



**DEPARTMENT OF THE NAVY**  
HEADQUARTERS UNITED STATES MARINE CORPS  
3000 MARINE CORPS PENTAGON  
WASHINGTON DC 20350-3000

MCO 6100.13A CH-3  
TECOM (C 466)  
23 Feb 2021

MARINE CORPS ORDER 6100.13A CHANGE 3

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS AND COMBAT FITNESS TESTS (PFT/CFT)

1. Situation. This change illustrates Commandant of the Marine Corps directed updates to this Order.

2. Mission. To transmit changes to the basic Order.

3. Execution. Changes are listed as follows:

a. Page 1-6 paragraph 5.f.(1) and page 1-8 paragraph 6.a.(3), change the word "nine" to "12" in all instances. This change will expand the pregnancy/post-partum exemption period to meet physical fitness standards from 9 months to 12 months.

b. Page 2-1 paragraph 3 and page 2-7 paragraph 5.g.(2), add language to give Marines who are post-partum the option of rowing on the PFT in lieu of the three mile run if recommended by a Privileged Health Care Provider and approved by the Commanding Officer or Officer in Charge.

4. Administration and Logistics

a. Recommendations. Submit all recommendations concerning this Order to Commanding General, Training and Education Command (CG TECOM).

b. Records Management. Records created as a result of this directive shall be managed according to National Archives and Records Administration (NARA)-approved dispositions per SECNAV M-5210.1 CH-1 to ensure proper maintenance, use, accessibility and preservation, regardless of format or medium. Records disposition schedules are located on the Department of the Navy/Assistant for Administration (DON/AA), Directives and Records Management Division (DRMD) portal page at:  
<https://portal.secnv.navy.mil/orgs/DUSNM/DONAA/DRM/Records-and-Information-Management/Approved%20Record%20Schedules/Forms/AllItems.aspx> Refer to MCO 5210.11F for Marine Corps records management policy and procedures.

c. Privacy Act. Any misuse or unauthorized disclosure of Personally Identifiable Information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities shall be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or

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dissemination of PII shall be in accordance with the Privacy Act of 1974, as amended (5 U.S.C. 552a) and implemented per SECNAVINST 5211.5F.

d. Forms Management. Navy Forms Online is the official online resource for Marine Corps forms. Marine Corps forms identified in this Order may be retrieved from: <https://forms.documentservices.dla.mil/order/>.

e. Physical Fitness and Combat Fitness Tests (PFT/CFT) Videos. Instructional videos on PFT/CFT administration can be found at: <http://www.fitness.marines.mil>.

5. Command and Signal

a. Command. This Order is applicable to the Marine Corps Total Force.

b. Signal. This Order is effective the date signed.



LEWIS A. CRAPAROTTA  
Commanding General  
Training and Education Command  
By direction

DISTRIBUTION: PCN 10209350503



**DEPARTMENT OF THE NAVY**  
HEADQUARTERS UNITED STATES MARINE CORPS  
3000 MARINE CORPS PENTAGON  
WASHINGTON DC 20350-3000

MCO 6100.13A CH-2  
C 469  
30 DEC 2019

MARINE CORPS ORDER 6100.13A CH-2

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS AND COMBAT FITNESS TESTS (PFT/CFT)

1. Situation. To transmit changes to the basic Order.
2. Mission. This change illustrates Commandant of the Marine Corps directed updates to this Order, to include the plank as an alternative to the abdominal crunch.
3. Execution
  - a. Remove all instances of the phrase "regardless of age, grade, gender or duty assignment."
  - b. Add Chapter 1, language to subparagraph 3.a. (see inserted language) Page 1-2.
  - c. Add Chapter 1, language to subparagraph 3.b. (see inserted language) Page 1-2.
  - d. Add Chapter 1, language to subparagraph 3.d. (see inserted language) Page 1-3.
  - e. Add Chapter 1, language to subparagraph 3.e. (see inserted language) Page 1-3.
  - f. Remove Chapter 1, 5.g. Page 1-7.
  - g. Remove Chapter 1, 6.a.(3), Page 1-8.
  - h. Add Chapter 2, language to subparagraph 3 (see inserted language) Page 2-1.
  - i. Add Chapter 2, language to subparagraph 4.b. (see inserted language) Page 2-2.
  - j. Add Chapter 2, language to subparagraph 4.e (see inserted language) Page 2-2.
  - k. Add Chapter 2, language to subparagraph 5.b. (see inserted language) Page 2-3.
  - l. Add Chapter 2, language to subparagraph 5.c. (see inserted language)

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Page 2-4.

m. Add Chapter 2, language to subparagraph 5.d. (see inserted language)  
Page 2-5.

n. Add Chapter 2, subparagraph 5.e. Pages 2-5 and 2-6.

o. Add Chapter 2, Table 2-4. Page 2-14.

p. Add Chapter 3, language to subparagraph 4.b. (see inserted language)  
Page 3-2.

q. Add Chapter 3, language to subparagraph 5.a. (see inserted language)

r. Add Chapter 3, language to subparagraph 5.b. (see inserted language)  
Page 3-3.

#### 4. Administration and Logistics

a. Submit all recommendations concerning this Order to Commanding General, Training and Education Command (CG TECOM) via the Force Fitness Division.

b. Records Management. Records created as a result of this Order shall be managed according to National Archives and Records Administration approved dispositions per reference (b) and (r) to ensure proper maintenance, use, accessibility and preservation, regardless of format or medium.

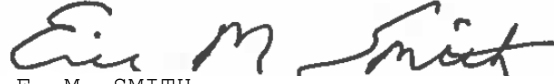
c. Privacy Act. Any misuse or unauthorized disclosure of Personally Identifiable Information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities will be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or dissemination of PII will be in accordance with the Privacy Act of 1974, as amended per reference (c) and implemented per reference (d).

d. Forms Management. Navy Forms Online is the official online resource for Marine Corps forms. Marine Corps forms identified in this Order may be retrieved from: <https://forms.documentservices.dla.mil/order/>.

e. Physical Fitness and Combat Fitness Tests (PFT/CFT) Videos. Instructional videos on PFT/CFT administration can be found at: <http://www.fitness.marines.mil>.

5. Command and Signal

- a. Command. This Order is applicable to the Marine Corps Total Force.
- b. Signal. This Order is effective the date signed.



E. M. SMITH  
Deputy Commandant for  
Combat Development and Integration

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**DEPARTMENT OF THE NAVY**  
HEADQUARTERS UNITED STATES MARINE CORPS  
3000 MARINE CORPS PENTAGON  
WASHINGTON DC 20350-3000

MCO 6100.13A CH 1  
C 469  
13 MAR 2019

MARINE CORPS ORDER 6100.13A CH 1

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS AND COMBAT FITNESS TESTS (PFT/CFT)

1. Situation. To transmit changes to the basic Order.

3. Mission. This change illustrates Commandant of Marine Corps (CMC) directed updates to this Order, to include raising the minimum passing score from a cumulative 120 points to 150 points.

4. Execution

a. Remove MCO 5000.12 E and NavMed P-117 from reference list; add SECNAV Notice 5210. Page 1.

b. Delete Chapter 1, subparagraph 2.a.(1) and (4), and replace (see inserted language); insert (7). Page 1-1.

c. Delete Chapter 1, subparagraph 3.d. and replace (see inserted language). Page 1-3.

d. Delete Table 1-1. Page 1-4.

e. Delete Chapter 1, subparagraph 5.a.(2), and replace (see inserted language). Page 1-5.

f. Delete Chapter 1, subparagraph 5.f.(1) and replace (see inserted language). Page 1-6.

g. Delete Chapter 1, subparagraph 5.g. and replace (see inserted language). Page 1-7.

h. Delete Chapter 1, subparagraph 6.a.(4) and replace (see inserted language). Page 1-8.

i. Add Chapter 1, subparagraph 6.b.(3), (e), (f) and (g). Page 1-8.

j. Add Chapter 2, paragraph 3. Page 2-1.

k. Add Chapter 2, subparagraph 5.d.(4). Page 2-5.

l. Delete Chapter 2, paragraph 6 and replace (see inserted language). Page 2-7.

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- m. Delete Table 2-1 and replace (see inserted language). Page 2-8.
- n. Delete Chapter 2, paragraph 9. Page 2-8.
- o. Delete Table 2-2 and replace with new Table 2-2. Page 2-8.
- p. Delete Chapter 3, paragraph 1, and replace (see inserted language).  
Page 3-1.
- q. Delete Chapter 3, subparagraph 4.d. Page 3-2.
- r. Delete paragraph 6 and replace (see inserted language). Page 3-8.
- s. Delete Table 3-2 and replace (see inserted language). Page 3-9.
- t. Delete Chapter 3, paragraph 9. Page 3-9.

5. Administration and Logistics

a. Submit all recommendations concerning this Order to Commanding General, Training and Education Command (CG TECOM) via the Force Fitness Division.

b. Records Management. Records created as a result of this Order shall be managed according to National Archives and Records Administration (NARA) approved dispositions per reference (b) and (r) to ensure proper maintenance, use, accessibility and preservation, regardless of format or medium.

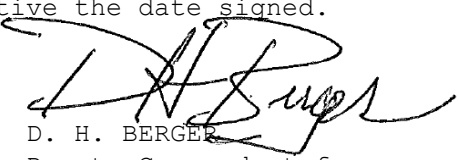
c. Privacy Act. Any misuse or unauthorized disclosure of Personally Identifiable Information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities will be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or dissemination of PII will be in accordance with the Privacy Act of 1974, as amended per reference (c) and implemented per reference (d).

d. Forms Management. Navy Forms Online (NFOL) is the official online resource for Marine Corps forms. Marine Corps forms identified in this Order may be retrieved from: <https://forms.documentservices.dla.mil/order/>.

e. Physical Fitness and Combat Fitness Tests (PFT/CFT) Videos. Instructional videos on PFT/CFT administration can be found at: <http://www.fitness.marines.mil>.

6. Command and Signal

- a. Command. This Order is applicable to the Marine Corps Total Force.
- b. Signal. This Order is effective the date signed.



D. H. BERGER  
Deputy Commandant for  
Combat Development and Integration

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**DEPARTMENT OF THE NAVY**  
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3000 MARINE CORPS PENTAGON  
WASHINGTON DC 20350-3000

MCO 6100.13A  
C 469  
17 JAN 18

MARINE CORPS ORDER 6100.13A

From: Commandant of the Marine Corps  
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS AND COMBAT FITNESS TESTS (CFT/PFT)

Ref: (a) DODI 1308.3 "DOD PHYSICAL FITNESS AND BODY FAT PROGRAMS  
PROCEDURES," November 5, 2002  
(b) SECNAV M-5210.1 CH-1  
(c) 5 U.S.C 552a  
(d) SECNAVINST 5211.5F  
(e) MCRP ~~8-10B.4-3-02A~~  
(f) MCO 3500.27C  
(g) MCO 5210.11F  
(h) MARINE CORPS TOTAL FORCE SYSTEM PERSONNEL RERPORTING INSTRUCTION  
USER'S MANUAL (MCTFS PRIUM)  
(i) MCO P1070.12K W/CH 1  
(j) MCO P1610.7A  
(k) MCO 1900.16 CH2  
(l) SECNAVINST 1920.6~~DC-CH-4~~  
(m) MCO P1040.31  
(n) MCO P1400.31C W/CH1 Volume 1  
(o) MCO P1400.32D W/CH2 Volume 2  
(p) MCO P1326.6D W/CH 2  
~~(q) MCO 5000.12E~~  
(q) BUMEDINST 6320.66E CH-2  
~~(s) NavMed P-117~~  
(r) SECNAV Notice 5210

Encl: (1) Procedural Guidance for the Execution of the Marine Corps Physical  
Fitness and Combat Fitness Tests.

