**Female PRT Standards**

**FEMALES:  AGE 35 to 39 YEARS  
  
PERFORMANCE          POINTS    CURL  PUSH  1.5-MILE      
CATEGORY                       UPS   UPS   RUN**   
  
Outstanding High     100       95    43    10:51      
Outstanding Medium   95        93    42    11:53      
Outstanding Low      90        88    39    12:08      
Excellent High       85        85    37    12:53      
Excellent Medium     80        83    35    13:23     
Excellent Low        75        78    34    13:45      
Good High            70        70    26    14:38     
Good Medium          65        55    22    15:30     
Good Low             60        47    14    15:53     
Satisfactory High    55        43    13    16:15    
Satisfactory Medium  50        40    11    16:38    
Probationary         45        37    9     17:00