GUIDE 5

PHYSICAL READINESS TEST (PRT)

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Section 1: PRT Guidelines

1. Purpose. The PRT provides Commanding Officers (COs) with a means of assessing the general fitness of Sailors of their command and provides a means to comply with DoDI 1308.3, *DoD Physical Fitness and Body Fat Programs Procedures,* policy to develop and administer a physical fitness test that evaluates aerobic capacity, or cardiorespiratory endurance, muscular strength, and muscular endurance.

2. PRT Components. The PRT components consist of a series of physical modalities that assess cardiorespiratory fitness, muscular strength, and endurance.

a. Cardiorespiratory fitness. Cardiorespiratory 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 are the abilities 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. Testing Sequence. Testing of each required PRT modality must be completed on the same day, with at least 5 minutes but no more than 15 minutes between each modality test and in the following sequence:

a. Push-ups, forearm plank, then cardiorespiratory (cardio or alternate cardio).

b. Due to the limited number of alternate cardio equipment available or the maximum amount of swimmers allowed in a pool, extra coordination may be required to ensure Sailors do not exceed the maximum time of 15 minutes between the forearm plank and alternate-cardio modality test.

c. Example of Sequencing and Command Fitness Leader Ratios. The following is ***an example*** of a command with 200 Sailors, which requires a minimum of eight trained designated in writing Command Fitness Leader (CFL)/Assistant Command Fitness Leaders (ACFLs) (1-ACFL per 25 members). With eight ACFLs, four PFA sessions can be administered simultaneously. The key elements are 1-Official (ACFL) Timekeeper, 1-Official Observer (ACFL), 8-Participants (Group A), and 8-Partners (Group B). Upon

completion of each PRT modality, Groups A and B are to switch from participant to partner before participating in the next modality. Four PFA sessions which consist of 64 participants and partners (Groups A, B, C and D) can be successfully completed at one time. Based on this equation, the command could complete 4 rounds of PFA sessions for 200 Sailors.

POSITION	GROUP A	GROUP B	GROUP C	GROUP D
Official TimeKeeper	CFL	ACFL	ACFL	ACFL
Official Observer	ACFL	ACFL	ACFL	ACFL
Participants	Sailors = 8	Sailors = 8	Sailors = 8	Sailors = 8
Partners	Sailors = 8	Sailors = 8	Sailors = 8	Sailors = 8
Round 1	16	16	16	16
Round 2	16	16	16	16
Round 3	16	16	16	16
Round 4	8			
200 Sailors Tested	56	48	48	48

4. PRT Scoring. The PRT is broken down to five 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 Sailor passed the PRT but was waived from one or more PRT event.

g. BCA PASS: Scoring used by PRIMS to indicate that the Sailor passed the BCA but was authorized a non-participation status for the PRT.

5. Overall Physical Readiness Test (PRT) Score. The overall PRT score is a category-level performance corresponding to the average of points accumulated from the PRT modality test results.

Section 2: Safety Concerns

1. Prior to Conducting PRT. CFL/ACFLs are to complete an 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, *Operational Risk Management*, and the COMNAVSAFECEN website. Additionally, all Sailors will 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 Site 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. Sailors must be informed of these risks and informed of how to minimize the possibility of injury. To reduce the potential for injury, commands are responsible to ensure Sailor's level of physical fitness, including acclimatization to environment, is appropriate for the physical demands required of Physical Training, PRT, and other physical activities.

a. Acclimatization. COs have the authority to set acclimation periods, with consultation from medical personnel (i.e., Authorized Medical Department Representative - AMDR).

b. Support Personnel. The CFL/ACFLs will ensure at least one Cardiopulmonary Resuscitation (CPR) certified monitor, in addition to CFL/ACFLs conducting the test, is present for every 25 members participating in a PRT, with a minimum of two CPR monitors for every test. CPR monitors cannot be test participants and do not have to be members of the medical staff.

c. 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.

d. Emergency Drill. The safety plan will include an emergency drill which will be conducted prior to the PRT 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.

e. 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 Global Positioning System (GPS) devices.

f. Cardiopulmonary Resuscitation (CPR)-certified personnel locations. The CFL/ACFLs must 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 conducting the Swim PRT modality, at least one certified lifeguard must be present.

g. 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. Increased Elevation. Increased elevation is defined as greater than or equal to 5,000 feet above sea level. Elevation adjustment in the PRT scoring standards reflects research based on an acclimation period of 30 days. The following guidance is provided:

a. Sailors permanently assigned or on TEMADD to locations at increased elevation will participate in a physical readiness program, including official PFAs.

b. PRTs will be conducted at nearest suitable site with lower or equal elevation. PRT procedures will not be modified due to increased elevation. Commands will institute all appropriate safety measures to minimize risk of injury to Sailors exercising at increased elevation.

c. See Tables 4 and 5 of this guide for the approved increased elevation PRT scoring standards.

4. Pre-Physical Activity Questions (PPAQ). Sailors 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 participate in PT. Sailors reporting a change in risk factors must be referred to medical for an evaluation and medical clearance. The CFL/ACFLs will direct Sailors to withdraw from PT if these symptoms occur and contact emergency services immediately.

a. Prior to the PRT or any organized group PT, CFL/ACFLs must ask the following PPAQ:

(1) ***Do you have a current PHA? If no, you are prohibited from participation today.***

(2) ***Do you have chest pain (with or without exertion), bone or joint pain, high blood pressure or high cholesterol? If yes, have you been cleared by your medical provider to participate in PT?***

(3) ***Do you have Sickle Cell Trait (SCT)? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.***

(4) ***Have you had a change in your medical status since the last time you were asked these questions? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.***

(5) ***Are you ill today or know of any medical condition that may prevent you from participating in physical activity today? If yes, have you been cleared by your medical provider to participate in PT? If not, you are prohibited from participation today.***

(6) (For PRT Only): ***Did you complete the PARFQ (NAVPERS 6110/3)? If not, you are prohibited from participation in the PRT today.***

b. Sailors with any positive responses to the questions listed above must be evaluated by an AMDR/Health Care Provider (HCP) before participating in physical activity.

5. Warm-Up. The CFL/ACFLs 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 /Fitness Enhancement Program (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 Sailors.

6. Clothing. The only authorized clothing for participation in an official PFA and organized physical training (PT) is the official Navy Physical Training Uniform (PTU).

7. Hydration. Adequate fluid intake is vital to safe participation in the PRT and physical exercise. Sailors 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, Sailors 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, Sailors may become dizzy or light-headed.

9. Injury Reporting. When Sailors are injured during a PRT or any organized PT, the Command Safety Officer must report injuries to COMNAVSAFECEN, using guidance contained in OPNAVINST 5100.23 (series), *Navy Safety and Occupational Health Manual.*

Section 3: PRT Modalities and Procedures

1. Push-Ups. The push-up modality must be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, Sailor must be entirely on or off the padding (i.e., Sailor's upper body cannot be on the padding with feet off. Sailors are required to wear shoes.

a. Push-ups procedure:

(1) Sailor 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) Sailor 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.

(4) Sailor pushes entire body upward and returns to starting position, ensuring arms are fully extended, without locking elbows.