1. Situation. To provide policy and procedural guidance for implementation  
of the Marine Corps Physical Fitness Test (PFT) and Combat Fitness Test  
(CFT).

2. Mission. This Order establishes procedures and standards for the  
effective execution of the PFT/CFT. Commanding Officers (CO)/Officers in  
Charge (OIC) will ensure all Marines comply with the requirements and  
standards contained in this Order. Policy and procedural guidance is  
contained in enclosure (1).

### 3. Execution

#### a. Commander's Intent and Concept of Operations

(1) Commander's Intent. Every Marine must be physically fit, ~~regardless of age, grade, gender, or duty assignment~~, as per reference (a). All Marines should adopt a healthy lifestyle and a lifelong commitment to fitness. This combination has a direct and positive impact on job performance and combat readiness. The PFT/CFT, combined with military occupational specific physical standards, are means to assess general and occupational fitness of Marines in accordance with reference (a).

(2) Concept of Operations. COs/OICs shall conduct periodic physical and combat fitness evaluations in accordance with reference (a) and the instructions contained in enclosure (1).

#### b. Subordinate Element Missions

##### (1) Deputy Commandant for Manpower & Reserve Affairs (DC M&RA)

(a) Ensure promotion, retention, assignment, and reporting policies are consistent with the policies established in this Order.

(b) Provide a capable system to report and record individual PFT/CFT performance data in order to facilitate analysis and modification, as required.

##### (2) Commanding General, Training & Education Command (CG TECOM)

(a) Serve as program sponsor and provide subject matter experts in order to ensure the currency and relevance of the PFT/CFT.

(b) Manage and monitor the PFT/CFT through development, implementation, and interpretation of standards, policies, and procedures consistent with the requirements contained in reference (a).

##### (3) Director, Safety Division (SD)

(a) Provide an annual assessment of PFT/CFT related injuries (Class A-C) to CG TECOM (C469) no later than 28 February for the previous period 1 January through 31 December, in order to analyze and make appropriate adjustments to the PFT/CFT, as required.

(b) Serve as a repository for PFT/CFT related injuries (Class A-C) via Web Enabled Safety System (WESS).

##### (4) Inspector General of the Marine Corps (IGMC)

(a) Review implementation, execution, and management of the PFT/CFT during command inspections.

(b) Provide assessments of PFT/CFT execution as required, or via IGMC unit inspection reports to the Commandant of the Marine Corps (CMC).

### 4. Administration and Logistics

a. Submit all recommendations concerning this Order to CG TECOM via the Force Fitness Division (C469).

b. Records Management. Records created as a result of this Order shall be managed according to National Archives and Records Administration (NARA) approved dispositions per references (r) and (b) to ensure proper maintenance, use, accessibility and preservation, regardless of format or medium. Refer to reference (g) for Marine Corps records management policy and procedures.

c. Privacy Act. Any misuse or unauthorized disclosure of Personally Identifiable Information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities shall be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or dissemination of PII shall be in accordance with the Privacy Act of 1974, as amended (reference (c)) and implemented per reference (d).

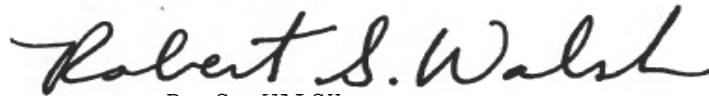
d. Forms Management. Navy Forms Online (NFOL) is the official online resource for Marine Corps forms. Marine Corps forms identified in this Order may be retrieved from: <https://forms.documentservices.dla.mil/order/>.

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5. Command and Signal

a. Command. This Order is applicable to the Marine Corps Total Force.

b. Signal. This Order is effective the date signed.



R. S. WALSH  
Deputy Commandant for  
Combat Development and Integration

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## Chapter 1

### Administrative Procedures

1. Objective. As professional warrior-athletes, every Marine must be physically fit, ~~regardless of age, grade, or duty assignment~~. Fitness is an essential component of Marine Corps combat readiness. Furthermore, physical fitness is an indispensable aspect of leadership. The habits of self-discipline and personal commitment that are required to gain and maintain a high level of physical fitness are inherent to the Marine Corps way of life and must be a part of the character of every Marine. Marines who are not physically fit detract from the combat readiness of their unit. The PFT/CFT are collective measures of general fitness Marine Corps wide. They are specifically designed to test the strength and stamina of the upper body, midsection, and lower body, as well as efficiency of the cardiovascular and respiratory systems. Neither test is intended to assess mission or occupationally specific fitness demands.

### 2. Responsibilities

#### a. Commanding Officers/Officers in Charge (COs/OICs)

~~(1) Recognize Marines who make substantial improvement to and/or attain an exceptional level of physical fitness.~~

(1) Ensure Marines comply with the requirements and standards contained in this Order and take appropriate action when required.

(2) Select and assign in writing a Force Fitness Instructor (FFI) and/or Command Physical Training Representative (CPTR).

(3) Ensure the timely and accurate recording of performance data in Marine-On-Line (MOL), Unit Diary/Marine Integrated Personnel System (UD/MIPS), and the Marine Corps Training Information Management System (MCTIMS).

~~(4) Periodically assess the effectiveness of their combat conditioning program through PFTs/CFTs.~~

(4) Ensure appropriate administrative actions as a result of a PFT/CFT/ Partial Physical Fitness Tests (PPFT)/ Partial Combat Fitness Tests (PCFT) failure are conducted in accordance with this Order.

(5) Ensure the timely and accurate recording, reporting and investigation of all physical training, PFT, CFT, PPFT, and PCFT Class A-C mishaps via the WESS reporting system.

(6) Responsible for ensuring proper execution of the PFT/CFT, as well as accurate testing setups.

(7) Ensure command physical training programs are not developed solely for the preparation of the PFT or CFT.

b. Force Fitness Instructors or Command Physical Training Representative (FFI or CPTR)

(1) Review reference (e) and the contents of this Order, immediately upon assignment.

(2) Responsible for coordinating and supervising the execution of regularly scheduled organizational semi-annual PFTs/CFTs. Responsibilities may include, but not limited to the following:

(a) Select and train PFT/CFT assistant monitors, for administration of the PFT/CFT, as required.

(b) Select CFT location.

(c) Select PFT run route.

(d) Conduct PFT/CFT Risk Management (RM) evaluations in accordance with reference (f).

(e) Document and record PFT/CFT evaluation performance data.

(f) Manage and maintain PFT/CFT documentation in accordance with reference (g).

c. Individual Marines

(1) Every Marine must be physically fit, ~~regardless of age, grade, or duty assignment.~~

(2) Every Marine is responsible to comply with the standards and requirements contained in this Order.

3. Reporting

a. Physical Fitness Test, Combat Fitness Test, Partial Physical Fitness Test, Partial Combat Fitness Test (PFT/CFT/PPFT/PCFT). FFI or CPTR monitors will ensure the timely submission of final PFT/CFT/PPFT/PCFT Performance Worksheets in accordance with reference (d) and locally established administrative procedures. Only a command approved, FFI or CPTR monitored PFT/CFT/PPFT/PCFT satisfies the annual requirement. Only a command approved, FFI or CPTR monitored PFT/CFT/PPFT/PCFT will be recorded as an entry in MCTIMS, Marine Corps Total Force System (MCTFS), MOL, or as an item 8b/c of Section A entry on NAVMC 10835 "USMC Fitness Report". PFT/CFT/PPFT/PCFTs run for official score and recording are only conducted in their current season. For exemptions and waivers, refer to paragraph six of this Order, and utilize reference (h) for data entry. For Marines in a light or limited duty status that miss the semi-annual requirement, refer to paragraph 5 "Medical Considerations" for make-up tests.

b. Multiple Attempts

(1) Marines are allowed to take multiple PFT/CFT/PPFT/PCFTs to improve their score during the current PFT/CFT season. Every official PFT/PPFT/CFT/PCFT taken will be entered into MCTIMS regardless of whether the score is higher, lower, or the same as previous attempts. If a Marine has failed an official PFT/PPFT/CFT/PCFT, COs/OICs will comply with paragraph

3.d. below. Any PFT/CFT that is monitored by a properly assigned FFI/CPTR is considered an official PFT/CFT.

(2) Since recruits are subject to multiple PFTs as part of recruit training, it will be the decision of the CGs of the Marine Corps Recruit Depots (MCRD) to designate which PFT/CFT score taken during recruit training is designated as their graduation requirement and entered into MCTIMS.

c. Required Did Not Take (RDNT). If a Marine was required, but did not take (RDNT) the PFT or CFT, this renders a fitness report adverse if the Reporting Senior (RS) deems the Marine Reported On (MRO) did not exercise due diligence in meeting the PFT/CFT/PPFT/PCFT semi-annual/annual requirement.

d. PFT/CFT/PPFT/PCFT failure. A failure in any of the PFT/CFT/PPFT/PCFTs taken during the testing period, will render a fitness report adverse, have proficiency mark implications, will place a Marine in a promotion restriction status until a PFT/CFT/PPFT/PCFT is passed, and may result in other administrative consequences. A page 11, 6105 counseling entry is required when a Marine has failed a PFT/CFT/PPFT/PCFT in accordance with reference (i) for enlisted personnel, and enclosure (3) of reference (1) for officers. Once a Marine has passed a failed PFT/CFT/PPFT/PCFT, the Marine will receive the minimum passing score until the next applicable semi-annual period. If a Marine fails consecutive ~~PFTs/CFTs/PPFTs/PCFTs~~ PFTs/PPFTs or CFTs/PCFTs (not multiple attempts within the same semi-annual reporting period), they will be considered for administrative separation (in accordance with reference (k)).

For example, if a Marine fails a PFT and CFT in the same year, they will not be considered for administrative separation. However, in the following year if the Marine fails a PFT or CFT they will be considered for administrative separation.

For example, if a Marine fails a PFT and passes the CFT in one year and then they fail the PFT the following year the Marine will be considered for administrative separation.

Additionally, if a Marine fails a PFT/PPFT or CFT/PCFT and passes on a subsequent attempt they will still be considered for administrative separation if they fail the same event the following year.

e. Performance Evaluation

(1) Proficiency Marks. For corporals and below, Proficiency Marks will be adjusted commensurate with PFT/CFT/PPFT/PCFT performance, in accordance with paragraph 4005 of reference (i).

(2) Fitness Reports

(a) Directed Comments. For sergeants and above, PFT/CFT/PPFT/PCFT scores will be recorded on item 8b/c of Section A for the respective reporting period, in accordance with reference (j). PFT/CFT/PPFT/PCFT failures render a fitness report adverse. PFT/CFT/PPFT/PCFT failures will be addressed within the reporting period in which they occur, regardless of performance on a more recent PFT/CFT/PPFT/PCFT. Failure of PFT/CFTs conducted at formal schools or as part of unit inspector general (IG) inspections constitute a failure even if



they are taken out of season. A Section I directed comment will be made to address the following circumstances:

1. Score of 285 and above
2. Not Medically Qualified (NMED)
3. Medical basis for PPFT/PCFT
4. RDNT

4. Administrative Actions. Table 1-1 contains a summary of required administrative actions as a result of a PFT/CFT/PPFT/PCFT failure, in accordance with references (i) through (p).

