**Male PRT Standards**

http://www.navy-prt.com/clipart/lines/horizontal/beveled-grey-gradient.gif

**MALES:  AGE 20 TO 24 YEARS  
  
PERFORMANCE PERFORMANCE POINTS  CURL PUSH 1.5-MILE**   
**CATEGORY      LEVEL            UPS  UPS   RUN**   
Outstanding   High      100     105  87   8:30    
Outstanding   Medium    95      103  86   9:00     
Outstanding   Low       90      98   81   9:15     
Excellent     High      85      94   77   9:45     
Excellent     Medium    80      90   74   10:00    
Excellent     Low       75      87   71   10:30    
Good          High      70      78   64   10:45    
Good          Medium    65      66   55   11:30    
Good          Low       60      58   47   12:00    
Satisfactory  High      55      54   45   12:45