TABLE 1
PHYSICAL FITNESS ASSESSMENT (PFA) TABLES

MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Men Maximum Weight (pounds)	Member's Height (inches with fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
127	57	127
131	58	131
136	59	136
141	60	141
145	61	145
150	62	149
155	63	152
160	64	156
165	65	160
170	66	163
175	67	167
181	68	170
186	69	174
191	70	177
196	71	181
201	72	185
206	73	189
211	74	194
216	75	200
221	76	205
226	77	211
231	78	216
236	79	222
241	80	227

TABLE 2
PRT STANDARDS FOR MALES
"Maximum" is the highest number of points attainable for an event.

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
		Males: Age 17-19 years				
"Maximum"	100	109	92	8:15	6:30	6:20
Outstanding	90	102	86	9:00	7:15	7:05
Excellent	75	90	76	9:45	8:30	8:20
Good	60	62	51	11:00	11:15	11:05
Satisfactory	45	50	42	12:30	12:45	12:35
Failure	<45	<50	<42	>12:30	>12:45	>12:35
		Males: Age 20-24 years				
"Maximum"	100	105	87	8:30	6:30	6:20
Outstanding	90	98	81	9:15	7:30	7:20
Excellent	75	87	71	10:30	8:45	8:35
Good	60	58	47	12:00	11:30	11:20
Satisfactory	45	46	37	13:30	13:00	12:50
Failure	<45	<46	<37	>13:30	>13:00	>12:50
		Males: Age 25-29 years				
"Maximum"	100	101	84	8:55	6:38	6:28
Outstanding	90	95	77	9:38	7:38	7:28
Excellent	75	84	67	10:52	8:53	8:43
Good	60	54	44	12:53	11:38	11:28
Satisfactory	45	43	34	14:00	13:08	12:58
Failure	<45	<43	<34	>14:00	>13:08	>12:58
		Males: Age 30-34 years				
"Maximum"	100	98	80	9:20	6:45	6:35
Outstanding	90	92	74	10:00	7:45	7:35
Excellent	75	81	64	11:15	9:00	8:50
Good	60	51	41	13:45	11:45	11:35
Satisfactory	45	40	31	14:30	13:15	13:05
Failure	<45	<40	<31	>14:30	>13:15	>13:05
		Males: Age 35-39 years				
"Maximum"	100	95	76	9:25	6:53	6:43
Outstanding	90	88	70	10:08	7:53	7:43
Excellent	75	78	60	11:23	9:08	8:58
Good	60	47	37	14:08	11:53	11:43
Satisfactory	45	37	27	15:00	13:23	13:13
Failure	<45	<37	<27	>15:00	>13:23	>13:13
		Males: Age 40-44 years				
"Maximum"	100	92	72	9:30	7:00	6:50
Outstanding	90	85	67	10:15	8:00	7:50
Excellent	75	76	56	11:45	9:15	9:05
Good	60	44	34	14:30	12:00	11:50
Satisfactory	45	35	24	15:30	13:30	13:20
Failure	<45	<35	<24	>15:30	>13:30	>13:20

TABLE 2 (CONT'D)
PRT STANDARDS FOR MALES
"Maximum" is the highest number of points attainable for an event.

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
		Males: Age 45-49 years				
"Maximum"	100	88	68	9:33	7:08	6:58
Outstanding	90	81	63	10:30	8:08	7:58
Excellent	75	73	52	12:08	9:23	9:13
Good	60	40	32	14:53	12:08	11:58
Satisfactory	45	31	21	16:08	13:38	13:28
Failure	<45	<31	<21	>16:08	>13:08	>13:28
		Males: Age 50-54 years				
"Maximum"	100	85	64	9:35	7:15	7:05
Outstanding	90	78	59	10:45	8:15	8:05
Excellent	75	71	49	12:30	9:30	9:20
Good	60	37	30	15:15	12:15	12:05
Satisfactory	45	29	19	16:45	13:45	13:35
Failure	<45	<29	<19	>16:45	>13:45	>13:35
		Males: Age 55-59 years				
"Maximum"	100	81	60	10:42	7:17	7:07
Outstanding	90	74	56	11:25	8:17	8:07
Excellent	75	62	46	13:12	9:47	9:37
Good	60	36	16	16:15	12:33	12:23
Satisfactory	45	26	10	17:09	13:55	13:45
Failure	<45	<26	<10	>17:09	>13:55	>13:45
		Males: Age 60-64 years				
"Maximum"	100	75	57	11:21	7:20	7:10
Outstanding	90	70	52	12:04	8:20	8:10
Excellent	75	56	44	13:53	10:05	9:55
Good	60	26	14	17:47	12:50	12:40
Satisfactory	45	20	8	18:52	14:05	13:55
Failure	<45	<20	<8	>18:52	>14:05	>13:55
		Males: Age 65+ years				
"Maximum"	100	65	48	11:41	7:25	7:15
Outstanding	90	60	44	12:43	8:25	8:15
Excellent	75	44	36	14:34	10:30	10:20
Good	60	20	10	18:13	13:20	13:10
Satisfactory	45	10	4	20:35	14:15	14:05
Failure	<45	<10	<4	>20:35	>14:15	>14:05

TABLE 3
PRT STANDARDS FOR FEMALES
"Maximum" is the highest number of points attainable for an event.