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

(6) CFL/ACFL will announce the start as well as 15-second intervals until the 2 minutes have elapsed.

b. Push-ups are repeated correctly as many times as possible in 2 minutes. CFL/ACFLs must monitor Sailors for correct form and count only the number of correctly performed push-ups. Push-ups performed incorrectly will not be counted.

c. Push-ups event is ended when the Sailor:

(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. To properly execute the forearm plank modality of the PRT, there will be no more than eight (8) participants and eight (8) partners per one (1) official timekeeper (CFL/ACFL) and one official observer (ACFL) (and required CPR personnel). For Recruit and Officer Training Commands, the training commands have the authority to determine the correct monitor to recruit/candidate ratio, which must effectively ensure the integrity of the event, given the number of recruits/candidates participating and the drill instructor staff available.

a. Forearm plank procedures:

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

(2) The Official Timekeeper (CFL/ACFL) will record time with a stopwatch to the nearest second and will give the prepatory command "***EVERYBODY UP***" which will prompt participants to assume the forearm plank position. Immediately afterward, the execution command "***START***" will be given which prompts the official timekeeper to start the stopwatch. Once the time has begun, the official timekeeper will also announce 15-

second intervals until the last participant is finished. Note: Cellphone stopwatches are prohibited.

(3) Sailor 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.

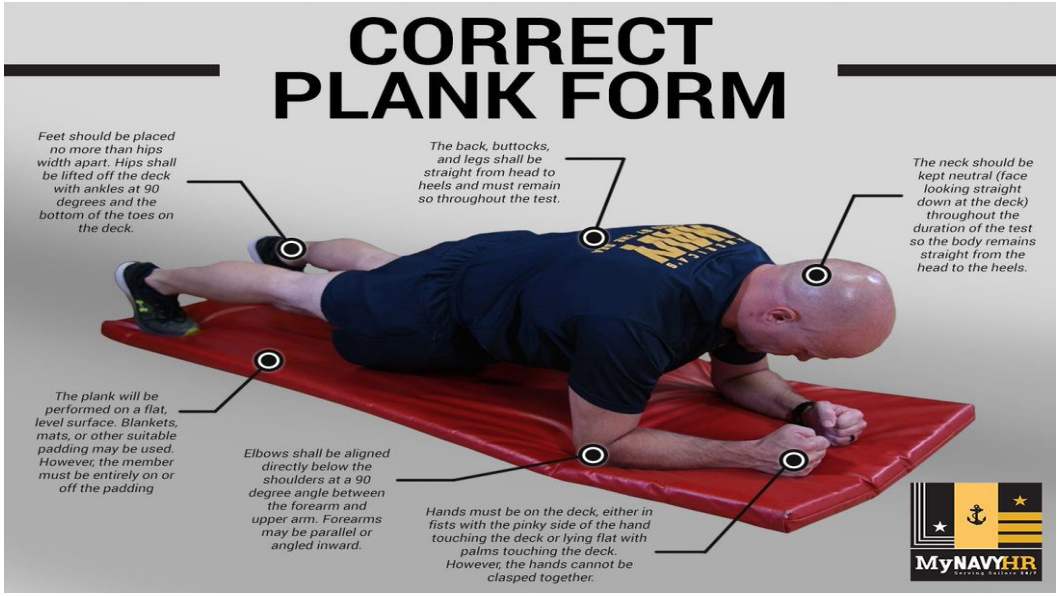
(4) Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Forearms may be parallel or angled inward, but the hands cannot be clasped together. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms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

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

(6) 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.

(7) 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.

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



(9) 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.

c. Forearm plank 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) Sailor lowers head to hands.

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

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

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

3. 1.5-mile Run and/or Walk. This cardio modality test consists of running or walking 1.5 miles as quickly as possible. Any combination of running or walking is allowed to complete the test.

a. Run/Walk Procedures:

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

(2) Sailor 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) Sailor completes the 1.5 mile. CFL will record the time. The Sailor must remain in the area of the designated course to participate in the post PFA cool-down.

(2) Sailor 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, resulting in a failed test.

4. Alternative Cardio. Although the 1.5 mile run/walk is the primary modality for testing cardiorespiratory fitness, CO/OICs have the authority to allow (or not allow) Sailors to conduct cardiorespiratory testing on approved alternate cardio options (e.g. Concept-2

rower, stationary bike, treadmill or swim). A detailed listing of PRP approved alternate cardio options is located in Guide 10. Testing conducted on other models is strictly prohibited.

a. CO/OICs are strongly encouraged to include in the 10-week PFA notification whether or not alternate cardio options are authorized.

b. CFL/ACFLs must verify the safety/start/stop and testing procedures work accurately on each machine prior to the test day.

c. CFL/ACFLs must ask the Sailor if they have practiced on that alternate cardio specific machine or model. If Sailor has not practiced prior to day of test, the CFL/ACFL will not administer the alternate cardio and reschedule the Sailor to participate in the entire PRT another day.

5. Alternate Cardio Testing Procedures. CFL/ACFLs must have authorization from the CO/OIC for the current PFA cycle for alternate cardio options.

a. 2000-meter Row. Sailors who intend to test on the rower for the PRT are required to train and familiarize themselves on the approved Concept-2 rower. The follow guidance is provided to assist CFL/ACFLs in successfully conducting the PRT for the 2000-meter row on approved Concept-2 rowers (Models D and E only with Performance Monitor 3, 4 or 5):

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

(2) Instruct Sailor to sit on rower machine then 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.

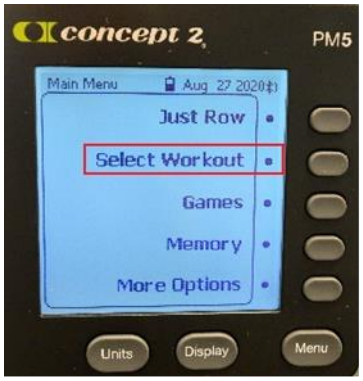
(3) Sailor should grasp the handle with both hands and placed along the outer edge of the handle. Once the Sailor begins pulling on the handle, they should remain in constant and continuous motion (to prevent inadvertent monitor cut-off, which would result in a test graded as a failure) until the 2000-meter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

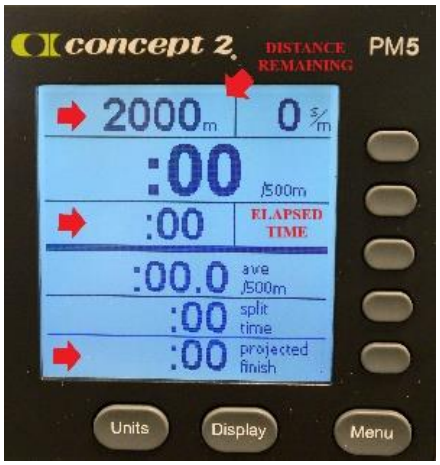
(4) CFL/ACFLs will program the rowing machine performance monitor with the following items:

(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.





(5) The event begins when the CFL/ACFL gives the command ***"START"***. Time starts automatically on the rowing performance monitor display when the Sailor starts rowing. The rowing distance display counts down from ***"2000 m"*** to ***"0 m"***.

(6) Once Sailor 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).

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

(8) The rower event ends when the Sailor:

(a) Completes 2000-meters.

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

(9) If Sailor 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 Sailor would like to participate in the Bad Day PRT, Sailor must be cleared by medical prior to CO approval.

b. Treadmill. The treadmill must have a motor-driven running surface belt with an emergency stop button, adjustable speed displayed in miles per hour, inclination adjustment, and odometer that accurately measures distance traveled in miles.

(1) The follow procedures are provided to successfully conduct the PRT on an approved treadmill:

(a) Sailor 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 Sailor will start the treadmill at desired speed. Sailor 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 Sailor has traveled 1.5 miles.

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

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

(f) Sailor is allowed to briefly pause the treadmill to retie a shoelace. No distance shall be counted towards the Sailor'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.