Table 1-1. -- Administrative Summary.

Administrative Action	PFT Failure		CFT Failure	
	1st	2nd	1st	2nd
Page 11 6105 Entry	Yes	Yes	Yes	Yes
<del>Mandatory RCP</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>	<del>Yes</del>
Adverse Fitness Report	Yes	Yes	Yes	Yes
Substandard Proficiency Mark	Yes	Yes	Yes	Yes
Promotion Restriction	Yes	Yes	Yes	Yes
Eligible for PCS Transfer	Yes	Yes	Yes	Yes
Eligible for Reenlistment	No	No	No	No
Eligible for Special School Assignment	No	No	No	No
Process for AdSep	No	Yes	No	Yes

5. Medical Considerations. When a Marine is unable to complete a PFT/CFT due to an underlying physical or medical condition, an evaluation by a Privileged Health Care Provider (PHCP) must be conducted in accordance with reference ~~(s)~~ (q). A PHCP for purposes of this Order is a medical officer, nurse practitioner, independent duty corpsman, or a physician's assistant. The PHCP will make a medical status determination regarding the Marine's ability to complete the PFT/CFT/PPFT/PCFTs, or if referral to a Medical Evaluation Board (MEB)/Physical Evaluation Board (PEB) is warranted. A medical determination is required to excuse a Marine from participating in a particular event or an entire test, but a PEB finding is required for a semi-annual/annual exemption. Marines assigned to a light/limited duty status are not exempt from the semi-annual/annual PFT/CFT requirement and are still required to perform those events not affected by the condition, unless otherwise specified by the PHCP.

For example, a Marine may be placed on light duty for 30 days and excused from performing a PFT/CFT in March due to a training injury in February, but the Marine not exempt from completing a PFT and CFT for the January to June semi-annual period.

If the condition becomes extended or is considered permanent in nature, then a determination by a formal MEB, PEB, or both must be conducted to determine the Marine's medical qualification for continued active service. A Marine may not be repeatedly excused from participation in the PFT/CFT without a MEB determination and is not exempt from the semi-annual/annual requirement without a PEB determination.

a. PPFT/PCFT. Marines who are medically excused from performing a particular event of the PFT or CFT, as certified by a PHCP, are still required to perform a PPFT/PCFT.

(1) Marines will perform a PPFT/PCFT when a PHCP determines they are physically incapable of performing a particular event of the PFT/CFT. The PHCP will document the medical condition, expiration date, exercise limitations, and PPFT/PCFT events a Marine can perform during the light/limited duty period. If a Marine is unable to take a full PFT/CFT, every consideration should be taken by the PHCP for Marines to take a PPFT or PCFT, with the health of the Marine the foremost consideration. For Marines who are incapable of performing any portion of a PFT/CFT, their inability will not be considered a failure and an appropriate fitness report Section I Directed Comment will be made, in accordance with reference (j). COs/OICs will ensure assistance is provided to Marines in order to facilitate their return to full duty.

(2) To meet PPFT requirements, Marines must complete two of the three PFT events. Marines will be required to obtain at least the minimum acceptable performance requirements for the two events, as well as earn the additional points needed to achieve ~~a 3d class PFT score~~ the score of 100 points or better. Event times/repetitions will be awarded points the same way the PFT awards points. As with a PFT, failure to meet the minimum requirements in either event constitutes a test failure. For Marines requiring a composite score for promotion purposes, commands will use the aggregate score (points) achieved during the last semi-annual/annual PFT for the event missed. For events that are no longer available, such as the flexed arm hang, commands will run the equivalent score or minimum passing score for that event in order to produce a composite score. Similarly, if a Marine received a low passing score previously that is now a failed score per the new standards, the closest passing score for that event should be ran. See table 1-1 for a summary of administrative actions warranted as a result of PFT failure and table 2-1 for PFT classification scores.

(3) To meet PCFT requirements, Marines must complete at least one of the three CFT events. Marines will be required to obtain the minimum acceptable performance requirements for the single event. As with a CFT, failure to meet the minimum requirement will constitute a test failure. In most cases, musculoskeletal limitations will allow for the conduct of either the Movement To Contact (MTC) or Ammunition Lift (AL). Considering the all-encompassing nature of the Maneuver Under Fire (MANUF), musculoskeletal limitations may limit participating in this event as the one selected when performing a PCFT. For Marines requiring a composite score for promotion purposes, commands will use the aggregate score (points) achieved during the last semi-annual/annual CFT for the event missed. COs/OICs will run the equivalent score or minimum passing score for each event in order to allow a composite score to post. See table 1-1 for a summary of administrative actions warranted as a result of PFT failure and table 2-1 for CFT classification scores.

b. Consecutive Partial Physical Fitness, and Partial Combat Fitness Tests (PPFT/PCFTs). Marines who perform a PPFT/PCFT for two consecutive annual periods, for the same medical condition, will be referred to a PHCP for MEB/PEB evaluation, in accordance with reference (k).

c. Injury. Marines injured during the conduct of a PFT/CFT may be given credit for a PPFT if two out of three events were completed, or for a PCFT if

one out of three events were completed prior to the injury. A Marine injured during the conduct of a PFT/CFT, may be afforded the opportunity to retake a PFT/CFT once returned to full duty by a PHCP. For Marines who elect to retake the PFT/CFT, their new score will replace the previous score and is final. Only COs/OICs can authorize PPFT/PCFT credit or a retest for Marines injured during the conduct of a PFT/CFT. Marines completing only one event prior to the injury will receive neither a PFT score nor PPFT credit. If assigned light duty status as a result of the injury, the Marine will be required to retake the PFT/CFT no earlier than 30 days, and no later than 90 days from return to full duty status. Marines who are evaluated and not assigned a light duty status, will retake the PFT at the COs/OICs discretion.

d. Illness. Marines encountering a rapid onset illness prior to conducting a PFT/CFT must obtain a light duty chit. Light duty chits will be submitted to the command prior to the scheduled PFT/CFT. Only the CO/OIC can decide if a Marine will be authorized to take a missed PFT/CFT or if an RDNT determination is required.

e. Post-Light/Limited Duty

(1) Marines who did not take a PPFT or PCFT for the annual requirement due to physical/medical reasons, will be administered a PFT/CFT no less than 30 days and no more than 90 days after return to full duty. COs/OICs should be attentive that Marines returning to full duty status following an extended limited duty period will require a progressive training routine in returning to pre-injury/disease fitness levels. If the grace period crosses over into the next semi-annual period, the Marine must take the test that was missed. While NMED will be utilized to categorize the test during the period for which the Marine was unable to take a PFT/CFT, the make-up test must be passed or adverse administration actions will result as in a PFT/CFT failure in normal circumstances.

(2) Marines who were able to perform a PPFT/PCFT and are able to complete a PFT/CFT after returning to full duty will have the option to either keep the PPFT/PCFT score or conduct a PFT/CFT. Marines will be given a minimum of 30 days and no more than 90 days to complete a PFT/CFT. The new score will replace the previous PPFT/PCFT. If the grace period crosses over into the next semi-annual interval, the new PFT/CFT score will satisfy the current requirement and the PPFT/PCFT score will be utilized for the previous semi-annual/annual period. The new score will not be considered a remedial score.

f. Pregnancy/Post-Partum

(1) Marines who are confirmed pregnant by a PHCP are exempt from taking the PFT/CFT. After delivery, Marines will participate in an exercise program, as soon as medically authorized, to prepare for the PFT/CFT. The Marine has to be prepared to take the PFT/CFT, ~~no earlier than six-nine-12 months after the birth event.~~ Following this ~~nine-12-month~~ exemption, a Marine birthparent is expected to meet physical fitness standards at the next regularly scheduled unit physical fitness evaluation. Additional time may be recommended by the PHCP and granted, if necessary, due to unique medical circumstances.

(2) For pregnancies that do not come to full term, Marines will be required to meet semi-annual/annual PFT/CFT requirements in a time period determined by a PHCP or Obstetrics (OB) healthcare provider. Time limits will not exceed those that are prescribed for a full term pregnancy.

(3) Difficult pregnancies, cesarean sections, or still births present unique challenges that may require greater recovery time. Therefore, in pregnancies where complications develop, PHCPs will determine the time needed to return to full duty (RTFD) and complete a PFT/CFT.

~~g. 46 Years and Older Risk Factor Screening. Marines age 46 years and older must have a current Periodic Healthcare Assessment (PHA) and shall conduct a self-validation utilizing NAVMC 11639 "Risk Factor Worksheet" no more than 60 days prior to conducting a PFT/CFT. Marines will submit the completed and signed (to include PHCP signature if required) form to their COs/OIC for review. Only if a Marine answers "yes" to any of the questions in Section B.2 of the form does a PHCP need to evaluate the Marine and sign the form. Marines age 46 years and older must have a current Periodic Healthcare Assessment (PHA) and shall conduct a self-validation utilizing NAVMC 11639 "Risk Factor Worksheet" 30-60 days prior to conducting a PFT/CFT. Marines will submit the completed and signed (to include medical staff signature) form to their COs/OIC for review.~~

~~The form can be found on the Force Fitness Division (FFD) website, <https://www.fitness.marines.mil/>, or at, <https://forms.documentservices.dla.mil/order/>. A PHCP medical screening is required prior to PFT/CFT participation under the following circumstances:~~

~~(1) Marine replies "yes" to any question in section (B).~~

~~(2) Marine exceeds body composition standard.~~

~~(3) Marines requiring a follow-on medical screening must be medically cleared by a PHCP prior to PFT/CFT participation. Supplemental SF600 forms will be attached to the Risk Factor Worksheet if additional PHCP remarks are required. Independent Duty Corpsmen are not authorized to issue a medical clearance for any Marine who replied "yes" to any Risk Factor Worksheet question. Marines who are not cleared for PFT/CFT participation by a PHCP are restricted from participation for the remainder of the current semi-annual period, either voluntarily or involuntarily. This restriction only applies to the semi-annual period during which the PHCP determination was made. However, Marines are authorized to participate in the PFT/CFT when medically cleared by a PHCP following referral and provided no further medical evaluation is required. Risk Factor Worksheets and SF600 documents will be appropriately safeguarded and filed in the health record when completed. The FFI or CPTR will annotate completion of the Risk Factor Worksheet on the PFT/CFT Performance Worksheet prior to the conduct of the PFT/CFT, when required.~~

## 6. Exemptions and Waivers

a. Exemptions. Marines are exempt from annual PFT/CFT requirements under the following conditions:

(1) Deployment to a combat zone while in receipt of hostile fire pay. Marines are exempt from the annual PFT/CFT requirement for 60 days following their departure from a combat zone/termination of hostile fire pay. Routine deployments in support of the Unit Deployment Program (UDP) or Marine Expeditionary Units (MEU), and while not in receipt of hostile fire pay, do not exempt Marines from the semi-annual/annual PFT/CFT requirement.

