
Good	Medium	65	23	1:45	17:44	10:11	13:07	12:56
Good	Low	60	14	1:25	18:57	10:32	14:07	13:56
Satisfactory	High	55	12	1:05	19:34	10:43	14:35	14:24
Satisfactory	Medium	50	10	0:45	12:10	10:54	15:02	14:51
Probationary		45	8	0:25	20:45	11:05	15:30	15:19
Performance		Points	Females: Age 60 - 64 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	26	2:55	14:55	09:37	9:54	9:43
Outstanding	Medium	95	24	2:50	16:19	09:48	10:44	10:33
Outstanding	Low	90	22	2:45	16:39	10:00	11:17	11:06
Excellent	High	85	20	2:39	17:07	10:11	11:50	11:39
Excellent	Medium	80	18	2:32	17:36	10:22	12:39	12:28
Excellent	Low	75	16	2:25	18:04	10:32	12:45	12:34
Good	High	70	12	2:05	19:01	10:54	14:18	14:07
Good	Medium	65	8	1:45	19:55	11:28	15:24	15:13
Good	Low	60	5	1:25	20:44	12:00	16:47	16:36
Satisfactory	High	55	4	1:05	21:03	12:11	17:03	16:52
Satisfactory	Medium	50	3	0:45	21:22	12:23	17:20	17:09
Probationary		45	2	0:25	21:41	12:33	17:53	17:42

Table 5-1: PRT Standards greater than 5000 feet

NOV 2020

Performance		Points	Males: Age 65+ years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	48	2:50	12:51	08:37	8:10	7:59
Outstanding	Medium	95	46	2:45	13:26	08:48	8:43	8:32
Outstanding	Low	90	44	2:40	13:59	08:59	9:16	9:05
Excellent	High	85	41	2:34	14:40	09:10	10:00	9:49
Excellent	Medium	80	39	2:27	15:21	09:21	10:44	10:33
Excellent	Low	75	36	2:20	16:01	09:32	11:33	11:22
Good	High	70	25	2:00	17:22	09:54	12:34	12:23
Good	Medium	65	18	1:40	18:42	10:16	13:34	13:23
Good	Low	60	10	1:20	20:02	10:38	14:40	14:29
Satisfactory	High	55	8	1:00	20:54	10:49	15:02	14:51
Satisfactory	Medium	50	6	0:40	21:46	11:00	15:24	15:13
Probationary		45	4	0:20	22:39	11:11	15:41	15:30
Performance		Points	Females: Age 65+ years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Category	Level							
Outstanding	High	100	22	2:50	16:14	09:43	10:11	10:00
Outstanding	Medium	95	20	2:45	17:37	09:54	11:00	10:49
Outstanding	Low	90	18	2:40	17:57	10:05	11:25	11:14
Excellent	High	85	16	2:34	18:23	10:16	11:57	11:46
Excellent	Medium	80	14	2:27	18:50	10:27	12:56	12:45
Excellent	Low	75	12	2:20	19:15	10:38	13:01	12:50
Good	High	70	9	2:00	20:08	11:00	14:35	14:24
Good	Medium	65	6	1:40	21:01	11:33	15:41	15:30
Good	Low	60	4	1:20	21:53	12:06	17:03	16:52
Satisfactory	High	55	3	1:00	22:14	12:17	17:20	17:09
Satisfactory	Medium	50	2	0:40	22:34	12:28	17:36	17:25
Probationary		45	1	0:20	22:57	12:39	18:09	17:58