(2) Treadmill event is ended when the Sailor:

(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 Sailor 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. 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.

(1) The follow procedures are provided to successfully conduct the PRT Swim:

(a) Swimmer will begin test in water. No diving starts.

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

(c) Time will be recorded with a stopwatch to nearest second.

(d) Swimmer 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) Sailors may use goggles, facemasks, swim caps, and/or ear plugs. Fins, snorkels, flotation, wet suit, and propulsion devices are strictly prohibited.

(2) Swim event is ended when Sailor:

(a) Completes prescribed distance.

(b) Receives or requires physical assistance from CFL/ACFL, lifeguard, or another person.

d. Stationary Bike Testing (Non-Life Fitness Inc./Integrity Series Upright Bike). The following procedures are provided to successfully conduct the PRT on the non-Life Fitness, Inc. stationary bike:

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

(2) Instruct Sailor to sit on the bike.

(3) Program the following items in the order required by specific machine:
- Manual program.
- Resistance level of Sailor’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).

(4) Allow the Sailor to vary resistance/load as appropriate.

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

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

(7) A caloric output of “20” will be entered into PRIMS if any of the following occur during the test:

- Stops to rest.
- Stops the machine.
- Stands up.
- Removes hands from handlebars (other than shortly required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).

e. <u>Stationary Bike Testing (Life Fitness Inc./Integrity Series Upright Bike)</u>. The following procedures are provided to successfully conduct the PRT on the Life Fitness, Inc. stationary bike:

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

(2) Instruct Sailor to sit on the bike.

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.

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

- Using Item 4, select the first button on the left with this (--) symbol. This is your MANUAL workout key.
- 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.
- Select Item 7 to Increase or Decrease resistance LEVEL, use the up/down arrow to select resistance level.
- Select Item 7 to adjust Sailor's WEIGHT, use the up/down arrow to select weight for Sailor. Indicator (8) will illuminate for weight.
- Select Item 2 GO to start the PRT test.

(4) Allow the Sailor to vary resistance/load as appropriate.

(5) 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.

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

(7) A caloric output of "20" will be entered into PRIMS if any of the following occur during the test:

- Stops to rest.
- Stops the machine.
- Stands up.
- Removes hands from handlebars (other than shortly required for comfort, e.g., to adjust the resistance, wipe off sweat, etc.).

6. Grading the PRT. The PRT is passed when a Sailor achieves a score of probationary or higher performance standard on the PRT modalities (Push-ups, forearm plank and one cardio or alternate cardio event. Failure to so, will result in a PRT failure. In the event a Sailor is medically waived from any portion of the PRT, grading will be determined from the modalities which the Sailor participated in.

Section 4-1

PRT Standards for Altitudes Less Than 5000 Ft

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	3:24	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:19	8:45	7:10	6:45	6:35
Outstanding	**Low**	**90**	**86**	**3:14**	**9:00**	**7:20**	**7:15**	**7:05**
Excellent	High	85	82	3:04	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	2:53	9:30	7:40	8:15	8:05
Excellent	**Low**	**75**	**76**	**2:43**	**9:45**	**7:50**	**8:30**	**8:20**
Good	High	70	68	2:23	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:02	10:30	8:30	10:30	10:20
Good	**Low**	**60**	**51**	**1:42**	**11:00**	**8:50**	**11:15**	**11:05**
Satisfactory	High	55	49	1:32	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:22	12:15	9:10	12:15	12:05
Probationary		**45**	**42**	**1:11**	**12:45**	**9:20**	**12:45**	**12:35**

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	3:14	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:09	11:15	8:10	7:45	7:35
Outstanding	**Low**	**90**	**47**	**3:04**	**11:30**	**8:20**	**8:30**	**8:20**
Excellent	High	85	45	2:53	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	2:43	12:00	8:40	9:30	9:20
Excellent	**Low**	**75**	**42**	**2:33**	**12:30**	**8:50**	**9:45**	**9:35**
Good	High	70	36	2:13	12:45	9:10	10:45	10:35
Good	Medium	65	30	1:52	13:00	9:40	12:00	11:50
Good	**Low**	**60**	**24**	**1:32**	**13:30**	**10:10**	**13:00**	**12:50**
Satisfactory	High	55	22	1:22	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:11	14:45	10:30	13:45	13:35
Probationary		**45**	**19**	**1:01**	**15:00**	**10:40**	**14:15**	**14:05**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	3:20	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:15	9:00	7:15	7:00	6:50
Outstanding	**Low**	**90**	**81**	**3:10**	**9:15**	**7:25**	**7:30**	**7:20**
Excellent	High	85	77	3:00	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	2:50	10:00	7:45	8:15	8:05
Excellent	**Low**	**75**	**71**	**2:40**	**10:30**	**7:55**	**8:45**	**8:35**
Good	High	70	64	2:20	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:00	11:30	8:35	10:30	10:20
Good	**Low**	**60**	**47**	**1:40**	**12:00**	**8:55**	**11:30**	**11:20**
Satisfactory	High	55	45	1:30	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:20	13:15	9:15	12:15	12:05
Probationary		**45**	**37**	**1:10**	**13:30**	**9:25**	**13:00**	**12:50**

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	3:10	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:05	11:15	8:15	8:00	7:50
Outstanding	**Low**	**90**	**44**	**3:00**	**11:30**	**8:25**	**8:45**	**8:35**
Excellent	High	85	43	2:50	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	2:40	12:45	8:45	9:45	9:35
Excellent	**Low**	**75**	**39**	**2:30**	**13:15**	**8:55**	**10:00**	**9:50**
Good	High	70	33	2:10	13:30	9:15	11:00	10:50
Good	Medium	65	28	1:50	13:45	9:45	12:15	12:05
Good	**Low**	**60**	**21**	**1:30**	**14:15**	**10:15**	**13:15**	**13:05**
Satisfactory	High	55	20	1:20	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:10	15:15	10:35	14:00	13:50
Probationary		**45**	**16**	**1:00**	**15:30**	**10:45**	**14:30**	**14:20**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:11	9:23	7:20	7:08	6:58
Outstanding	**Low**	**90**	**77**	**3:06**	**9:38**	**7:30**	**7:38**	**7:28**
Excellent	High	85	73	2:56	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	2:47	10:30	7:50	8:23	8:13
Excellent	**Low**	**75**	**67**	**2:37**	**10:52**	**8:00**	**8:53**	**8:43**
Good	High	70	60	2:17	11:23	8:20	9:38	9:28
Good	Medium	65	51	1:58	12:15	8:40	10:38	10:28
Good	**Low**	**60**	**44**	**1:38**	**12:53**	**9:00**	**11:38**	**11:28**
Satisfactory	High	55	41	1:28	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:18	13:45	9:20	12:23	12:13
Probationary		**45**	**34**	**1:09**	**14:00**	**9:30**	**13:08**	**12:58**