For example, a Marine deploys in May and is in receipt of hostile fire pay. The Marine departs the combat zone and returns to Camp Pendleton in November. The Marine is not required to perform an annual CFT until the next semi-annual period beginning in July.

For example, a Marine deploys in August and is in receipt of hostile fire pay. The Marine departs the combat zone and returns to Camp Lejeune in March. The Marine is required to perform an annual PFT for the current semi-annual period that began in January.

(2) For Marines on temporary limited duty, permanent limited duty, or awaiting PEB results, PHCP verification is required. Marines on light duty or awaiting MEB results are not exempt from the annual PFT/CFT requirement.

~~(3) Marines, age 46 and older, who have completed a Risk Factor Worksheet and were not cleared by a PHCP for PFT/CFT participation.~~

(3) After confirmation from a PHCP/OB healthcare provider and an appropriate duty limitation code entered into MCTFS. Marines who are confirmed pregnant by a health care professional are exempt from taking the PFT/CFT. After delivery, Marines will participate in an exercise program, as soon as medically authorized, to prepare for the PFT/CFT. No earlier than ~~six nine~~ 12 months after ~~being returned to full duty by the PHCP, the Marine has to be prepared to take the PFT/CFT~~ the date of the birth event, the Marine is expected to meet physical fitness standards at the next regularly scheduled unit physical fitness evaluation. Additional time may be recommended by PHCP and granted, if necessary, due to unique medical circumstances. Marines are exempt from taking the PFT/CFT during pregnancy, post-partum convalescent period, and for ~~six nine~~ 12 months after ~~following return to full duty~~ the date of the birth event. For pregnancies that do not come to full term, Marines will be required to meet PFT/CFT semi-annual/annual requirements, after consultation with a PHCP/OB health care provider and upon return to full duty.

b. Waivers

(1) Waivers may be solicited only for short-term situations that temporarily prevent an individual, group, or an entire unit from completing the annual training requirements contained in this Order. The intent is for units to request a waiver when it has been determined that time or the lack of sufficient resources will prevent an individual, group, or entire unit from accomplishing the required annual physical fitness program (PFP). The purpose of granting waivers is to protect individual Marines who were legitimately unable to complete required semi-annual/annual training from being adversely affected.

(2) Waivers must state the circumstances preventing an individual, group, or unit from completing required PFP and what steps are being taken by the unit to fulfill established training requirements. Unit "blanket waiver" requests are not permitted. Waiver requests must be submitted with a by-name

roster for all individuals needing a waiver. Waivers will only apply for the time period requested, because semi-annual/annual PFT/CFT requirements are based on the calendar year.

(3) The authority to waive training rests with the following deputy commandants, commanding generals, and commanding officers and cannot be delegated:

- (a) DC M&RA
- (b) Marine Corps Combat Development Command (CG MCCDC)
- (c) Marine Forces Command
- (d) Marine Forces Pacific
- (e) Marine Forces Central
- (f) Marine Forces Europe
- (g) Marine Forces South
- (h) Marine Forces North
- (i) Marine Forces Africa
- (j) Marine Forces Reserve
- (k) Marine Forces Special Operations Command
- (l) I, II, and III Marine Expeditionary Force

(4) For separate organizations not commanded by a General Officer, authorization to waive training must be obtained from CG, MCCDC (C469).

(5) For Marine activities that are not tenants of Marine Corps posts or stations, waivers shall be submitted to CG, MCCDC (C469).

(6) Commands authorized by this Order to grant waivers must send a copy of the waiver response to CG, MCCDC (C469) within 30 days of disposition.

## Chapter 2

### Physical Fitness Test (PFT)

1. Purpose. The PFT is a collective measure of general fitness Marine Corps-wide. The PFT was specifically designed to test the strength and stamina of the upper body, midsection, and lower body, as well as efficiency of the cardiovascular and respiratory systems.
2. Requirement
  - a. Active Component. The PFT is a scored, calendar year annual requirement for all active duty Marines, ~~regardless of age, gender, grade, or duty assignment~~. It is required to be conducted between 1 January and 30 June of each year.
  - b. Reserve Component. The PFT is a scored, calendar year annual requirement for all Selected Marine Corps Reserve (SMCR) and Individual Mobilization Augmentee (IMA) Marines, ~~regardless of age, gender, grade, or duty assignment~~. PFT scores will remain valid for two years for promotional purposes should operational constraints prevent annual testing. It is required to be conducted between 1 January and 30 June of each year.
  - c. Activated Reservists. Activated Reserve Marines, to include Active Reserve (AR), mobilized or those performing Active Duty Operational Support (ADOS) will comply with the active component annual PFT requirement. Exceptions and waivers will be administered in accordance with this Order.
  - d. End of Active Service/Retirement. Marines are required to complete a PFT during the annual period preceding their End of Active Service (EAS) or retirement date, unless otherwise directed. The terminal leave date will not be utilized to determine PFT requirements.
  - e. End of Active Service (EAS)/Retirement Final Physical Examination. Completion of the required final physical examination, regardless of when completed, does not exempt a Marine from performing a PFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, is still required to perform the annual PFT for that period. This policy is also applicable to the reserve component annual requirement. For example, a Marine who completes their final physical examination in March, but does not EAS or retire until October, is still required to perform the annual PFT for the January-June timeframe.
3. Sequence. The PFT consists of three events. Marines will choose to perform either dead-hang pull-ups or push-ups, abdominal crunches ~~or plank~~, and a three mile run. Marines aged 46 years of age and older have the option of rowing 5,000 meters (5,000m) as an alternative event for the three mile run. ~~Additionally, Marines aged 45 years and younger have the option of rowing 5,000m as an alternative event to the three mile run due to an injury or if post-partum and if authorized by the PHCP and the CO/OIC.~~ The sequence of PFT events is at the discretion of the CO/OIC. However, all PFT events will be conducted in a single session, not to exceed two hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate, and prepare for the next event. The CO/OIC will not impose restrictions on the performance of any event other than those specifically stated in this Order.

For example, a CO/OIC will not mandate that Marines must use the overhand grip when executing pull-ups.

#### 4. Procedures

a. Safety. RM will be utilized in order to ensure PFT participants are not exposed to unnecessary risk. COs/OICs shall ensure all personnel have a current PHA prior to participating in command PFP activities to include physical fitness testing and combat fitness testing.

b. Supervision. The FFI or CPTR will monitor the PFT and maintain the NAVMC 11622, "PFT/CFT Performance Worksheet." The form can be found on the FFD website, <https://www.fitness.marines.mil/>, or at, <https://forms.documentservices.dla.mil/order/>. Prior to the execution of each event, the FFI or CPTR will ask the Marines if they have any injuries that will prevent them from performing the event. Marines will be kept advised of their progress as they are performing each event by the FFI or CPTR. COs/OICs are responsible for the proper administration of the PFT.

c. Monitor Certification. Monitor certification must be completed via MarineNet through the "PFT/CFT Monitor Certification" course before Marines are certified as monitors. Both FFIs and CPTRs must complete this certification course to be able to serve as monitors.

d. Uniform. The only authorized uniform for the PFT is the Marine Corps approved green-on-green T-shirt, shorts, and running shoes. The green-on-green sweat suit or running suit with watch cap and gloves may be worn, as required. However, the running suit is not to be used in conjunction with the sweat suit in any combination.

e. Equipment. A timepiece (digital or stopwatch) that accurately measures time to the second is required for push-ups, abdominal crunch, plank and three mile run. A "Concept 2" brand ergometer is required for Marines that select the 5,000m rowing event as an alternative aerobic event.

#### 5. Events

##### a. Hybrid Pull-up/ Push-up Test

(1) This event gives Marines the option to do either pull-ups or push-ups. All Marines should be encouraged to do pull-ups as this is a better field test of dynamic upper body strength. Additionally, maximum points on the hybrid pull-up/push-up test can only be earned by doing pull-ups.

(2) Prior to the hybrid pull-up/push-up test Marines will indicate to the FFI or CPTR if they will attempt pull-ups or push-ups.

(3) Marines must score at least the minimum points on the event selected to pass this test. If unable to meet at least the minimum points, this constitutes a failure of this event and of the PFT.

(4) Either pull-ups or push-ups will be conducted on this test. Push-up and pull-up scores cannot be combined for a total score on this event.



b. Pull-up

(1) This is not a timed event and can be conducted either indoors or outdoors.

(2) Diameter of the bar may range between 1 and 1 3/4 inches. The use of athletic tape on the bar is authorized.

(3) The bar must be high enough to allow the tallest Marine's legs to hang straight without touching the ground, when arms are fully extended.

(4) Sweatshirts/running suit top or long sleeve shirt must be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.

(5) The preparatory command is "Ready" and the execute command is "Begin."

(6) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Assistance up to the bar will not be used as momentum into the first pull-up.

(7) The bar must be grasped with both palms facing either forward or to the rear. Gloves are authorized for wear, but wrist wraps are not authorized.

(8) The correct starting position begins when arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.

(9) Legs may be positioned in a straight or bent position, but knees may not be raised above the waist.

(10) One repetition consists of raising the body with the arms until the chin is above the bar and then lowering the body until the arms are fully extended; repeat as many repetitions as possible. At no time during the execution of this event can a Marine rest the chin on the bar.

(11) The intent is to execute a vertical "dead hang" pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, or kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition does not count for score.

(12) A repetition will be counted when a correct and complete pull-up is performed.

(13) The goal of this event is for Marines to execute as many correct and complete pull-ups before dropping off the bar.

c. Push-ups

(1) This is a timed event to perform as many push-ups as possible in two minutes. This event can be conducted either indoors or outdoors.

(2) Sweatshirts will be removed during the conduct of the push-up event to observe full extension of the arms and upper arms (above the elbow) parallel to the deck.

(3) The preparatory command is "Ready" and the execute command is "Begin."

(4) On the command "Ready" the Marine will assume the front-leaning rest position by placing the hands where comfortable. The feet may be together or 12 inches apart (measured between the feet). When viewed from the side, the body should form a generally straight line from the shoulders to the ankles.

(5) On the command "Begin", begin the push-up by bending the elbows and lowering the entire body as a single unit until the upper arms are at least parallel to the ground. Then, return to the starting position by raising the entire body until the arms are fully extended. *Marines may not rest their chest on the deck except as required to ensure that the upper arms are at least parallel to the deck.*

(6) The body must remain rigid in a generally straight line and move as a unit while performing each repetition.

(7) At the end of each repetition, the scorer will state the number of repetitions completed correctly. If the Marine fails to keep the body generally straight, to lower the whole body until the upper arms are at least parallel to the ground, or to extend the arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition.

(8) If the Marine fails to perform the first 10 push-ups correctly, the scorer will tell the Marine to go to the knees and will explain the deficiencies. The Marine will then be sent to the end of the line to be retested.

(9) After the first 10 push-ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted.

(10) An altered, front-leaning rest position is the only authorized rest position. That is, the Marine may sag in the middle or flex the back. When flexing the back, the knees may be bent, but not to such an extent that the Marine is supporting most of the body weight with the legs. If this occurs, the Marine's performance will be terminated. The Marine must return to, and pause in the correct starting position before continuing.

