

NAVY PRT STANDARDS - FEMALE

AGE 17 TO 19 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	109	51	9:29	6:45	6:35
OUTSTANDING	MEDIUM	107	50	11:15	7:45	7:35
OUTSTANDING	LOW	102	47	11:30	8:30	8:20
EXCELLENT	HIGH	98	45	11:45	9:00	8:50
EXCELLENT	MEDIUM	93	43	12:00	9:30	9:20
EXCELLENT	LOW	90	42	12:30	9:45	9:35
GOOD	HIGH	81	36	12:45	10:45	10:35
GOOD	MEDIUM	71	30	13:00	12:00	11:50
GOOD	LOW	62	24	13:30	13:00	12:50
SATISFACTORY	HIGH	59	24	14:15	13:15	13:05
SATISFACTORY	MEDIUM	54	20	14:45	13:45	13:35
PROBATIONARY		50	19	15:00	14:15	14:05

AGE 20 TO 24 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	105	48	9:47	7:15	7:05
OUTSTANDING	MEDIUM	103	47	11:15	8:00	7:50
OUTSTANDING	LOW	98	44	11:30	8:45	8:35
EXCELLENT	HIGH	94	43	12:15	9:15	9:05
EXCELLENT	MEDIUM	90	40	12:45	9:45	9:35
EXCELLENT	LOW	87	39	13:15	10:00	9:50
GOOD	HIGH	78	33	13:30	11:00	10:50
GOOD	MEDIUM	66	28	13:45	12:15	12:05
GOOD	LOW	58	21	14:15	13:15	13:05
SATISFACTORY	HIGH	54	20	15:00	13:45	13:35
SATISFACTORY	MEDIUM	50	17	15:15	14:00	13:45
PROBATIONARY		46	16	15:30	14:30	14:20

AGE 25 TO 29 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	101	46	10:17	7:23	7:13
OUTSTANDING	MEDIUM	100	45	11:30	8:15	7:58
OUTSTANDING	LOW	95	43	11:45	9:00	8:50
EXCELLENT	HIGH	91	41	12:30	9:30	9:20
EXCELLENT	MEDIUM	87	39	13:00	10:00	9:50
EXCELLENT	LOW	84	37	13:23	10:15	10:05
GOOD	HIGH	75	30	14:00	11:15	11:05
GOOD	MEDIUM	62	26	14:30	12:30	12:20
GOOD	LOW	54	19	14:53	13:30	13:20
SATISFACTORY	HIGH	50	18	15:23	13:53	13:43
SATISFACTORY	MEDIUM	47	15	15:45	14:15	14:05
PROBATIONARY		43	13	16:08	14:45	14:35

AGE 30 TO 34 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	98	44	10:46	7:30	7:20
OUTSTANDING	MEDIUM	97	43	11:45	8:30	8:20
OUTSTANDING	LOW	92	41	12:00	9:15	9:05
EXCELLENT	HIGH	88	39	12:45	9:45	9:35
EXCELLENT	MEDIUM	85	37	13:15	10:15	10:05
EXCELLENT	LOW	81	35	13:30	10:30	10:20
GOOD	HIGH	73	28	14:30	11:30	11:20
GOOD	MEDIUM	59	24	15:15	12:45	12:35
GOOD	LOW	51	17	15:30	13:45	13:35
SATISFACTORY	HIGH	47	15	15:45	14:00	13:50
SATISFACTORY	MEDIUM	44	13	16:15	14:30	14:20
PROBATIONARY		40	11	16:45	15:00	14:50

NAVY PRT STANDARDS - FEMALE

AGE 35 TO 39 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	95	43	10:51	7:45	7:35
OUTSTANDING	MEDIUM	93	42	11:53	8:38	8:28
OUTSTANDING	LOW	88	39	12:08	9:30	9:20
EXCELLENT	HIGH	85	37	12:53	10:00	9:50
EXCELLENT	MEDIUM	83	35	13:23	10:23	10:13
EXCELLENT	LOW	78	34	13:45	10:45	10:35
GOOD	HIGH	70	26	14:38	11:45	11:35
GOOD	MEDIUM	55	22	15:30	12:53	12:43
GOOD	LOW	47	14	15:53	14:00	13:50
SATISFACTORY	HIGH	43	13	16:15	14:15	14:05
SATISFACTORY	MEDIUM	40	11	16:38	14:38	14:28
PROBATIONARY		37	9	17:00	15:15	15:05

AGE 40 TO 44 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	92	41	10:56	8:00	7:50
OUTSTANDING	MEDIUM	90	40	12:00	8:45	8:35
OUTSTANDING	LOW	85	37	12:15	9:45	9:35
EXCELLENT	HIGH	83	35	13:00	10:15	10:05
EXCELLENT	MEDIUM	80	33	13:30	10:30	10:20
EXCELLENT	LOW	76	32	14:00	11:00	10:50
GOOD	HIGH	68	24	14:45	12:00	11:50
GOOD	MEDIUM	51	20	15:45	13:00	12:50
GOOD	LOW	44	12	16:15	14:15	14:05
SATISFACTORY	HIGH	39	11	16:45	14:30	14:20
SATISFACTORY	MEDIUM	37	9	17:00	14:45	14:35
PROBATIONARY		35	7	17:15	15:30	15:20

AGE 45 TO 49 YEARS						
PERFORMANCE CATEGORY	LEVEL	CURL UPS	PUSH UPS	1.5 MILE RUN	SWIM	
					500-YD	450-M
OUTSTANDING	HIGH	88	40	10:58	8:15	8:05
OUTSTANDING	MEDIUM	86	39	12:08	9:00	8:50
OUTSTANDING	LOW	81	35	12:30	9:53	9:43
EXCELLENT	HIGH	80	33	13:15	10:23	10:13
EXCELLENT	MEDIUM	78	32	13:45	10:45	10:35
EXCELLENT	LOW	73	30	14:08	11:08	10:58
GOOD	HIGH	65	22	15:00	12:15	12:05
GOOD	MEDIUM	47	18	15:53	13:15	13:05
GOOD	LOW	40	11	16:30	14:30	14:20
SATISFACTORY	HIGH	35	8	16:53	14:45	14:35
SATISFACTORY	MEDIUM	33	7	17:08	15:00	14:50
PROBATIONARY		31	5	17:23	15:38	15:28