Performance		Points	Females: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	46	3:06	10:17	8:10	7:23	7:13
Outstanding	Medium	95	45	3:01	11:30	8:20	8:15	7:58
Outstanding	**Low**	**90**	**43**	**2:56**	**11:45**	**8:30**	**9:00**	**8:50**
Excellent	High	85	41	2:47	12:30	8:40	9:30	9:20
Excellent	Medium	80	39	2:37	13:00	8:50	10:00	9:50
Excellent	**Low**	**75**	**37**	**2:27**	**13:23**	**9:00**	**10:15**	**10:05**
Good	High	70	30	2:07	14:00	9:20	11:15	11:05
Good	Medium	65	26	1:48	14:30	9:50	12:30	12:20
Good	**Low**	**60**	**19**	**1:28**	**14:53**	**10:20**	**13:30**	**13:20**
Satisfactory	High	55	18	1:18	15:23	10:30	13:53	13:43
Satisfactory	Medium	50	15	1:09	15:45	10:40	14:15	14:05
Probationary		**45**	**13**	**0:59**	**16:08**	**10:50**	**14:45**	**14:35**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	3:12	9:20	7:15	6:45	6:35
Outstanding	Medium	95	78	3:07	9:45	7:25	7:15	7:05
Outstanding	**Low**	**90**	**74**	**3:02**	**10:00**	**7:35**	**7:45**	**7:35**
Excellent	High	85	69	2:53	10:30	7:45	8:15	8:05
Excellent	Medium	80	67	2:43	11:00	7:55	8:30	8:20
Excellent	**Low**	**75**	**64**	**2:34**	**11:15**	**8:05**	**9:00**	**8:50**
Good	High	70	57	2:14	12:00	8:25	9:45	9:35
Good	Medium	65	48	1:55	13:00	8:45	10:45	10:35
Good	**Low**	**60**	**41**	**1:36**	**13:45**	**9:05**	**11:45**	**11:35**
Satisfactory	High	55	38	1:26	14:00	9:15	12:15	12:05
Satisfactory	Medium	50	35	1:17	14:15	9:25	12:30	12:20
Probationary		**45**	**31**	**1:07**	**14:30**	**9:35**	**13:15**	**13:05**

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	3:02	10:46	8:15	7:30	7:20
Outstanding	Medium	95	43	2:58	11:45	8:25	8:30	8:20
Outstanding	**Low**	**90**	**41**	**2:53**	**12:00**	**8:35**	**9:15**	**9:05**
Excellent	High	85	39	2:43	12:45	8:45	9:45	9:35
Excellent	Medium	80	37	2:34	13:15	8:55	10:15	10:05
Excellent	**Low**	**75**	**35**	**2:24**	**13:30**	**9:05**	**10:30**	**10:20**
Good	High	70	28	2:05	14:30	9:25	11:30	11:20
Good	Medium	65	24	1:46	15:15	9:55	12:45	12:35
Good	**Low**	**60**	**17**	**1:26**	**15:30**	**10:25**	**13:45**	**13:35**
Satisfactory	High	55	15	1:17	15:45	10:35	14:00	13:50
Satisfactory	Medium	50	13	1:07	16:15	10:45	14:30	14:20
Probationary		**45**	**11**	**0:58**	**16:45**	**10:55**	**15:00**	**14:50**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	3:08	9:25	7:20	6:53	6:43
Outstanding	Medium	95	74	3:04	9:53	7:30	7:23	7:13
Outstanding	**Low**	**90**	**70**	**2:59**	**10:08**	**7:40**	**7:53**	**7:43**
Excellent	High	85	65	2:49	10:38	7:50	8:23	8:13
Excellent	Medium	80	63	2:40	11:08	8:00	8:38	8:28
Excellent	**Low**	**75**	**60**	**2:31**	**11:23**	**8:10**	**9:08**	**8:58**
Good	High	70	53	2:12	12:23	8:30	9:53	9:43
Good	Medium	65	44	1:53	13:23	8:50	10:53	10:43
Good	**Low**	**60**	**37**	**1:34**	**14:08**	**9:10**	**11:53**	**11:43**
Satisfactory	High	55	35	1:25	14:23	9:20	12:23	12:13
Satisfactory	Medium	50	33	1:15	14:45	9:30	12:38	12:28
Probationary		**45**	**27**	**1:06**	**15:00**	**9:40**	**13:23**	**13:13**

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	2:59	10:51	8:20	7:45	7:35
Outstanding	Medium	95	42	2:54	11:53	8:30	8:38	8:28
Outstanding	**Low**	**90**	**39**	**2:49**	**12:08**	**8:40**	**9:30**	**9:20**
Excellent	High	85	37	2:40	12:53	8:50	10:00	9:50
Excellent	Medium	80	35	2:31	13:23	9:00	10:23	10:13
Excellent	**Low**	**75**	**34**	**2:21**	**13:45**	**9:10**	**10:45**	**10:35**
Good	High	70	26	2:02	14:38	9:30	11:45	11:35
Good	Medium	65	22	1:44	15:30	10:00	12:53	12:43
Good	**Low**	**60**	**14**	**1:25**	**15:53**	**10:30**	**14:00**	**13:50**
Satisfactory	High	55	13	1:15	16:15	10:40	14:15	14:05
Satisfactory	Medium	50	11	1:06	16:38	10:50	14:38	14:28
Probationary		**45**	**9**	**0:56**	**17:00**	**11:00**	**15:15**	**15:05**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	72	3:04	9:30	7:25	7:00	6:50
Outstanding	Medium	95	70	3:00	10:00	7:35	7:30	7:20
Outstanding	**Low**	**90**	**67**	**2:55**	**10:15**	**7:45**	**8:00**	**7:50**
Excellent	High	85	61	2:46	10:45	7:55	8:30	8:20
Excellent	Medium	80	59	2:37	11:15	8:05	8:45	8:35
Excellent	**Low**	**75**	**56**	**2:28**	**11:45**	**8:15**	**9:15**	**9:05**
Good	High	70	50	2:09	12:45	8:35	10:00	9:50
Good	Medium	65	41	1:51	13:45	8:55	11:00	10:50
Good	**Low**	**60**	**34**	**1:32**	**14:30**	**9:15**	**12:00**	**11:50**
Satisfactory	High	55	32	1:23	14:45	9:25	12:30	12:20
Satisfactory	Medium	50	29	1:14	15:15	9:35	12:45	12:35
Probationary		**45**	**24**	**1:05**	**15:30**	**9:45**	**13:30**	**13:20**

Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	2:55	10:56	8:25	8:00	7:50
Outstanding	Medium	95	40	2:51	12:00	8:35	8:45	8:35
Outstanding	**Low**	**90**	**37**	**2:46**	**12:15**	**8:45**	**9:45**	**9:35**
Excellent	High	85	35	2:37	13:00	8:55	10:15	10:05
Excellent	Medium	80	33	2:28	13:30	9:05	10:30	10:20
Excellent	**Low**	**75**	**32**	**2:18**	**14:00**	**9:15**	**11:00**	**10:50**
Good	High	70	24	2:00	14:45	9:35	12:00	11:50
Good	Medium	65	20	1:41	15:45	10:05	13:00	12:50
Good	**Low**	**60**	**12**	**1:23**	**16:15**	**10:35**	**14:15**	**14:05**
Satisfactory	High	55	11	1:14	16:45	10:45	14:30	14:20
Satisfactory	Medium	50	9	1:05	17:00	10:55	14:45	14:35
Probationary		**45**	**7**	**0:55**	**17:15**	**11:05**	**15:30**	**15:20**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

Performance		Points	Males: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	68	3:01	9:33	7:30	7:08	6:58
Outstanding	Medium	95	66	2:56	10:08	7:40	7:38	7:28
Outstanding	**Low**	**90**	**63**	**2:52**	**10:30**	**7:50**	**8:08**	**7:58**
Excellent	High	85	57	2:43	11:08	8:00	8:38	8:28
Excellent	Medium	80	54	2:34	11:38	8:10	8:53	8:43
Excellent	**Low**	**75**	**52**	**2:25**	**12:08**	**8:20**	**9:23**	**9:13**
Good	High	70	46	2:07	13:00	8:40	10:08	9:58
Good	Medium	65	37	1:48	14:08	9:00	11:08	10:58
Good	**Low**	**60**	**32**	**1:30**	**14:53**	**9:20**	**12:08**	**11:58**
Satisfactory	High	55	28	1:21	15:15	9:30	12:38	12:28
Satisfactory	Medium	50	25	1:12	15:45	9:40	12:53	12:43
Probationary		**45**	**21**	**1:03**	**16:08**	**9:50**	**13:38**	**13:28**

