

PRT Scoring

Class Year 2004-2005

Each element is valued at 33.3%. A minimum score of 60.0% must be earned in each element to pass the PRT.

Curl-ups		Push-ups								1.5 Mile Run		
Total	Score	Score	Total	Score	Score	Score	Total	Score	Score	Score	Time	Score
Completed	Male & Female	Male	Completed	Female	Male	Completed	Female	Male	Female	Male	Time	Female
101	99.9	99.9	101	NA	NA	44	77.3	99.9	8:15	NA		NA
100	98.5	99.1	100	NA	NA	43	76.7	98.0	8:20	NA		NA
99	97.4	98.4	99	NA	NA	42	76.1	96.6	8:25	NA		NA
98	96.3	97.7	98	NA	NA	41	75.5	95.2	8:30	NA		NA
97	95.2	97.1	97	NA	NA	40	74.9	93.8	8:35	NA		NA
96	94.1	96.4	96	NA	NA	39	74.3	92.4	8:40	NA		NA
95	93.0	95.8	95	NA	NA	38	73.7	91.0	8:45	NA		NA
94	91.9	95.1	94	NA	NA	37	73.1	89.4	8:50	NA		NA
93	90.8	94.5	93	NA	NA	36	72.5	88.0	8:55	NA		NA
92	89.7	93.8	92	NA	NA	35	71.9	86.6	9:00	NA		NA
91	88.6	93.2	91	NA	NA	34	71.2	85.2	9:05	NA		NA
90	87.5	92.5	90	NA	NA	33	70.5	83.6	9:10	NA		NA
89	86.4	91.9	89	NA	NA	32	69.6	82.0	9:15	NA		NA
88	85.3	91.2	88	NA	NA	31	68.8	80.4	9:20	NA		NA
87	84.2	90.6	87	NA	NA	30	68.0	78.8	9:25	NA		NA
86	83.1	89.9	86	NA	NA	29	67.2	77.2	9:30	NA		NA
85	82.0	89.3	85	99.9	NA	28	66.4	75.6	9:35	99.9		99.9
84	80.9	88.6	84	99.4	NA	27	65.6	74.0	9:40	98.7		98.7
83	79.8	87.9	83	98.9	NA	26	64.8	72.6	9:45	97.5		97.5
82	78.7	87.3	82	98.4	NA	25	64.0	71.2	9:50	96.4		96.4
81	77.6	86.6	81	97.9	NA	24	63.2	69.8	9:55	95.3		95.3
80	76.5	86.0	80	97.4	NA	23	62.4	68.4	10:00	94.2		94.2
79	75.4	85.4	79	96.9	NA	22	61.6	67.0	10:05	93.2		93.2
78	74.3	84.7	78	96.4	NA	21	60.8	65.6	10:10	92.2		92.2
77	73.2	84.1	77	95.9	NA	20	60.0	64.2	10:15	91.2		91.2
76	72.1	83.4	76	95.4				62.8	10:20	90.2		90.2
75	71.0	82.8	75	94.9				61.4	10:25	89.2		89.2
74	69.9	82.1	74	94.4				60.0	10:30	88.2		88.2
73	68.8	81.5	73	93.9				NA	10:35	87.2		87.2
72	67.7	80.8	72	93.4				NA	10:40	86.2		86.2
71	66.6	80.2	71	92.9				NA	10:45	85.2		85.2
70	65.5	79.5	70	92.4				NA	10:50	84.2		84.2
69	64.4	78.9	69	91.9				NA	10:55	83.2		83.2
68	63.3	78.2	68	91.4				NA	11:00	82.2		82.2
67	62.2	77.6	67	90.9				NA	11:05	81.2		81.2
66	61.1	76.9	66	90.4				NA	11:10	80.2		80.2
65	60.0	76.3	65	89.9				NA	11:15	79.2		79.2
		75.6	64	89.3				NA	11:20	78.2		78.2
		75.0	63	88.7				NA	11:25	77.2		77.2
		74.3	62	88.1				NA	11:30	76.2		76.2
		73.7	61	87.5				NA	11:35	75.2		75.2
		73.0	60	86.9				NA	11:40	74.2		74.2
		72.4	59	86.3				NA	11:45	73.2		73.2
		71.7	58	85.7				NA	11:50	72.2		72.2
		71.1	57	85.1				NA	11:55	71.2		71.2
		70.4	56	84.5				NA	12:00	70.2		70.2
		69.0	55	83.9				NA	12:05	68.9		68.9
		68.1	54	83.3				NA	12:10	67.6		67.6
		67.2	53	82.7				NA	12:15	66.3		66.3
		66.3	52	82.1				NA	12:20	65.0		65.0
		65.4	51	81.5				NA	12:25	63.7		63.7
		64.5	50	80.9				NA	12:30	62.4		62.4
		63.6	49	80.3				NA	12:35	61.2		61.2

			62.7	48	79.7						NA	12:40	60.0
			61.8	47	79.1								
			60.9	46	78.5								
			60.0	45	77.9								

PRT Elements Tested:

Sit and Reach: Pass/Fail. While sitting with legs extended straight and ankles at 90 degree angles. Touch toes for one second with both hands.

Curl-ups: From the command “go,” midshipmen will perform a maximum number of curl ups within two minutes.

Arms will be folded across the chest with the fingers remaining in contact with the collar bone and elbows flush against the body at all times.

Midshipmen will be allowed to clutch the T-shirt as long as the hands remain in contact with the collar bone.

Knees will be bent to form a 90 degree angles between the upper and lower legs.

Feet will be positioned together or up to 12 inches apart, heels and buttocks remain in contact with the deck at all times.

Midshipmen’s partners may hold the participant's feet with their hands. No other method of holding or bracing the feet is authorized.

Upper body will be raised until elbows come in contact with thighs (this is the up position). Return by lowering the upper body until shoulder blades touch the deck (this is the down position).

Midshipmen will be given two verbal warnings for failure to keep the buttocks on the deck, failure to keep hands in contact with the collarbone, or failure to keep the elbows flush against the body. The third verbal warning will stop the test and this portion of the PRT will be stopped.

An improper repetition will not be counted, and the counter will repeat the number of the last correctly performed repetition.

The curl-up portion of the test will be ended for failure to keep the legs in the proper position, maintain feet on the deck, or keep the arms folded across the chest.

Push-ups: From the command “go,” midshipmen will perform a maximum number of push ups within a two minute time period.

The starting position is the front leaning position.

Midshipmen will place an athletic shoe on its side directly between the shoulders, chest high with the sole of the shoe facing the feet of the midshipmen performing the exercise.

On each down repetition, the shoe must be touched by the chest for the repetition to be valid.

Place hands where comfortable, between shoulder width and full extension of the elbows.

Feet may be together or up to twelve inches apart. The body must be in a straight line from heels to shoulder. From the starting position, bend elbows and lower entire body as a single unit until the chest has made contact with the shoe (this is the down position).

Return to the starting position with fully extended arms (this is the up position). The body will be kept straight, shoulders through ankles throughout the exercise.

The up position is the only authorized rest position. Sagging or flexing of the back in the rest position is prohibited.

Reposition of the hands or feet, resting in the down position, or waist, elbow or knee touching the ground will result in the test being ended.

Midshipmen will be given two verbal warnings for failure to touch the shoe with the chest, to extend the arms completely, or to keep the back straight. The third warning will stop the test, and this portion of the PRT will be stopped.

