**Male PRT Standards**

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

**MALES:  AGE 25 TO 29 YEARS  
  
PERFORMANCE PERFORMANCE POINTS  CURL PUSH 1.5-MILE**  
**CATEGORY      LEVEL             UPS  UPS   RUN**   
Outstanding   High      100     101  84   8:55     
Outstanding   Medium    95      100  82   9:23     
Outstanding   Low       90      95   77   9:38      
Excellent     High      85      91   73   10:15     
Excellent     Medium    80      87   69   10:30    
Excellent     Low       75      84   67   10:52    
Good          High      70      75   60   11:23    
Good          Medium    65      62   51   12:15    
Good          Low       60      54   44   12:53    
Satisfactory  High      55      50   41   13:23