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

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	2:57	9:35	7:35	7:15	7:05
Outstanding	Medium	95	62	2:53	10:15	7:45	7:45	7:35
Outstanding	**Low**	**90**	**59**	**2:48**	**10:45**	**7:55**	**8:15**	**8:05**
Excellent	High	85	53	2:39	11:30	8:05	8:45	8:35
Excellent	Medium	80	51	2:31	12:00	8:15	9:00	8:50
Excellent	**Low**	**75**	**49**	**2:22**	**12:30**	**8:25**	**9:30**	**9:20**
Good	High	70	43	2:04	13:15	8:45	10:15	10:05
Good	Medium	65	34	1:46	14:30	9:05	11:15	11:05
Good	**Low**	**60**	**30**	**1:29**	**15:15**	**9:25**	**12:15**	**12:05**
Satisfactory	High	55	25	1:20	15:45	9:35	12:45	12:35
Satisfactory	Medium	50	23	1:11	16:15	9:45	13:00	12:50
Probationary		**45**	**19**	**1:02**	**16:45**	**9:55**	**13:45**	**13:35**

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	2:48	11:00	8:35	8:30	8:20
Outstanding	Medium	95	37	2:44	12:15	8:45	9:15	9:05
Outstanding	**Low**	**90**	**33**	**2:39**	**12:45**	**8:55**	**10:00**	**9:50**
Excellent	High	85	31	2:31	13:30	9:05	10:30	10:20
Excellent	Medium	80	30	2:22	14:00	9:15	11:00	10:50
Excellent	**Low**	**75**	**28**	**2:13**	**14:15**	**9:25**	**11:15**	**11:05**
Good	High	70	20	1:55	15:15	9:45	12:30	12:20
Good	Medium	65	16	1:37	16:00	10:15	13:30	13:20
Good	**Low**	**60**	**10**	**1:20**	**16:45**	**10:45**	**14:45**	**14:35**
Satisfactory	High	55	6	1:11	17:00	10:55	15:00	14:50
Satisfactory	Medium	50	5	1:02	17:15	11:05	15:15	15:05
Probationary		**45**	**2**	**0:53**	**17:30**	**11:15**	**15:45**	**15:35**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	2:54	10:42	7:40	7:17	7:07
Outstanding	Medium	**95**	59	2:49	11:09	7:50	7:47	7:37
Outstanding	**Low**	**90**	**56**	**2:45**	**11:25**	**8:00**	**8:17**	**8:07**
Excellent	High	**85**	52	2:36	11:57	8:10	8:50	8:40
Excellent	Medium	**80**	48	2:28	12:29	8:20	9:15	9:05
Excellent	**Low**	**75**	**46**	**2:19**	**13:12**	**8:30**	**9:47**	**9:37**
Good	High	**70**	38	2:02	14:13	8:50	10:40	10:30
Good	Medium	**65**	32	1:44	15:14	9:10	11:35	11:25
Good	**Low**	**60**	**16**	**1:27**	**16:15**	**9:30**	**12:33**	**12:23**
Satisfactory	High	**55**	14	1:18	16:33	9:40	13:00	12:50
Satisfactory	Medium	**50**	12	1:09	16:51	9:50	13:25	13:15
Probationary		**45**	**10**	**1:01**	**17:09**	**10:00**	**13:55**	**13:45**

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	2:45	12:23	8:40	8:45	8:35
Outstanding	Medium	95	28	2:41	13:39	8:50	9:30	9:20
Outstanding	**Low**	**90**	**26**	**2:36**	**13:57**	**9:00**	**10:07**	**9:57**
Excellent	High	85	24	2:28	14:25	9:10	10:37	10:27
Excellent	Medium	80	22	2:19	14:53	9:20	11:15	11:05
Excellent	**Low**	**75**	**20**	**2:10**	**15:20**	**9:30**	**11:25**	**11:15**
Good	High	70	16	1:53	16:09	9:50	12:45	12:35
Good	Medium	65	10	1:35	16:58	10:20	13:45	13:35
Good	**Low**	**60**	**6**	**1:18**	**17:48**	**10:50**	**15:00**	**14:50**
Satisfactory	High	55	5	1:09	18:03	11:00	15:15	15:05
Satisfactory	Medium	50	3	1:01	18:18	11:10	15:30	15:20
Probationary		**45**	**2**	**0:52**	**18:34**	**11:20**	**16:00**	**15:50**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	2:50	11:21	7:45	7:20	7:10
Outstanding	Medium	95	56	2:46	11:48	7:55	7:50	7:40
Outstanding	**Low**	**90**	**52**	**2:42**	**12:04**	**8:05**	**8:20**	**8:10**
Excellent	High	85	48	2:33	12:40	8:15	8:55	8:45
Excellent	Medium	80	46	2:25	13:16	8:25	9:30	9:20
Excellent	**Low**	**75**	**44**	**2:16**	**13:53**	**8:35**	**10:05**	**9:55**
Good	High	70	32	1:59	15:00	8:55	11:00	10:50
Good	Medium	65	23	1:42	16:07	9:15	11:55	11:45
Good	**Low**	**60**	**14**	**1:25**	**17:14**	**9:35**	**12:50**	**12:40**
Satisfactory	High	55	12	1:17	17:47	9:45	13:15	13:05
Satisfactory	Medium	50	10	1:08	18:20	9:55	13:40	13:30
Probationary		**45**	**8**	**1:00**	**18:52**	**10:05**	**14:05**	**13:55**

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	2:42	13:34	8:45	9:00	8:50
Outstanding	Medium	95	24	2:37	14:50	8:55	9:45	9:35
Outstanding	**Low**	**90**	**22**	**2:33**	**15:08**	**9:05**	**10:15**	**10:05**
Excellent	High	85	20	2:25	15:34	9:15	10:45	10:35
Excellent	Medium	80	18	2:16	16:00	9:25	11:30	11:20
Excellent	**Low**	**75**	**16**	**2:08**	**16:25**	**9:35**	**11:35**	**11:25**
Good	High	70	12	1:51	17:17	9:55	13:00	12:50
Good	Medium	65	8	1:34	18:06	10:25	14:00	13:50
Good	**Low**	**60**	**5**	**1:17**	**18:51**	**10:55**	**15:15**	**15:05**
Satisfactory	High	55	4	1:08	19:08	11:05	15:30	15:20
Satisfactory	Medium	50	3	1:00	19:25	11:15	15:45	15:35
Probationary		**45**	**2**	**0:51**	**19:43**	**11:25**	**16:15**	**16:05**

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	2:47	11:41	7:50	7:25	7:15
Outstanding	Medium	95	46	2:43	12:13	8:00	7:55	7:45
Outstanding	**Low**	**90**	**44**	**2:38**	**12:43**	**8:10**	**8:25**	**8:15**
Excellent	High	85	41	2:30	13:20	8:20	9:05	8:55
Excellent	Medium	80	39	2:22	13:57	8:30	9:45	9:35
Excellent	**Low**	**75**	**36**	**2:13**	**14:34**	**8:40**	**10:30**	**10:20**
Good	High	70	25	1:57	15:47	9:00	11:25	11:15
Good	Medium	65	18	1:40	17:00	9:20	12:20	12:10
Good	**Low**	**60**	**10**	**1:23**	**18:13**	**9:40**	**13:20**	**13:10**
Satisfactory	High	55	8	1:15	19:00	9:50	13:40	13:30
Satisfactory	Medium	50	6	1:07	19:47	10:00	14:00	13:50
Probationary		**45**	**4**	**0:58**	**20:35**	**10:10**	**14:15**	**14:05**

