**Male PRT Standards**

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

**MALES:  AGE 40 TO 44 YEARS  
  
PERFORMANCE PERFORMANCE POINTS  CURL PUSH 1.5-MILE      
CATEGORY       LEVEL            UPS  UPS   RUN**Outstanding   High      100     92   72    9:30      
Outstanding   Medium    95      90   70    10:00     
Outstanding   Low       90      85   67    10:15    
Excellent     High      85      83   61    10:45    
Excellent     Medium    80      80   59    11:15   
Excellent     Low       75      76   56    11:45    
Good          High      70      68   50    12:45    
Good          Medium    65      51   41    13:45    
Good          Low       60      44   34    14:30    
Satisfactory  High      55      39   32    14:45    
Satisfactory  Medium    50      37   29    15:15    
Probationary            45      35   24    15:30