

TABLE 1
MAXIMUM WEIGHT FOR HEIGHT SCREENING TABLE

Men Maximum Weight (pounds)	Member's Height (inches) (fractions rounded up to nearest whole inch)	Women Maximum Weight (pounds)
97	51	102
102	52	106
107	53	110
112	54	114
117	55	118
122	56	123
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
246	81	233
251	82	239
256	83	245
261	84	251
266	85	257
271	86	263

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 17 - 19 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	109	92	8:15	6:30	6:20
Outstanding	Medium	95	107	91	8:45	6:45	6:35
Outstanding	Low	90	102	86	9:00	7:15	7:05
Excellent	High	85	98	82	9:15	7:45	7:35
Excellent	Medium	80	93	79	9:30	8:15	8:05
Excellent	Low	75	90	76	9:45	8:30	8:20
Good	High	70	81	68	10:00	9:15	9:05
Good	Medium	65	71	60	10:30	10:30	10:20
Good	Low	60	62	51	11:00	11:15	11:05
Satisfactory	High	55	59	49	12:00	11:45	11:35
Satisfactory	Medium	50	54	46	12:15	12:15	12:05
Probationary		45	50	42	12:45	12:45	12:35

Performance		Points	Females: Age 17 - 19 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	109	51	9:29	6:45	6:35
Outstanding	Medium	95	107	50	11:15	7:45	7:35
Outstanding	Low	90	102	47	11:30	8:30	8:20
Excellent	High	85	98	45	11:45	9:00	8:50
Excellent	Medium	80	93	43	12:00	9:30	9:20
Excellent	Low	75	90	42	12:30	9:45	9:35
Good	High	70	81	36	12:45	10:45	10:35
Good	Medium	65	71	30	13:00	12:00	11:50
Good	Low	60	62	24	13:30	13:00	12:50
Satisfactory	High	55	59	22	14:15	13:15	13:05
Satisfactory	Medium	50	54	20	14:45	13:45	13:35
Probationary		45	50	19	15:00	14:15	14:05

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 20 - 24 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	105	87	8:30	6:30	6:20
Outstanding	Medium	95	103	86	9:00	7:00	6:50
Outstanding	Low	90	98	81	9:15	7:30	7:20
Excellent	High	85	94	77	9:45	8:00	7:50
Excellent	Medium	80	90	74	10:00	8:15	8:05
Excellent	Low	75	87	71	10:30	8:45	8:35
Good	High	70	78	64	10:45	9:30	9:20
Good	Medium	65	66	55	11:30	10:30	10:20
Good	Low	60	58	47	12:00	11:30	11:20
Satisfactory	High	55	54	45	12:45	12:00	11:50
Satisfactory	Medium	50	50	42	13:15	12:15	12:05
Probationary		45	46	37	13:30	13:00	12:50

Performance		Points	Females: Age 20 - 24 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	105	48	9:47	7:15	7:05
Outstanding	Medium	95	103	47	11:15	8:00	7:50
Outstanding	Low	90	98	44	11:30	8:45	8:35
Excellent	High	85	94	43	12:15	9:15	9:05
Excellent	Medium	80	90	40	12:45	9:45	9:35
Excellent	Low	75	87	39	13:15	10:00	9:50
Good	High	70	78	33	13:30	11:00	10:50
Good	Medium	65	66	28	13:45	12:15	12:05
Good	Low	60	58	21	14:15	13:15	13:05
Satisfactory	High	55	54	20	15:00	13:45	13:35
Satisfactory	Medium	50	50	17	15:15	14:00	13:50
Probationary		45	46	16	15:30	14:30	14:20

Table 4-1: PRT Standards less than 5000 feet

Performance		Points	Males: Age 25 - 29 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	101	84	8:55	6:38	6:28
Outstanding	Medium	95	100	82	9:23	7:08	6:58
Outstanding	Low	90	95	77	9:38	7:38	7:28
Excellent	High	85	91	73	10:15	8:08	7:58
Excellent	Medium	80	87	69	10:30	8:23	8:13
Excellent	Low	75	84	67	10:52	8:53	8:43
Good	High	70	75	60	11:23	9:38	9:28
Good	Medium	65	62	51	12:15	10:38	10:28
Good	Low	60	54	44	12:53	11:38	11:28
Satisfactory	High	55	50	41	13:23	12:08	11:58
Satisfactory	Medium	50	47	38	13:45	12:23	12:13
Probationary		45	43	34	14:00	13:08	12:58

Performance		Points	Females: Age 25 - 29 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	101	46	10:17	7:23	7:13
Outstanding	Medium	95	100	45	11:30	8:15	7:58
Outstanding	Low	90	95	43	11:45	9:00	8:50
Excellent	High	85	91	41	12:30	9:30	9:20
Excellent	Medium	80	87	39	13:00	10:00	9:50
Excellent	Low	75	84	37	13:23	10:15	10:05
Good	High	70	75	30	14:00	11:15	11:05
Good	Medium	65	62	26	14:30	12:30	12:20
Good	Low	60	54	19	14:53	13:30	13:20
Satisfactory	High	55	50	18	15:23	13:53	13:43
Satisfactory	Medium	50	47	15	15:45	14:15	14:05
Probationary		45	43	13	16:08	14:45	14:35