(11) If the Marine rests on the ground or raise either hand or foot from the ground, the performance will be terminated. The Marine may reposition the hands and/or feet during the event as long as they remain in contact with the ground at all times.

d. Abdominal Crunch

(1) This is a timed event to do as many abdominal crunches as possible in two minutes. This event can be conducted either indoors or outdoors.

(2) The preparatory command is "Ready" and the execute command is "Begin."

(3) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees bent, and both feet flat on the deck. The feet and knees shall be no further than shoulder width apart.

(4) Arms will be folded across the chest or rib cage with no gap between the arms and chest or rib cage. The hands must be in constant contact with the upper arm between the elbow and shoulder. Thumbs may be wrapped around the upper arm or together with the rest of the hand on top of the upper arm. Both arms must remain in constant contact with chest or rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position with shoulder blades touching the deck until both forearms or elbows simultaneously touch the thighs, and then return to the starting position with the shoulder blades touching the deck.

(5) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting of the buttocks is permitted.

(6) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine, and does not interfere with the Marine's ability to make contact with their thighs. Kneeling or sitting on the Marine's feet is permitted.

(7) A repetition will be counted when a correct and complete abdominal crunch is performed. The FFIs or CPTRs will ensure proper repetition counting is conducted.

(8) The goal of this event is for Marines to execute as many correct and complete crunches within the two minute time limit.

(9) The monitor to Marine ratio will be no more than seven Marines to one monitor. For recruit training and Officer Candidate School (OCS), the CGs of the MCRDs and Training Command have the authority to determine the correct monitor to recruit/candidate ratio that most effectively ensures the integrity of the event given the number of recruits/candidates participating and the drill instructor staff available. This authority may be delegated to the Commanding Officers of the Recruit Training Regiments and OCS.

e. Plank

(1) As with the hybrid pull-up/push-up test, Marines will be given the option of conducting either the plank or the abdominal crunch. Prior to execution of the PFT, Marines will indicate to the CPTR if they will attempt the plank or the abdominal crunch.

(2) The event consists of maintaining a proper plank position for as long as possible or until the max time to earn 100 points. The plank shall be conducted on a firm or suitably padded, non-slip, level surface. The plank should be conducted as follows:

(a) To start the plank, elbows should be bent and lowered to the ground so that the forearms are lying flat on the ground, with the body in a

straight line similar to a push-up position, with feet hip-width apart. Elbows should be aligned below the shoulders with forearms parallel to the body at about shoulder width distance. Hands must be on the ground, either in fists with pinky side of the hand touching the ground or lying flat with palms down.

(b) Hips should be lifted off the ground with feet flexed and the bottom of the toes on the ground. The back, buttocks, and legs shall be straight from head to heels and must remain so throughout the test.

(c) Toes, forearms, and fists or palms shall remain in contact with the floor, not a wall or other vertical support surface.

(d) Marines should look at the floor to keep the head in line with the shoulders, back, and legs.

(e) Once the Marine is in the correct position, the CPTR shall signal the start and call out 15 second time intervals until the completion of the exercise. Time is recorded with a stopwatch to the nearest second.

(f) The exercise is ended when the Marine: (1) touches the floor with any part of the body except the toes, forearms, fists or palms, (2) raises one or both feet or hands off the floor, or (3) fails to maintain the back, buttocks, and legs in a straight line from head to heels. With regard to item (3) and proper straight line from head to heels, FFIs or CPTRs are allowed, but not required, to give Marines one verbal warning for correction. Warnings will not be issued for items (1) and (2).

(g) Involuntary muscle spasms i.e. shaking, trembling, or quivering, resulting from maximum exertion during the course of the exercise is permitted as long as the proper plank position is maintained.

(h) Marines will hold this position for as long as possible or until the maximum time of four minutes, twenty seconds.

(i) The monitor to Marine ratio will be no more than seven Marines to one monitor. For recruit training and OCS, the CGs of the MCRDs and Training Command have the authority to determine the correct monitor to recruit/candidate ratio that most effectively ensures the integrity of the event given the number of recruits/candidates participating and the drill instructor staff available. This authority may be delegated to the Commanding Officers of the Recruit Training Regiments and OCS.

(3) There is one scoring table (Table 2-4, page 2-14) for both male and female Marines for all age groups with a maximum of four minutes and twenty seconds and a minimum of one minute and three seconds.

f. Three Mile Run

(1) This is a timed event and can be conducted either indoors or outdoors. Running this event on a treadmill is not authorized.

(2) The run course will be three miles exactly (no variation authorized), must be measured for accuracy, and set over reasonably level ground. COs/OICs are responsible for ensuring the accuracy of the PFT course length.

(3) The preparatory command is "Ready" and the execute command is "Go."

(4) The course should be an "out and back" or a wide loop course. The run course should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A determination as to whether the track is a yard or meter track must be made and the track measured to ensure accurate distance prior to conducting the PFT. Run courses should not require a Marine to do more than 12 laps to cover three miles, (e.g., a course should not be shorter than 440-yards per lap).

(5) The goal of this event is for Marines to complete the measured course as quickly as possible.

g. Rowing

(1) Marines 46 years of age and older have the option to select rowing as an alternative aerobic event to the three mile run. This event must be taken on a "Concept 2 (C2)" brand rowing ergometer with a Performance Monitor 3 (PM3) or later performance monitor. No other ergometers are authorized.

(2) Rowing is also authorized for other age groups in lieu of the three mile run, if recommended by a PHCP based on a medical condition [or if post-partum](#) and approved by the CO/OIC. Marines under the age of 46 whose medical condition necessitates rowing for more than two consecutive years will be referred to a MEB.

(3) The event is a timed 5,000m row conducted in the following manner:

(a) The Marine rowing will take a seated position on the rower ready to begin.

(b) From the main menu of the performance monitor the FFI or CPTR will press the "Select Workout" button (Figure 2-1).

(c) The FFI or CPTR will press the "Standard List" button and then select "5000m" (Figure 2-2), which will bring the screen to the "5000m" event page. The FFI or CPTR will then select "5000m (Figure 2-3). A 5,000m event will not be completed on any other screen.

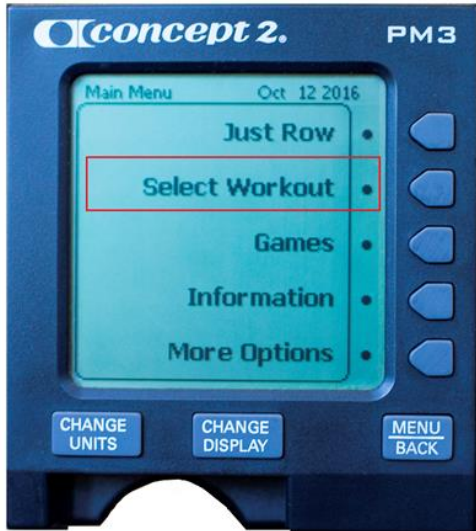


Figure 2-1.--"Main Menu" Page.  
Press "Select Workout"

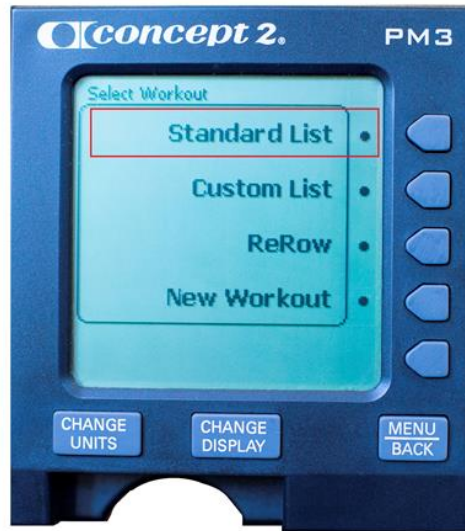


Figure 2-2.--"Select Workout" Page.  
Press "Standard List"



Figure 2-3.--"Standard List" Page.  
Press "5,000m"

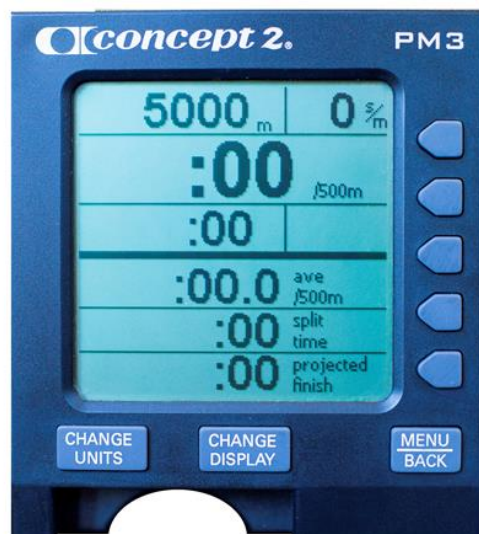


Figure 2-4.--"5000m" Test Page.  
5,000m "Start" Screen

(d) The event begins when the FFI or CPTR gives the command "Begin". Time starts automatically on the rowing monitor display when the Marine starts rowing. The rowing distance display counts down from "5000m" to "0". The test ends when the Marine reaches zero meters, or stops rowing for a period long enough that the monitor turns off. The rowing time will be rounded up or down to the nearest whole second (e.g., 22 minutes, 8.6 seconds will be recorded as 22 minutes, 9 seconds. 22 mins, 8.5 seconds will be recorded as 22 minutes, 8 seconds).

(4) The 5,000m event takes place at the level or damper setting on the flywheel selected by the Marine. Once the Marine begins event by pulling on the handle, he or she should remain in constant and continuous motion until the 5,000m test is complete. If the Marine stops his or her

motion rowing during the event for such duration that the screen turns off, the event is over.

6. Performance. ~~The minimum performance requirement for Marines to pass the PFT is to achieve a third class score, by age group. Marines must complete the minimum performance requirements in each event and achieve an overall combined score of 120 points to achieve a passing score.~~ The minimum combined score required to pass the PFT is 150. The minimum performance in each PFT event will not achieve the overall points required for a passing score. Additional points must be earned in at least one event in order to achieve a 3rd class score. Failure to meet the minimum requirements in any one event constitutes a failure of the entire test, regardless of the total number of points earned.

7. Classification. Table 2-1 shows the classification scores required, for all age groups. Marines are encouraged to continually strive to perform their best and not merely accept minimum performance.

Table 2-1.--PFT Classification Scores.

<b>PFT Class</b>	
1st	235 to 300
2nd	200 to 234
3rd	<del>120</del> 150 to 199

8. Score. The official Marine Corps PFT calculator is found on MOL: <https://mctims.usmc.mil/Homeport/Calculators/#!/pft>. The 17-20 year old age group will be used to score all recruits on PFT performance, regardless of age. Age groups specific to an individual's age will be used to score officer candidates, Basic and Warrant Officer Course students, and Midshipmen from the Naval Academy and Naval Reserve Officer Training Corps on PFT performance. Tables 2-2 through 2-8 will be used for scoring PFT events.

9. Altitude Considerations. Units administering the PFT at altitudes of 4,500 feet or more above sea level will utilize Table 2-6 for adjusted run times or Table 2-8 for adjusted rowing times. COs/OICs are directed to provide Marines a 30-day acclimatization period prior to conducting a PFT altitude. Marines scheduled to report to parent stations or commands at altitude in June ~~or December~~ will complete their PFTs prior to detaching.

Table 2-2.--Hybrid Pull-up/Push-up Test Scoring Tables.