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	2:38	14:45	8:50	9:15	9:05
Outstanding	Medium	95	20	2:34	16:01	9:00	10:00	9:50
Outstanding	**Low**	**90**	**18**	**2:30**	**16:19**	**9:10**	**10:23**	**10:13**
Excellent	High	85	16	2:22	16:43	9:20	10:52	10:42
Excellent	Medium	80	14	2:13	17:07	9:30	11:45	11:35
Excellent	**Low**	**75**	**12**	**2:05**	**17:30**	**9:40**	**11:50**	**11:40**
Good	High	70	9	1:48	18:18	10:00	13:15	13:05
Good	Medium	65	6	1:32	19:06	10:30	14:15	14:05
Good	**Low**	**60**	**4**	**1:15**	**19:54**	**11:00**	**15:30**	**15:20**
Satisfactory	High	55	3	1:07	20:13	11:10	15:45	15:35
Satisfactory	Medium	50	2	0:58	20:31	11:20	16:00	15:50
Probationary		**45**	**1**	**0:50**	**20:52**	**11:30**	**16:30**	**16:20**

Section 4-2

PRT Standards for Altitudes Greater Than 5000 Ft

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	3:24	9:00	07:38	7:05	6:55
Outstanding	Medium	95	91	3:19	9:30	07:49	7:20	7:10
Outstanding	**Low**	**90**	**86**	**3:14**	**9:50**	**08:00**	**7:55**	**7:45**
Excellent	High	85	82	3:04	10:05	08:11	8:25	8:15
Excellent	Medium	80	79	2:53	10:20	08:21	9:00	8:50
Excellent	**Low**	**75**	**76**	**2:43**	**10:40**	**08:32**	**9:15**	**9:05**
Good	High	70	68	2:23	10:55	08:54	10:05	9:55
Good	Medium	65	60	2:02	11:25	09:16	11:25	11:15
Good	**Low**	**60**	**51**	**1:42**	**12:00**	**09:38**	**12:15**	**12:05**
Satisfactory	High	55	49	1:32	13:05	09:49	12:50	12:40
Satisfactory	Medium	50	46	1:22	13:20	10:00	13:20	13:10
Probationary		**45**	**42**	**1:11**	**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	3:14	10:20	08:43	7:20	7:10
Outstanding	Medium	95	50	3:09	12:15	08:54	8:25	8:15
Outstanding	**Low**	**90**	**47**	**3:04**	**12:30**	**09:05**	**9:15**	**9:05**
Excellent	High	85	45	2:53	12:50	09:16	9:50	9:40
Excellent	Medium	80	43	2:43	13:05	09:27	10:20	10:10
Excellent	**Low**	**75**	**42**	**2:33**	**13:40**	**09:38**	**10:40**	**10:25**
Good	High	70	36	2:13	13:55	10:00	11:45	11:30
Good	Medium	65	30	1:52	14:10	10:32	13:05	12:55
Good	**Low**	**60**	**24**	**1:32**	**14:45**	**11:05**	**14:10**	**14:00**
Satisfactory	High	55	22	1:22	15:30	11:16	14:25	14:15
Satisfactory	Medium	50	20	1:11	16:05	11:27	15:00	14:50
Probationary		**45**	**19**	**1:01**	**16:20**	**11:38**	**15:30**	**15:20**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	3:20	9:15	07:43	7:05	6:55
Outstanding	Medium	95	86	3:15	9:50	07:54	7:40	7:25
Outstanding	**Low**	**90**	**81**	**3:10**	**10:05**	**08:05**	**8:10**	**8:00**
Excellent	High	85	77	3:00	10:40	08:16	8:45	8:30
Excellent	Medium	80	74	2:50	10:55	08:27	9:00	8:50
Excellent	**Low**	**75**	**71**	**2:40**	**11:25**	**08:38**	**9:30**	**9:20**
Good	High	70	64	2:20	11:45	09:00	10:20	10:10
Good	Medium	65	55	2:00	12:30	09:21	11:25	11:15
Good	**Low**	**60**	**47**	**1:40**	**13:05**	**09:43**	**12:30**	**12:20**
Satisfactory	High	55	45	1:30	13:55	09:54	13:05	12:55
Satisfactory	Medium	50	42	1:20	14:25	10:05	13:20	13:10
Probationary		**45**	**37**	**1:10**	**14:45**	**10:16**	**14:10**	**14:00**

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	3:10	10:40	08:49	7:55	7:45
Outstanding	Medium	95	47	3:05	12:15	09:00	8:45	8:30
Outstanding	**Low**	**90**	**44**	**3:00**	**12:30**	**09:10**	**9:30**	**9:20**
Excellent	High	85	43	2:50	13:20	09:21	10:05	9:55
Excellent	Medium	80	40	2:40	13:55	09:32	10:40	10:25
Excellent	**Low**	**75**	**39**	**2:30**	**14:25**	**09:43**	**10:55**	**10:45**
Good	High	70	33	2:10	14:45	10:05	12:00	11:50
Good	Medium	65	28	1:50	15:00	10:38	13:20	13:10
Good	**Low**	**60**	**21**	**1:30**	**15:30**	**11:10**	**14:25**	**14:15**
Satisfactory	High	55	20	1:20	16:20	11:21	15:00	14:50
Satisfactory	Medium	50	17	1:10	16:40	11:32	15:15	15:05
Probationary		**45**	**16**	**1:00**	**16:55**	**11:43**	**15:50**	**15:40**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 25 - 29 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	9:43	07:49	7:13	7:06
Outstanding	Medium	95	82	3:11	10:15	08:00	7:48	7:40
Outstanding	**Low**	**90**	**77**	**3:06**	**10:30**	**08:11**	**8:18**	**8:10**
Excellent	High	85	73	2:56	11:13	08:21	8:53	8:44
Excellent	Medium	80	69	2:47	11:28	08:32	9:08	8:59
Excellent	**Low**	**75**	**67**	**2:37**	**11:50**	**08:43**	**9:40**	**9:31**
Good	High	70	60	2:17	12:25	09:05	10:30	10:20
Good	Medium	65	51	1:58	13:20	09:27	11:35	11:24
Good	**Low**	**60**	**44**	**1:38**	**14:03**	**09:49**	**12:40**	**12:28**
Satisfactory	High	55	41	1:28	14:35	10:00	13:13	13:00
Satisfactory	Medium	50	38	1:18	14:58	10:10	13:30	13:17
Probationary		**45**	**34**	**1:09**	**15:18**	**10:21**	**14:18**	**14:04**

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

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	3:12	10:10	07:54	7:20	7:10
Outstanding	Medium	95	78	3:07	10:40	08:05	7:55	7:45
Outstanding	**Low**	**90**	**74**	**3:02**	**10:55**	**08:16**	**8:25**	**8:15**
Excellent	High	85	69	2:53	11:45	08:27	9:00	8:50
Excellent	Medium	80	67	2:43	12:00	08:38	9:15	9:05
Excellent	**Low**	**75**	**64**	**2:34**	**12:15**	**08:49**	**9:50**	**9:40**
Good	High	70	57	2:14	13:05	09:10	10:40	10:25
Good	Medium	65	48	1:55	14:10	09:32	11:45	11:30
Good	**Low**	**60**	**41**	**1:36**	**15:00**	**09:54**	**12:50**	**12:40**
Satisfactory	High	55	38	1:26	15:15	10:05	13:20	13:10
Satisfactory	Medium	50	35	1:17	15:30	10:16	13:40	13:25
Probationary		**45**	**31**	**1:07**	**15:50**	**10:27**	**14:25**	**14:15**