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
		Females: Age 17-19 years				
"Maximum"	100	109	51	9:29	6:45	6:35
Outstanding	90	102	47	11:30	8:30	8:20
Excellent	75	90	42	12:30	9:45	9:35
Good	60	62	24	13:30	13:00	12:50
Satisfactory	45	50	19	15:00	14:15	14:05
Failure	<45	<50	<19	>15:00	>14:15	>14:05
		Females: Age 20-24 years				
"Maximum"	100	105	48	9:47	7:15	7:05
Outstanding	90	98	44	11:30	8:45	8:35
Excellent	75	87	39	13:15	10:00	9:50
Good	60	58	21	14:15	13:15	13:05
Satisfactory	45	46	16	15:30	14:30	14:20
Failure	<45	<46	<16	>15:30	>14:30	>14:20
		Females: Age 25-29 years				
"Maximum"	100	101	46	10:17	7:23	7:13
Outstanding	90	95	43	11:45	9:00	8:50
Excellent	75	84	37	13:23	10:15	10:05
Good	60	54	19	14:53	13:30	13:20
Satisfactory	45	43	13	16:08	14:45	14:35
Failure	<45	<43	<13	>16:08	>14:45	>14:35
		Females: Age 30-34 years				
"Maximum"	100	98	44	10:46	7:30	7:20
Outstanding	90	92	41	12:00	9:15	9:05
Excellent	75	81	35	13:30	10:30	10:20
Good	60	51	17	15:30	13:45	13:35
Satisfactory	45	40	11	16:45	15:00	14:50
Failure	<45	<40	<11	>16:45	>15:00	>14:50
		Females: Age 35-39 years				
"Maximum"	100	95	43	10:51	7:45	7:35
Outstanding	90	88	39	12:08	9:30	9:20
Excellent	75	78	34	13:45	10:45	10:35
Good	60	47	14	15:53	14:00	13:50
Satisfactory	45	37	9	17:00	15:15	15:05
Failure	<45	<37	<9	>17:00	>15:15	>15:05
		Females: Age 40-44 years				
"Maximum"	100	92	41	10:56	8:00	7:50
Outstanding	90	85	37	12:15	9:45	9:35
Excellent	75	76	32	14:00	11:00	10:50
Good	60	44	12	16:15	14:15	14:05
Satisfactory	45	35	7	17:15	15:30	15:20
Failure	<45	<35	<7	>17:15	>15:30	>15:20

TABLE 3 (CONT'D)
PRT STANDARDS FOR FEMALES
"Maximum" is the highest number of points attainable for an event.

Performance Level	Points	Curl-ups	Push-ups	1.5-mile run	500-yd swim	450-m swim
		Females: Age 45-49 years				
"Maximum"	100	88	40	10:58	8:15	8:05
Outstanding	90	81	35	12:30	9:53	9:43
Excellent	75	73	30	14:08	11:08	10:58
Good	60	40	11	16:30	14:30	14:20
Satisfactory	45	31	5	17:23	15:38	15:28
Failure	<45	<31	<5	>17:23	>15:38	>15:28
		Females: Age 50-54 years				
"Maximum"	100	85	38	11:00	8:30	8:20
Outstanding	90	78	33	12:45	10:00	9:50
Excellent	75	71	28	14:15	11:15	11:05
Good	60	37	10	16:45	14:45	14:35
Satisfactory	45	29	2	17:30	15:45	15:35
Failure	<45	<29	<2	>17:30	>15:45	>15:35
		Females: Age 55-59 years				
"Maximum"	100	81	30	12:23	8:45	8:35
Outstanding	90	74	26	13:57	10:07	9:57
Excellent	75	62	20	15:20	11:25	11:15
Good	60	36	6	17:48	15:00	14:50
Satisfactory	45	26	2	18:34	16:00	15:50
Failure	<45	<26	<2	>18:34	>16:00	>15:50
		Females: Age 60-64 years				
"Maximum"	100	75	26	13:34	9:00	8:50
Outstanding	90	70	22	15:08	10:15	10:05
Excellent	75	56	16	16:25	11:35	11:25
Good	60	26	5	18:51	15:15	15:05
Satisfactory	45	20	2	19:43	16:15	16:05
Failure	<45	<20	<2	>19:43	>16:15	>16:05
		Females: Age 65+ years				
"Maximum"	100	65	22	14:45	9:15	9:05
Outstanding	90	60	18	16:19	10:23	10:13
Excellent	75	44	12	17:30	11:50	11:40
Good	60	20	4	19:54	15:30	15:20
Satisfactory	45	10	1	20:52	16:30	16:20
Failure	<45	<10	<1	>20:52	>16:30	>16:20