		Male Pullups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		20	23	23	23	21	20	19	18
<b>Min</b>		4	5	5	5	5	5	4	3
<b>Max</b>		100	100	100	100	100	100	100	100
<b>Min Pts</b>		40	40	40	40	40	40	40	40
		Male Pull-ups							
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
23			100	100	100				
22			97	97	97				
21			93	93	93	100			
20		100	90	90	90	96	100		
19		96	87	87	87	93	96	100	
18		93	83	83	83	89	92	96	100
17		89	80	80	80	85	88	92	96
16		85	77	77	77	81	84	88	92
15		81	73	73	73	78	80	84	88
14		78	70	70	70	74	76	80	84
13		74	67	67	67	70	72	76	80
12		70	63	63	63	66	68	72	76
11		66	60	60	60	63	64	68	72
10		63	57	57	57	59	60	64	68
9		59	53	53	53	55	56	60	64
8		55	50	50	50	51	52	56	60
7		51	47	47	47	48	48	52	56
6		48	43	43	43	44	44	48	52
5		44	40	40	40	40	40	44	48
4		40						40	44
3									40

		Female Pullups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		7	11	12	11	10	8	6	4
<b>Min</b>		1	3	4	3	3	2	2	2
<b>Max</b>		100	100	100	100	100	100	100	100
<b>Min Pts</b>		60	60	60	60	60	60	60	60
		Female Pull-ups							
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
12				100					
11			100	95	100				
10			95	90	95	100			
9			90	85	90	94			
8			85	80	85	89	100		
7		100	80	75	80	83	93		
6		93	75	70	75	77	87	100	
5		87	70	65	70	71	80	90	
4		80	65	60	65	66	73	80	100
3		73	60		60	60	67	70	80
2		67					60	60	60
1		60							



Table 2-2.--Hybrid Pull-up/Push-up Test Scoring Tables (cont.)

		Male Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		82	87	84	80	76	72	68	64
<b>Min</b>		42	40	39	36	34	30	25	20
<b>Min Pts</b>		40	40	40	40	40	40	40	40
<b>Max Pts</b>		70	70	70	70	70	70	70	70

		Male Push-Ups							
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
87		70							
86		69							
85		69							
84		68	70						
83		67	69						
82		70	67	69					
81		69	66	68					
80		69	66	67	70				
79		68	65	67	69				
78		67	64	66	69				
77		66	64	65	68				
76		66	63	65	67	70			
75		65	62	64	67	69			
74		64	62	63	66	69			
73		63	61	63	65	68			
72		63	60	62	65	67	70		
71		62	60	61	64	66	69		
70		61	59	61	63	66	69		
69		60	59	60	63	65	68		
68		60	58	59	62	64	67	70	
67		59	57	59	61	64	66	69	

		Female Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		42	48	50	46	43	41	40	38
<b>Min</b>		19	18	18	16	14	12	11	10
<b>Min Pts</b>		40	40	40	40	40	40	40	40
<b>Max Pts</b>		70	70	70	70	70	70	70	70

		Female Push-Ups							
Reps		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
50				70					
49				69					
48			70	68					
47			69	67					
46			68	66	70				
45			67	65	69				
44			66	64	68				
43			65	63	67	70			
42		70	64	63	66	69			
41		69	63	62	65	68	70		
40		67	62	61	64	67	69	70	
39		66	61	60	63	66	68	69	
38		65	60	59	62	65	67	68	70
37		63	59	58	61	64	66	67	69
36		62	58	57	60	63	65	66	68
35		61	57	56	59	62	64	65	67
34		60	56	55	58	61	63	64	66
33		58	55	54	57	60	62	63	65
32		57	54	53	56	59	61	62	64
31		56	53	52	55	58	60	61	63
30		54	52	51	54	57	59	60	61

Table 2-2.--Hybrid Pull-up/Push-up Test Scoring Tables (cont.)

		Male Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		82	87	84	80	76	72	68	64
<b>Min</b>		42	40	39	36	34	30	25	20
<b>Min Pts</b>		40	40	40	40	40	40	40	40
<b>Max Pts</b>		70	70	70	70	70	70	70	70
66		58	57	58	60	63	66	69	
65		57	56	57	60	62	65	68	
64		57	55	57	59	61	64	67	70
63		56	55	56	58	61	64	67	69
62		55	54	55	58	60	63	66	69
61		54	53	55	57	59	62	65	68
60		54	53	54	56	59	61	64	67
59		53	52	53	56	58	61	64	67
58		52	51	53	55	57	60	63	66
57		51	51	52	54	56	59	62	65
56		51	50	51	54	56	59	62	65
55		50	50	51	53	55	58	61	64
54		49	49	50	52	54	57	60	63
53		48	48	49	52	54	56	60	63
52		48	48	49	51	53	56	59	62
51		47	47	48	50	52	55	58	61
50		46	46	47	50	51	54	57	60
49		45	46	47	49	51	54	57	60
48		45	45	46	48	50	53	56	59
47		44	44	45	48	49	52	55	58
46		43	44	45	47	49	51	55	58
45		42	43	44	46	48	51	54	57
44		42	43	43	45	47	50	53	56
43		41	42	43	45	46	49	53	56
42		40	41	42	44	46	49	52	55
41			41	41	43	45	48	51	54
40			40	41	43	44	47	50	54
39				40	42	44	46	50	53
38					41	43	46	49	52
37					41	42	45	48	52
36					40	41	44	48	51
35						41	44	47	50
34						40	43	46	50
33							42	46	49
32							41	45	48
31							41	44	48
30							40	43	47
29								43	46
28								42	45
27								41	45
26								41	44
25								40	43
24									43
23									42
22									41
21									41
20									40

		Female Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		42	48	50	46	43	41	40	38
<b>Min</b>		19	18	18	16	14	12	11	10
<b>Min Pts</b>		40	40	40	40	40	40	40	40
<b>Max Pts</b>		70	70	70	70	70	70	70	70
29		53	51	50	53	56	58	59	60
28		52	50	49	52	54	57	58	59
27		50	49	48	51	53	56	57	58
26		49	48	48	50	52	54	56	57
25		48	47	47	49	51	53	54	56
24		47	46	46	48	50	52	53	55
23		45	45	45	47	49	51	52	54
22		44	44	44	46	48	50	51	53
21		43	43	43	45	47	49	50	52
20		41	42	42	44	46	48	49	51
19		40	41	41	43	45	47	48	50
18			40	40	42	44	46	47	49
17					41	43	45	46	48
16					40	42	44	45	46
15						41	43	44	45
14						40	42	43	44
13							41	42	43
12							40	41	42
11								40	41
10									40

Table 2-3.--PFT Abdominal Crunches Scoring Tables.

		Male Crunches							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		105	110	115	115	110	105	100	100
<b>Min</b>		70	70	70	70	70	65	50	40
<b>Min Pts</b>		40	40	40	40	40	40	40	40
Reps		Male Crunches							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
115				100	100				
114				99	99				
113				97	97				
112				96	96				
111				95	95				
110		100	93	93	100				
109			99	92	92	99			
108			97	91	91	97			
107			96	89	89	96			
106			94	88	88	94			
105		100	93	87	87	93	100		
104		98	91	85	85	91	99		
103		97	90	84	84	90	97		
102		95	88	83	83	88	96		
101		93	87	81	81	87	94		
100		91	85	80	80	85	93	100	100
99		90	84	79	79	84	91	99	99
98		88	82	77	77	82	90	98	98
97		86	81	76	76	81	88	96	97
96		85	79	75	75	79	87	95	96
95		83	78	73	73	78	85	94	95
94		81	76	72	72	76	84	93	94
93		79	75	71	71	75	82	92	93
92		78	73	69	69	73	81	90	92
91		76	72	68	68	72	79	89	91
90		74	70	67	67	70	78	88	90
89		73	69	65	65	69	76	87	89
88		71	67	64	64	67	75	86	88
87		69	66	63	63	66	73	84	87
86		67	64	61	61	64	72	83	86
85		66	63	60	60	63	70	82	85
84		64	61	59	59	61	69	81	84
83		62	60	57	57	60	67	80	83
82		61	58	56	56	58	66	78	82
81		59	57	55	55	57	64	77	81
80		57	55	53	53	55	63	76	80

		Female Crunches							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>		100	105	110	105	105	100	100	100
<b>Min</b>		50	55	60	60	60	55	50	40
<b>Min Pts</b>		40	40	40	40	40	40	40	40
Reps		Female Crunches							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
110				100					
109				99					
108				98					
107				96					
106				95					
105			100	94	100	100			
104			99	93	99	99			
103			98	92	97	97			
102			96	90	96	96			
101			95	89	95	95			
100		100	94	88	93	93	100	100	100
99		99	93	87	92	92	99	99	99
98		98	92	86	91	91	97	98	98
97		96	90	84	89	89	96	96	97
96		95	89	83	88	88	95	95	96
95		94	88	82	87	87	93	94	95
94		93	87	81	85	85	92	93	94
93		92	86	80	84	84	91	92	93
92		90	84	78	83	83	89	90	92
91		89	83	77	81	81	88	89	91
90		88	82	76	80	80	87	88	90
89		87	81	75	79	79	85	87	89
88		86	80	74	77	77	84	86	88
87		84	78	72	76	76	83	84	87
86		83	77	71	75	75	81	83	86
85		82	76	70	73	73	80	82	85
84		81	75	69	72	72	79	81	84
83		80	74	68	71	71	77	80	83
82		78	72	66	69	69	76	78	82
81		77	71	65	68	68	75	77	81
80		76	70	64	67	67	73	76	80
79		75	69	63	65	65	72	75	79
78		74	68	62	64	64	71	74	78
77		72	66	60	63	63	69	72	77
76		71	65	59	61	61	68	71	76
75		70	64	58	60	60	67	70	75

Table 2-3.-- PFT Abdominal Crunches Scoring Tables (cont.)

Male Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	<b>105</b>	<b>110</b>	<b>115</b>	<b>115</b>	<b>110</b>	<b>105</b>	<b>100</b>	<b>100</b>
<b>Min</b>	<b>70</b>	<b>70</b>	<b>70</b>	<b>70</b>	<b>70</b>	<b>65</b>	<b>50</b>	<b>40</b>
<b>Min Pts</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
79	55	54	52	52	54	61	75	79
78	54	52	51	51	52	60	74	78
77	52	51	49	49	51	58	72	77
76	50	49	48	48	49	57	71	76
75	49	48	47	47	48	55	70	75
74	47	46	45	45	46	54	69	74
73	45	45	44	44	45	52	68	73
72	43	43	43	43	43	51	66	72
71	42	42	41	41	42	49	65	71
70	40	40	40	40	40	48	64	70
69						46	63	69
68						45	62	68
67						43	60	67
66						42	59	66
65						40	58	65
64							57	64
63							56	63
62							54	62
61							53	61
60							52	60
59							51	59
58							50	58
57							48	57
56							47	56
55							46	55
54							45	54
53							44	53
52							42	52
51							41	51
50							40	50
49								49
48								48
47								47
46								46
45								45
44								44
43								43
42								42
41								41
40								40

Female Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	<b>100</b>	<b>105</b>	<b>110</b>	<b>105</b>	<b>105</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>Min</b>	<b>50</b>	<b>55</b>	<b>60</b>	<b>60</b>	<b>60</b>	<b>55</b>	<b>50</b>	<b>40</b>
<b>Min Pts</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
74	69	63	57	59	59	65	69	74
73	68	62	56	57	57	64	68	73
72	66	60	54	56	56	63	66	72
71	65	59	53	55	55	61	65	71
70	64	58	52	53	53	60	64	70
69	63	57	51	52	52	59	63	69
68	62	56	50	51	51	57	62	68
67	60	54	48	49	49	56	60	67
66	59	53	47	48	48	55	59	66
65	58	52	46	47	47	53	58	65
64	57	51	45	45	45	52	57	64
63	56	50	44	44	44	51	56	63
62	54	48	42	43	43	49	54	62
61	53	47	41	41	41	48	53	61
60	52	46	40	40	40	47	52	60
59	51	45				45	51	59
58	50	44				44	50	58
57	48	42				43	48	57
56	47	41				41	47	56
55	46	40				40	46	55
54	45						45	54
53	44						44	53
52	42						42	52
51	41						41	51
50	40						40	50
49								49
48								48
47								47
46								46
45								45
44								44
43								43
42								42
41								41
40								40

Table 2-4.--Plank Scoring Table.

