**Male PRT Standards**

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

**MALES:  AGE 45 TO 49 YEARS  
  
PERFORMANCE PERFORMANCE POINTS  CURL PUSH 1.5-MILE      
CATEGORY       LEVEL            UPS  UPS   RUN**  
Outstanding   High      100     88   68    9:33     
Outstanding   Medium    95      86   66    10:08   
Outstanding   Low       90      81   63    10:30    
Excellent     High      85      80   57    11:08    
Excellent     Medium    80      78   54    11:38    
Excellent     Low       75      73   52    12:08    
Good          High      70      65   46    13:00    
Good          Medium    65      47   37    14:08    
Good          Low       60      40   32    14:53    
Satisfactory  High      55      35   28    15:15    
Satisfactory  Medium    50      33   25    15:45