



GUIDE 5

PHYSICAL READINESS TEST (PRT)

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 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

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 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