Time	Score		Time	Score
4:20	100		2:42	70
4:17	99		2:39	69
4:14	98		2:35	68
4:11	97		2:32	67
4:07	96		2:29	66
4:04	95		2:26	65
4:01	94		2:22	64
3:58	93		2:19	63
3:54	92		2:16	62
3:51	91		2:12	61
3:48	90		2:09	60
3:44	89		2:06	59
3:41	88		2:03	58
3:38	87		1:59	57
3:35	86		1:56	56
3:31	85		1:53	55
3:28	84		1:49	54
3:25	83		1:46	53
3:21	82		1:43	52
3:18	81		1:40	51
3:15	80		1:36	50
3:12	79		1:33	49
3:08	78		1:30	48
3:05	77		1:26	47
3:02	76		1:23	46
2:58	75		1:20	45
2:55	74		1:17	44
2:52	73		1:13	43
2:49	72		1:10	42
2:45	71		1:07	41
2:42	70		1:03	40

(NOTE: The plank scoring table is gender and age neutral with one table for both males and females regardless of age)

Table 2-5.--PFT 3 Mile Run Scoring Tables.

Male 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
<b>Min</b>	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
<b>Min Pts</b>	40	40	40	40	40	40	40	40

Male 3 Mile Run								
Time	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
18:00	100	100	100	100	100			
18:10	99	99	99	99	99			
18:20	98	98	98	98	98			
18:30	97	97	97	97	97	100		
18:40	96	96	96	96	96	99		
18:50	95	95	95	95	95	98		
19:00	94	94	94	94	94	97	100	
19:10	93	93	93	93	93	96	99	
19:20	92	92	92	92	93	95	98	
19:30	91	91	91	91	92	94	97	100
19:40	90	90	90	90	91	94	96	99
19:50	89	89	89	89	90	93	95	99
20:00	88	88	88	88	89	92	95	98
20:10	87	87	87	87	88	91	94	97
20:20	86	86	86	86	87	90	93	96
20:30	84	84	85	85	86	89	92	96
20:40	83	83	84	85	85	88	91	95
20:50	82	82	83	84	84	87	90	94
21:00	81	81	82	83	83	86	89	93
21:10	80	80	81	82	82	85	88	93
21:20	79	79	80	81	81	84	87	92
21:30	78	78	79	80	80	83	86	91
21:40	77	77	78	79	79	82	85	90
21:50	76	76	77	78	78	82	85	90
22:00	75	75	76	77	78	81	84	89
22:10	74	74	75	76	77	80	83	88
22:20	73	73	74	75	76	79	82	87
22:30	72	72	73	74	75	78	81	87
22:40	71	71	72	73	74	77	80	86
22:50	70	70	71	72	73	76	79	85
23:00	69	69	70	71	72	75	78	84
23:10	68	68	69	70	71	74	77	84
23:20	67	67	68	69	70	73	76	83
23:30	66	66	67	68	69	72	75	82
23:40	65	65	66	67	68	71	75	81
23:50	64	64	65	66	67	70	74	81
24:00	63	63	64	65	66	70	73	80
24:10	62	62	63	64	65	69	72	79
24:20	61	61	62	63	64	68	71	79
24:30	60	60	61	62	63	67	70	78
24:40	59	59	60	61	63	66	69	77
24:50	58	58	59	60	62	65	68	76
25:00	57	57	58	59	61	64	67	76

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
<b>Min</b>	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
<b>Min Pts</b>	40	40	40	40	40	40	40	40

Female 3 Mile Run								
Time	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
21:00	100	100	100	100	100			
21:10	99	99	99	99	99			
21:20	98	98	98	98	98			
21:30	97	97	97	97	97	100		
21:40	96	96	96	96	96	99		
21:50	95	95	95	95	95	98		
22:00	94	94	94	94	94	97	100	
22:10	93	93	93	93	94	96	99	
22:20	92	92	92	92	93	95	98	
22:30	91	91	91	91	92	95	97	100
22:40	90	90	90	90	91	94	97	99
22:50	89	89	89	90	90	93	96	99
23:00	88	88	88	89	89	92	95	98
23:10	87	87	87	88	88	91	94	97
23:20	86	86	86	87	87	90	93	96
23:30	85	85	85	86	86	89	92	96
23:40	84	84	84	85	85	88	91	95
23:50	83	83	83	84	84	87	90	94
24:00	82	82	82	83	83	86	90	93
24:10	81	81	81	82	82	85	89	93
24:20	80	80	80	81	82	85	88	92
24:30	79	79	79	80	81	84	87	91
24:40	78	78	78	79	80	83	86	90
24:50	77	77	77	78	79	82	85	90
25:00	76	76	76	77	78	81	84	89
25:10	75	75	75	76	77	80	83	88
25:20	74	74	74	75	76	79	83	87
25:30	73	73	73	74	75	78	82	87
25:40	72	72	72	73	74	77	81	86
25:50	71	71	71	72	73	76	80	85
26:00	69	69	70	71	72	75	79	84
26:10	68	68	70	70	71	75	78	84
26:20	67	67	69	70	70	74	77	83
26:30	66	66	68	69	70	73	77	82
26:40	65	65	67	68	69	72	76	81
26:50	64	64	66	67	68	71	75	81
27:00	63	63	65	66	67	70	74	80
27:10	62	62	64	65	66	69	73	79
27:20	61	61	63	64	65	68	72	79
27:30	60	60	62	63	64	67	71	78
27:40	59	59	61	62	63	66	70	77
27:50	58	58	60	61	62	65	70	76
28:00	57	57	59	60	61	65	69	76

Table 2-5.--PFT 3 Mile Run Scoring Tables (cont.)

Male 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
Min	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
Min Pts	40	40	40	40	40	40	40	40
25:10	56	56	57	58	60	63	66	75
25:20	54	54	56	57	59	62	65	74
25:30	53	53	55	56	58	61	65	73
25:40	52	52	54	55	57	60	64	73
25:50	51	51	53	55	56	59	63	72
26:00	50	50	52	54	55	58	62	71
26:10	49	49	51	53	54	58	61	70
26:20	48	48	50	52	53	57	60	70
26:30	47	47	49	51	52	56	59	69
26:40	46	46	48	50	51	55	58	68
26:50	45	45	47	49	50	54	57	67
27:00	44	44	46	48	49	53	56	67
27:10	43	43	45	47	48	52	55	66
27:20	42	42	44	46	48	51	55	65
27:30	41	41	43	45	47	50	54	64
27:40	40	40	42	44	46	49	53	64
27:50			41	43	45	48	52	63
28:00			40	42	44	47	51	62
28:10				41	43	46	50	61
28:20				40	42	46	49	61
28:30					41	45	48	60
28:40					40	44	47	59
28:50						43	46	59
29:00						42	45	58
29:10						41	45	57
29:20						40	44	56
29:30							43	56
29:40							42	55
29:50							41	54
30:00							40	53

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
Min	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
Min Pts	40	40	40	40	40	40	40	40
28:10	56	56	58	59	60	64	68	75
28:20	55	55	57	58	59	63	67	74
28:30	54	54	56	57	58	62	66	73
28:40	53	53	55	56	58	61	65	73
28:50	52	52	54	55	57	60	64	72
29:00	51	51	53	54	56	59	63	71
29:10	50	50	52	53	55	58	63	70
29:20	49	49	51	52	54	57	62	70
29:30	48	48	50	51	53	56	61	69
29:40	47	47	49	50	52	55	60	68
29:50	46	46	48	50	51	55	59	67
30:00	45	45	47	49	50	54	58	67
30:10	44	44	46	48	49	53	57	66
30:20	43	43	45	47	48	52	57	65
30:30	42	42	44	46	47	51	56	64
30:40	41	41	43	45	46	50	55	64
30:50	40	40	42	44	46	49	54	63
31:00			41	43	45	48	53	62
31:10			40	42	44	47	52	61
31:20				41	43	46	51	61
31:30				40	42	45	50	60
31:40					41	45	50	59
31:50					40	44	49	59
32:00						43	48	58
32:10						42	47	57
32:20						41	46	56
32:30						40	45	56
32:40							44	55
32:50							43	54
33:00							43	53

Table 2-5.--PFT 3 Mile Run Scoring Tables (cont.)

Male 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	18:00	18:00	18:00	18:00	18:00	18:30	19:00	19:30
<b>Min</b>	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
<b>Min Pts</b>	40	40	40	40	40	40	40	40
30:10								53
30:20								52
30:30								51
30:40								50
30:50								50
31:00								49
31:10								48
31:20								47
31:30								47
31:40								46
31:50								45
32:00								44
32:10								44
32:20								43
32:30								42
32:40								41
32:50								41
33:00								40

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	21:00	21:00	21:00	21:00	21:00	21:30	22:00	22:30
<b>Min</b>	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
<b>Min Pts</b>	40	40	40	40	40	40	40	40
33:10							42	53
33:20							41	52
33:30							40	51
33:40								50
33:50								50
34:00								49
34:10								48
34:20								47
34:30								47
34:40								46
34:50								45
35:00								44
35:10								44
35:20								43
35:30								42
35:40								41
35:50								41
36:00								40



Table 2-6.--PFT 3 Mile Run Altitude Compensation Tables  
(at or above 4,500 feet mean sea level)

Male 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	19:30	19:30	19:30	19:30	19:30	20:00	20:30	21:00
Min	29:10	29:10	29:30	29:50	30:10	30:50	31:30	34:30
Min Pts	40	40	40	40	40	40	40	40