Table 5-1: PRT Standards for Altitudes \geq 5,000 Feet

Performance		Points	Males: Age 17 - 19 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	109	92	9:00	7:05	6:55
Outstanding	Medium	95	107	91	9:30	7:20	7:10
Outstanding	Low	90	102	86	9:50	7:55	7:45
Excellent	High	85	98	82	10:05	8:25	8:15
Excellent	Medium	80	93	79	10:20	9:00	8:50
Excellent	Low	75	90	76	10:40	9:15	9:05
Good	High	70	81	68	10:55	10:05	9:55
Good	Medium	65	71	60	11:25	11:25	11:15
Good	Low	60	62	51	12:00	12:15	12:05
Satisfactory	High	55	59	49	13:05	12:50	12:40
Satisfactory	Medium	50	54	46	13:20	13:20	13:10
Probationary		45	50	42	13:40	13:55	13:40

Performance		Points	Females: Age 17 - 19 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	109	51	10:20	7:20	7:10
Outstanding	Medium	95	107	50	12:15	8:25	8:15
Outstanding	Low	90	102	47	12:30	9:15	9:05
Excellent	High	85	98	45	12:50	9:50	9:40
Excellent	Medium	80	93	43	13:05	10:20	10:10
Excellent	Low	75	90	42	13:40	10:40	10:25
Good	High	70	81	36	13:55	11:45	11:30
Good	Medium	65	71	30	14:10	13:05	12:55
Good	Low	60	62	24	14:45	14:10	14:00
Satisfactory	High	55	59	22	15:30	14:25	14:15
Satisfactory	Medium	50	54	20	16:05	15:00	14:50
Probationary		45	50	19	16:20	15:30	15:20

Table 5-1: PRT Standards for Altitudes \geq 5,000 Feet

Performance		Points	Males: Age 20 - 24 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	105	87	9:15	7:05	6:55
Outstanding	Medium	95	103	86	9:50	7:40	7:25
Outstanding	Low	90	98	81	10:05	8:10	8:00
Excellent	High	85	94	77	10:40	8:45	8:30
Excellent	Medium	80	90	74	10:55	9:00	8:50
Excellent	Low	75	87	71	11:25	9:30	9:20
Good	High	70	78	64	11:45	10:20	10:10
Good	Medium	65	66	55	12:30	11:25	11:15
Good	Low	60	58	47	13:05	12:30	12:20
Satisfactory	High	55	54	45	13:55	13:05	12:55
Satisfactory	Medium	50	50	42	14:25	13:20	13:10
Probationary		45	46	37	14:45	14:10	14:00

Performance		Points	Females: Age 20 - 24 years				
Category	Level		Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Outstanding	High	100	105	48	10:40	7:55	7:45
Outstanding	Medium	95	103	47	12:15	8:45	8:30
Outstanding	Low	90	98	44	12:30	9:30	9:20
Excellent	High	85	94	43	13:20	10:05	9:55
Excellent	Medium	80	90	40	13:55	10:40	10:25
Excellent	Low	75	87	39	14:25	10:55	10:45
Good	High	70	78	33	14:45	12:00	11:50
Good	Medium	65	66	28	15:00	13:20	13:10
Good	Low	60	58	21	15:30	14:25	14:15
Satisfactory	High	55	54	20	16:20	15:00	14:50
Satisfactory	Medium	50	50	17	16:40	15:15	15:05
Probationary		45	46	16	16:55	15:50	15:40

Table 5-1: PRT Standards for Altitudes \geq 5,000 Feet

Performance		Points	Males: Age 25 - 29 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	101	84	9:43	7:13	7:06
Outstanding	Medium	95	100	82	10:15	7:48	7:40
Outstanding	Low	90	95	77	10:30	8:18	8:10
Excellent	High	85	91	73	11:13	8:53	8:44
Excellent	Medium	80	87	69	11:28	9:08	8:59
Excellent	Low	75	84	67	11:50	9:40	9:31
Good	High	70	75	60	12:25	10:30	10:20
Good	Medium	65	62	51	13:20	11:35	11:24
Good	Low	60	54	44	14:03	12:40	12:28
Satisfactory	High	55	50	41	14:35	13:13	13:00
Satisfactory	Medium	50	47	38	14:58	13:30	13:17
Probationary		45	43	34	15:18	14:18	14:04

Performance		Points	Females: Age 25 - 29 years				
			Curl-ups	Push- ups	1.5 - mile run	500 - yd swim	450 - m swim
Category	Level						
Outstanding	High	100	101	46	11:13	8:03	7:55
Outstanding	Medium	95	100	45	12:33	9:00	8:51
Outstanding	Low	90	95	43	12:48	9:48	9:38
Excellent	High	85	91	41	13:38	10:23	10:13
Excellent	Medium	80	87	39	14:10	10:55	10:45
Excellent	Low	75	84	37	14:35	11:10	10:59
Good	High	70	75	30	15:18	12:15	12:03
Good	Medium	65	62	26	15:50	13:38	13:24
Good	Low	60	54	19	16:13	14:43	14:28
Satisfactory	High	55	50	18	16:45	15:08	14:53
Satisfactory	Medium	50	47	15	17:13	15:33	15:18
Probationary		45	43	13	17:35	16:05	15:50