**Male PRT Standards**

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

**MALES:  AGE 30 TO 34 YEARS  
  
PERFORMANCE PERFORMANCE POINTS  CURL PUSH 1.5-MILE**  
**CATEGORY      LEVEL             UPS  UPS   RUN**  
Outstanding   High      100     98   80   9:20     
Outstanding   Medium    95      97   78   9:45      
Outstanding   Low       90      92   74   10:00     
Excellent     High      85      88   69   10:30     
Excellent     Medium    80      85   67   11:00     
Excellent     Low       75      81   64   11:15     
Good          High      70      73   57   12:00     
Good          Medium    65      59   48   13:00     
Good          Low       60      51   41   13:45    
Satisfactory  High      55      47   38   14:00