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	3:02	11:45	09:00	8:10	8:00
Outstanding	Medium	95	43	2:58	12:50	09:10	9:15	9:05
Outstanding	**Low**	**90**	**41**	**2:53**	**13:05**	**09:21**	**10:05**	**9:55**
Excellent	High	85	39	2:43	13:55	09:32	10:40	10:25
Excellent	Medium	80	37	2:34	14:25	09:43	11:10	11:00
Excellent	**Low**	**75**	**35**	**2:24**	**14:45**	**09:54**	**11:25**	**11:15**
Good	High	70	28	2:05	15:50	10:16	12:30	12:20
Good	Medium	65	24	1:46	16:40	10:49	13:55	13:45
Good	**Low**	**60**	**17**	**1:26**	**16:55**	**11:21**	**15:00**	**14:50**
Satisfactory	High	55	15	1:17	17:10	11:32	15:15	15:05
Satisfactory	Medium	50	13	1:07	17:45	11:43	15:50	15:40
Probationary		**45**	**11**	**0:58**	**18:15**	**11:54**	**16:20**	**16:10**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	3:08	10:15	08:00	7:30	7:23
Outstanding	Medium	95	74	3:04	10:48	08:11	8:03	7:55
Outstanding	**Low**	**90**	**70**	**2:59**	**11:03**	**08:21**	**8:35**	**8:27**
Excellent	High	85	65	2:49	11:45	08:32	9:08	8:59
Excellent	Medium	80	63	2:40	12:08	08:43	9:23	9:14
Excellent	**Low**	**75**	**60**	**2:31**	**12:33**	**08:54**	**9:58**	**9:48**
Good	High	70	53	2:12	13:30	09:16	10:48	10:37
Good	Medium	65	44	1:53	14:35	09:38	11:53	11:41
Good	**Low**	**60**	**37**	**1:34**	**15:25**	**10:00**	**12:58**	**12:45**
Satisfactory	High	55	35	1:25	15:40	10:10	13:30	13:17
Satisfactory	Medium	50	33	1:15	16:05	10:21	13:48	13:34
Probationary		**45**	**27**	**1:06**	**16:23**	**10:32**	**14:35**	**14:21**

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	2:59	11:50	09:05	8:28	8:19
Outstanding	Medium	95	42	2:54	12:58	09:16	9:23	9:14
Outstanding	**Low**	**90**	**39**	**2:49**	**13:13**	**09:27**	**10:23**	**10:13**
Excellent	High	85	37	2:40	14:03	09:38	10:55	10:45
Excellent	Medium	80	35	2:31	14:35	09:49	11:18	11:07
Excellent	**Low**	**75**	**34**	**2:21**	**15:00**	**10:00**	**11:43**	**11:31**
Good	High	70	26	2:02	15:58	10:21	12:48	12:35
Good	Medium	65	22	1:44	16:55	10:54	14:03	13:49
Good	**Low**	**60**	**14**	**1:25**	**17:20**	**11:27**	**15:15**	**15:00**
Satisfactory	High	55	13	1:15	17:43	11:38	15:33	15:18
Satisfactory	Medium	50	11	1:06	18:08	11:48	15:40	15:42
Probationary		**45**	**9**	**0:56**	**18:33**	**11:59**	**15:58**	**16:22**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	72	3:04	10:20	08:05	7:40	7:25
Outstanding	Medium	95	70	3:00	10:55	08:16	8:10	8:00
Outstanding	**Low**	**90**	**67**	**2:55**	**11:10**	**08:27**	**8:45**	**8:30**
Excellent	High	85	61	2:46	11:45	08:38	9:15	9:05
Excellent	Medium	80	59	2:37	12:15	08:49	9:30	9:20
Excellent	**Low**	**75**	**56**	**2:28**	**12:50**	**09:00**	**10:05**	**9:55**
Good	High	70	50	2:09	13:55	09:21	10:55	10:45
Good	Medium	65	41	1:51	15:00	09:43	12:00	11:50
Good	**Low**	**60**	**34**	**1:32**	**15:50**	**10:05**	**13:05**	**12:55**
Satisfactory	High	55	32	1:23	16:05	10:16	13:40	13:25
Satisfactory	Medium	50	29	1:14	16:40	10:27	13:55	13:45
Probationary		**45**	**24**	**1:05**	**16:55**	**10:38**	**14:45**	**14:30**

Performance		Points	Females: Age 40 - 44 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	41	2:55	11:55	09:10	8:45	8:30
Outstanding	Medium	95	40	2:51	13:05	09:21	9:30	9:20
Outstanding	**Low**	**90**	**37**	**2:46**	**13:20**	**09:32**	**10:40**	**10:25**
Excellent	High	85	35	2:37	14:10	09:43	11:10	11:00
Excellent	Medium	80	33	2:28	14:45	09:54	11:25	11:15
Excellent	**Low**	**75**	**32**	**2:18**	**15:15**	**10:05**	**12:00**	**11:50**
Good	High	70	24	2:00	16:05	10:27	13:05	12:55
Good	Medium	65	20	1:41	17:10	10:59	14:10	14:00
Good	**Low**	**60**	**12**	**1:23**	**17:45**	**11:32**	**15:30**	**15:20**
Satisfactory	High	55	11	1:14	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**	**0:55**	**18:50**	**12:05**	**16:55**	**16:40**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

Performance		Points	Males: Age 45 - 49 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	68	3:01	10:23	08:11	7:48	7:40
Outstanding	Medium	95	66	2:56	11:03	08:21	8:18	8:10
Outstanding	**Low**	**90**	**63**	**2:52**	**11:28**	**08:32**	**8:53**	**8:44**
Excellent	High	85	57	2:43	12:08	08:43	9:23	9:14
Excellent	Medium	80	54	2:34	12:40	08:54	9:40	9:31
Excellent	**Low**	**75**	**52**	**2:25**	**13:15**	**09:05**	**10:13**	**10:03**
Good	High	70	46	2:07	14:10	09:27	11:03	10:52
Good	Medium	65	37	1:48	15:25	09:49	12:08	11:56
Good	**Low**	**60**	**32**	**1:30**	**16:15**	**10:10**	**13:13**	**12:59**
Satisfactory	High	55	28	1:21	16:38	10:21	13:48	13:34
Satisfactory	Medium	50	25	1:12	17:13	10:32	14:03	13:49
Probationary		**45**	**21**	**1:03**	**17:35**	**10:43**	**14:53**	**14:38**

