**Female PRT Standards**

**FEMALES:  AGE 20 to 24 YEARS  
  
PERFORMANCE PERFORMANCE CURL PUSH 1.5-MILE      
CATEGORY     LEVEL      UPS  UPS   RUN**  
OUTSTANDING  HIGH        105  48   9:47      
OUTSTANDING  MEDIUM      103  47   11:15     
OUTSTANDING  LOW         98   44   11:30     
EXCELLENT    HIGH        94   43   12:15     
EXCELLENT    MEDIUM      90   40   12:45     
EXCELLENT    LOW         87   39   13:15    
GOOD         HIGH        78   33   13:30    
GOOD         MEDIUM      66   28   13:45    
GOOD         LOW         58   21   14:15    
SATISFACTORY HIGH        54   20   15:00    
SATISFACTORY MEDIUM      50   17   15:15    
PROBATIONARY             46   16   15:30