**Female PRT Standards**

**FEMALES:  AGE 30 to 34 YEARS  
  
PERFORMANCE          POINTS    CURL  PUSH  1.5-MILE      
CATEGORY                       UPS   UPS   RUN**   
  
Outstanding High     100       98    44    10:46      
Outstanding Medium   95        97    43    11:45      
Outstanding Low      90        92    41    12:00     
Excellent High       85        88    39    12:45      
Excellent Medium     80        85    37    13:15     
Excellent Low        75        81    35    13:30     
Good High            70        73    28    14:30    
Good Medium          65        59    24    15:15     
Good Low             60        51    17    15:30     
Satisfactory High    55        47    15    15:45    
Satisfactory Medium  50        44    13    16:15    
Probationary         45        40    11    16:45