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

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	2:57	10:25	08:16	7:55	7:45
Outstanding	Medium	95	62	2:53	11:10	08:27	8:25	8:15
Outstanding	**Low**	**90**	**59**	**2:48**	**11:45**	**08:38**	**9:00**	**8:50**
Excellent	High	85	53	2:39	12:30	08:49	9:30	9:20
Excellent	Medium	80	51	2:31	13:05	09:00	9:50	9:40
Excellent	**Low**	**75**	**49**	**2:22**	**13:40**	**09:10**	**10:20**	**10:10**
Good	High	70	43	2:04	14:25	09:32	11:10	11:00
Good	Medium	65	34	1:46	15:50	09:54	12:15	12:05
Good	**Low**	**60**	**30**	**1:29**	**16:40**	**10:16**	**13:20**	**13:10**
Satisfactory	High	55	25	1:20	17:10	10:27	13:55	13:45
Satisfactory	Medium	50	23	1:11	17:45	10:38	14:10	14:00
Probationary		**45**	**19**	**1:02**	**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	2:48	12:00	09:21	9:15	9:05
Outstanding	Medium	95	37	2:44	13:20	09:32	10:05	9:55
Outstanding	**Low**	**90**	**33**	**2:39**	**13:55**	**09:43**	**10:55**	**10:45**
Excellent	High	85	31	2:31	14:45	09:54	11:25	11:15
Excellent	Medium	80	30	2:22	15:15	10:05	12:00	11:50
Excellent	**Low**	**75**	**28**	**2:13**	**15:30**	**10:16**	**12:15**	**12:05**
Good	High	70	20	1:55	16:40	10:38	13:40	13:25
Good	Medium	65	16	1:37	17:25	11:10	14:45	14:30
Good	**Low**	**60**	**10**	**1:20**	**18:15**	**11:43**	**16:05**	**15:55**
Satisfactory	High	55	6	1:11	18:30	11:54	16:20	16:10
Satisfactory	Medium	50	5	1:02	18:50	12:05	16:40	16:26
Probationary		**45**	**2**	**0:53**	**19:05**	**12:16**	**17:10**	**17:00**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	2:54	11:46	08:26	8:01	7:50
Outstanding	Medium	95	59	2:49	12:16	08:37	8:34	8:23
Outstanding	**Low**	**90**	**56**	**2:45**	**12:34**	**08:48**	**9:07**	**8:56**
Excellent	High	85	52	2:36	13:09	08:59	9:43	9:32
Excellent	Medium	80	48	2:28	13:44	09:10	10:11	10:00
Excellent	**Low**	**75**	**46**	**2:19**	**14:31**	**09:21**	**10:46**	**10:35**
Good	High	70	38	2:02	15:38	09:43	11:44	11:33
Good	Medium	65	32	1:44	16:45	10:05	12:45	12:34
Good	**Low**	**60**	**16**	**1:27**	**17:53**	**10:27**	**13:48**	**13:37**
Satisfactory	High	55	14	1:18	18:12	10:38	14:18	14:07
Satisfactory	Medium	50	12	1:09	18:32	10:49	14:46	14:35
Probationary		**45**	**10**	**1:01**	**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	2:45	13:37	09:32	9:38	9:27
Outstanding	Medium	95	28	2:41	15:01	09:43	10:27	10:16
Outstanding	**Low**	**90**	**26**	**2:36**	**15:21**	**09:54**	**11:08**	**10:57**
Excellent	High	85	24	2:28	15:52	10:05	11:41	11:30
Excellent	Medium	80	22	2:19	16:22	10:16	12:23	12:12
Excellent	**Low**	**75**	**20**	**2:10**	**16:52**	**10:27**	**12:34**	**12:23**
Good	High	70	16	1:53	17:46	10:49	14:02	13:51
Good	Medium	65	10	1:35	18:40	11:22	15:08	14:57
Good	**Low**	**60**	**6**	**1:18**	**19:35**	**11:55**	**16:30**	**16:19**
Satisfactory	High	55	5	1:09	19:51	12:06	16:47	16:36
Satisfactory	Medium	50	3	1:01	20:08	12:17	17:03	16:52
Probationary		**45**	**2**	**0:52**	**20:25**	**12:28**	**17:36**	**17:25**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	2:50	12:29	08:31	8:04	7:53
Outstanding	Medium	95	56	2:46	12:59	08:42	8:37	8:26
Outstanding	**Low**	**90**	**52**	**2:42**	**13:16**	**08:54**	**9:10**	**8:59**
Excellent	High	85	48	2:33	13:56	09:04	9:49	9:38
Excellent	Medium	80	46	2:25	14:36	09:16	10:27	10:16
Excellent	**Low**	**75**	**44**	**2:16**	**15:16**	**09:26**	**11:06**	**10:55**
Good	High	70	32	1:59	16:30	09:48	12:06	11:55
Good	Medium	65	23	1:42	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	1:17	19:34	10:43	14:35	14:24
Satisfactory	Medium	50	10	1:08	20:10	10:54	15:02	14:51
Probationary		**45**	**8**	**1:00**	**20:45**	**11:05**	**15:30**	**15:19**

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	2:42	14:55	09:37	9:54	9:43
Outstanding	Medium	95	24	2:37	16:19	09:48	10:44	10:33
Outstanding	**Low**	**90**	**22**	**2:33**	**16:39**	**10:00**	**11:17**	**11:06**
Excellent	High	85	20	2:25	17:07	10:11	11:50	11:39
Excellent	Medium	80	18	2:16	17:36	10:22	12:39	12:28
Excellent	**Low**	**75**	**16**	**2:08**	**18:04**	**10:32**	**12:45**	**12:34**
Good	High	70	12	1:51	19:01	10:54	14:18	14:07
Good	Medium	65	8	1:34	19:55	11:28	15:24	15:13
Good	**Low**	**60**	**5**	**1:17**	**20:44**	**12:00**	**16:47**	**16:36**
Satisfactory	High	55	4	1:08	21:03	12:11	17:03	16:52
Satisfactory	Medium	50	3	1:00	21:22	12:23	17:20	17:09
Probationary		**45**	**2**	**0:51**	**21:41**	**12:33**	**17:53**	**17:42**

Table 4-2: PRT Standards Altitudes Greater Than 5000 Feet

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	2:47	12:51	08:37	8:10	7:59
Outstanding	Medium	95	46	2:43	13:26	08:48	8:43	8:32
Outstanding	**Low**	**90**	**44**	**2:38**	**13:59**	**08:59**	**9:16**	**9:05**
Excellent	High	85	41	2:30	14:40	09:10	10:00	9:49
Excellent	Medium	80	39	2:22	15:21	09:21	10:44	10:33
Excellent	**Low**	**75**	**36**	**2:13**	**16:01**	**09:32**	**11:33**	**11:22**
Good	High	70	25	1:57	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**	**1:23**	**20:02**	**10:38**	**14:40**	**14:29**
Satisfactory	High	55	8	1:15	20:54	10:49	15:02	14:51
Satisfactory	Medium	50	6	1:07	21:46	11:00	15:24	15:13
Probationary		**45**	**4**	**0:58**	**22:39**	**11:11**	**15:41**	**15:30**

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	2:38	16:14	09:43	10:11	10:00
Outstanding	Medium	95	20	2:34	17:37	09:54	11:00	10:49
Outstanding	**Low**	**90**	**18**	**2:30**	**17:57**	**10:05**	**11:25**	**11:14**
Excellent	High	85	16	2:22	18:23	10:16	11:57	11:46
Excellent	Medium	80	14	2:13	18:50	10:27	12:56	12:45
Excellent	**Low**	**75**	**12**	**2:05**	**19:15**	**10:38**	**13:01**	**12:50**
Good	High	70	9	1:48	20:08	11:00	14:35	14:24
Good	Medium	65	6	1:32	21:01	11:33	15:41	15:30
Good	**Low**	**60**	**4**	**1:15**	**21:53**	**12:06**	**17:03**	**16:52**
Satisfactory	High	55	3	1:07	22:14	12:17	17:20	17:09
Satisfactory	Medium	50	2	0:58	22:34	12:28	17:36	17:25
Probationary		**45**	**1**	**0:50**	**22:57**	**12:39**	**18:09**	**17:58**