**Female PRT Standards**

**FEMALES:  AGE 25 to 29 YEARS  
  
PERFORMANCE        POINTS    CURL PUSH  1.5-MILE      
CATEGORY                     UPS  UPS   RUN**

Outstanding High    100      101  46  10:17       
Outstanding Medium  95       100  45  11:30       
Outstanding Low     90       95   43  11:45       
Excellent High      85       91   41  12:30       
Excellent Medium    80       87   39  13:00      
Excellent Low       75       84   37  13:23      
Good High           70       75   30  14:00    
Good Medium         65       62   26  14:30      
Good Low            60       54   19  14:53      
Satisfactory High   55       50   18  15:23      
Satisfactory Medium 50       47   15  15:45      
Probationary        45       43   13  16:08