Time	Male 3 Mile Run (Altitude)							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
19:30	100	100	100	100	100			
19:40	99	99	99	99	99			
19:50	98	98	98	98	98			
20:00	97	97	97	97	97	100		
20:10	96	96	96	96	96	99		
20:20	95	95	95	95	95	98		
20:30	94	94	94	94	94	97	100	
20:40	93	93	93	93	93	96	99	
20:50	92	92	92	92	93	95	98	
21:00	91	91	91	91	92	94	97	100
21:10	90	90	90	90	91	94	96	99
21:20	89	89	89	89	90	93	95	99
21:30	88	88	88	88	89	92	95	98
21:40	87	87	87	87	88	91	94	97
21:50	86	86	86	86	87	90	93	96
22:00	84	84	85	85	86	89	92	96
22:10	83	83	84	85	85	88	91	95
22:20	82	82	83	84	84	87	90	94
22:30	81	81	82	83	83	86	89	93
22:40	80	80	81	82	82	85	88	93
22:50	79	79	80	81	81	84	87	92
23:00	78	78	79	80	80	83	86	91
23:10	77	77	78	79	79	82	85	90
23:20	76	76	77	78	78	82	85	90
23:30	75	75	76	77	78	81	84	89
23:40	74	74	75	76	77	80	83	88
23:50	73	73	74	75	76	79	82	87
24:00	72	72	73	74	75	78	81	87
24:10	71	71	72	73	74	77	80	86
24:20	70	70	71	72	73	76	79	85
24:30	69	69	70	71	72	75	78	84
24:40	68	68	69	70	71	74	77	84
24:50	67	67	68	69	70	73	76	83
25:00	66	66	67	68	69	72	75	82
25:10	65	65	66	67	68	71	75	81
25:20	64	64	65	66	67	70	74	81
25:30	63	63	64	65	66	70	73	80
25:40	62	62	63	64	65	69	72	79
25:50	61	61	62	63	64	68	71	79
26:00	60	60	61	62	63	67	70	78
26:10	59	59	60	61	63	66	69	77
26:20	58	58	59	60	62	65	68	76
26:30	57	57	58	59	61	64	67	76

Female 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	22:30	22:30	22:30	22:30	22:30	23:00	23:30	24:00
Min	32:20	32:20	32:40	33:00	33:20	34:00	35:00	37:30
Min Pts	40	40	40	40	40	40	40	40

Time	Female 3 Mile Run (Altitude)							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
22:30	100	100	100	100	100			
22:40	99	99	99	99	99			
22:50	98	98	98	98	98			
23:00	97	97	97	97	97	100		
23:10	96	96	96	96	96	99		
23:20	95	95	95	95	95	98		
23:30	94	94	94	94	94	97	100	
23:40	93	93	93	93	94	96	99	
23:50	92	92	92	92	93	95	98	
24:00	91	91	91	91	92	95	97	100
24:10	90	90	90	90	91	94	97	99
24:20	89	89	89	90	90	93	96	99
24:30	88	88	88	89	89	92	95	98
24:40	87	87	87	88	88	91	94	97
24:50	86	86	86	87	87	90	93	96
25:00	85	85	85	86	86	89	92	96
25:10	84	84	84	85	85	88	91	95
25:20	83	83	83	84	84	87	90	94
25:30	82	82	82	83	83	86	90	93
25:40	81	81	81	82	82	85	89	93
25:50	80	80	80	81	82	85	88	92
26:00	79	79	79	80	81	84	87	91
26:10	78	78	78	79	80	83	86	90
26:20	77	77	77	78	79	82	85	90
26:30	76	76	76	77	78	81	84	89
26:40	75	75	75	76	77	80	83	88
26:50	74	74	74	75	76	79	83	87
27:00	73	73	73	74	75	78	82	87
27:10	72	72	72	73	74	77	81	86
27:20	71	71	71	72	73	76	80	85
27:30	69	69	70	71	72	75	79	84
27:40	68	68	70	70	71	75	78	84
27:50	67	67	69	70	70	74	77	83
28:00	66	66	68	69	70	73	77	82
28:10	65	65	67	68	69	72	76	81
28:20	64	64	66	67	68	71	75	81
28:30	63	63	65	66	67	70	74	80
28:40	62	62	64	65	66	69	73	79
28:50	61	61	63	64	65	68	72	79
29:00	60	60	62	63	64	67	71	78
29:10	59	59	61	62	63	66	70	77
29:20	58	58	60	61	62	65	70	76
29:30	57	57	59	60	61	65	69	76

Table 2-6.--PFT 3 Mile Run Altitude Compensation Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	19:30	19:30	19:30	19:30	19:30	20:00	20:30	21:00
Min	29:10	29:10	29:30	29:50	30:10	30:50	31:30	34:30
Min Pts	40	40	40	40	40	40	40	40
26:40	56	56	57	58	60	63	66	75
26:50	54	54	56	57	59	62	65	74
27:00	53	53	55	56	58	61	65	73
27:10	52	52	54	55	57	60	64	73
27:20	51	51	53	55	56	59	63	72
27:30	50	50	52	54	55	58	62	71
27:40	49	49	51	53	54	58	61	70
27:50	48	48	50	52	53	57	60	70
28:00	47	47	49	51	52	56	59	69
28:10	46	46	48	50	51	55	58	68
28:20	45	45	47	49	50	54	57	67
28:30	44	44	46	48	49	53	56	67
28:40	43	43	45	47	48	52	55	66
28:50	42	42	44	46	48	51	55	65
29:00	41	41	43	45	47	50	54	64
29:10	40	40	42	44	46	49	53	64
29:20			41	43	45	48	52	63
29:30			40	42	44	47	51	62
29:40				41	43	46	50	61
29:50				40	42	46	49	61
30:00					41	45	48	60
30:10					40	44	47	59
30:20						43	46	59
30:30						42	45	58
30:40						41	45	57
30:50						40	44	56
31:00							43	56
31:10							42	55
31:20							41	54
31:30							40	53
31:40								53
31:50								52
32:00								51
32:10								50
32:20								50
32:30								49
32:40								48
32:50								47
33:00								47
33:10								46
33:20								45
33:30								44
33:40								44
33:50								43
34:00								42
34:10								41
34:20								41
34:30								40

Female 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	22:30	22:30	22:30	22:30	22:30	23:00	23:30	24:00
Min	32:20	32:20	32:40	33:00	33:20	34:00	35:00	37:30
Min Pts	40	40	40	40	40	40	40	40
29:40	56	56	58	59	60	64	68	75
29:50	55	55	57	58	59	63	67	74
30:00	54	54	56	57	58	62	66	73
30:10	53	53	55	56	58	61	65	73
30:20	52	52	54	55	57	60	64	72
30:30	51	51	53	54	56	59	63	71
30:40	50	50	52	53	55	58	63	70
30:50	49	49	51	52	54	57	62	70
31:00	48	48	50	51	53	56	61	69
31:10	47	47	49	50	52	55	60	68
31:20	46	46	48	50	51	55	59	67
31:30	45	45	47	49	50	54	58	67
31:40	44	44	46	48	49	53	57	66
31:50	43	43	45	47	48	52	57	65
32:00	42	42	44	46	47	51	56	64
32:10	41	41	43	45	46	50	55	64
32:20	40	40	42	44	46	49	54	63
32:30			41	43	45	48	53	62
32:40			40	42	44	47	52	61
32:50				41	43	46	51	61
33:00				40	42	45	50	60
33:10					41	45	50	59
33:20					40	44	49	59
33:30						43	48	58
33:40						42	47	57
33:50						41	46	56
34:00						40	45	56
34:10							44	55
34:20							43	54
34:30							43	53
34:40							42	53
34:50							41	52
35:00							40	51
35:10								50
35:20								50
35:30								49
35:40								48
35:50								47
36:00								47
36:10								46
36:20								45
36:30								44
36:40								44
36:50								43
37:00								42
37:10								41
37:20								41
37:30								40

Table 2-7.--5,000m Row Scoring Tables.

Male	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:15	18:30	18:45	19:00	19:15	19:35	20:00
Min	23:30	23:50	24:10	24:30	24:50	25:10	25:35	26:00
Min Pts	40	40	40	40	40	40	40	40
18:00	100							
18:05	99							
18:10	98							
18:15	97	100						
18:20	96	99						
18:25	95	98						
18:30	95	97	100					
18:35	94	96	99					
18:40	93	96	98					
18:45	92	95	97	100				
18:50	91	94	96	99				
18:55	90	93	96	98				
19:00	89	92	95	97	100			
19:05	88	91	94	97	99			
19:10	87	90	93	96	98			
19:15	86	89	92	95	97	100		
19:20	85	88	91	94	97	99		
19:25	85	87	90	93	96	98		
19:30	84	87	89	92	95	97		
19:35	83	86	89	91	94	97	100	
19:40	82	85	88	90	93	96	99	
19:45	81	84	87	90	92	95	98	
19:50	80	83	86	89	91	94	98	
19:55	79	82	85	88	91	93	97	
20:00	78	81	84	87	90	92	96	100
20:05	77	80	83	86	89	92	95	99
20:10	76	79	82	85	88	91	94	98
20:15	75	79	81	84	87	90	93	98
20:20	75	78	81	83	86	89	93	97
20:25	74	77	80	83	85	88	92	96
20:30	73	76	79	82	85	87	91	95
20:35	72	75	78	81	84	86	90	94
20:40	71	74	77	80	83	86	89	93
20:45	70	73	76	79	82	85	88	93
20:50	69	72	75	78	81	84	88	92
20:55	68	71	74	77	80	83	87	91
21:00	67	70	74	77	79	82	86	90
21:05	66	70	73	76	79	81	85	89
21:10	65	69	72	75	78	81	84	88
21:15	65	68	71	74	77	80	83	88
21:20	64	67	70	73	76	79	83	87
21:25	63	66	69	72	75	78	82	86
21:30	62	65	68	71	74	77	81	85
21:35	61	64	67	70	73	76	80	84
21:40	60	63	66	70	73	75	79	83
21:45	59	62	66	69	72	75	78	83
21:50	58	61	65	68	71	74	78	82
21:55	57	61	64	67	70	73	77	81

Female	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:15	21:30	21:45	22:00	22:15	22:35	23:00
Min	26:30	26:50	27:10	27:30	27:50	28:10	28:35	29:00
Min Pts	40	40	40	40	40	40	40	40
21:00	100							
21:05	99							
21:10	98							
21:15	97	100						
21:20	96	99						
21:25	95	98						
21:30	95	97	100					
21:35	94	96	99					
21:40	93	96	98					
21:45	92	95	97	100				
21:50	91	94	96	99				
21:55	90	93	96	98				
22:00	89	92	95	97	100			
22:05	88	91	94	97	99			
22:10	87	90	93	96	98			
22:15	86	89	92	95	97	100		
22:20	85	88	91	94	97	99		
22:25	85	87	90	93	96	98		
22:30	84	87	89	92	95	97		
22:35	83	86	89	91	94	97	100	
22:40	82	85	88	90	93	96	99	
22:45	81	84	87	90	92	95	98	
22:50	80	83	86	89	91	94	98	
22:55	79	82	85	88	91	93	97	
23:00	78	81	84	87	90	92	96	100
23:05	77	80	83	86	89	92	95	99
23:10	76	79	82	85	88	91	94	98
23:15	75	79	81	84	87	90	93	98
23:20	75	78	81	83	86	89	93	97
23:25	74	77	80	83	85	88	92	96
23:30	73	76	79	82	85	87	91	95
23:35	72	75	78	81	84	86	90	94
23:40	71	74	77	80	83	86	89	93
23:45	70	73	76	79	82	85	88	93
23:50	69	72	75	78	81	84	88	92
23:55	68	71	74	77	80	83	87	91
24:00	67	70	74	77	79	82	86	90
24:05	66	70	73	76	79	81	85	89
24:10	65	69	72	75	78	81	84	88
24:15	65	68	71	74	77	80	83	88
24:20	64	67	70	73	76	79	83	87
24:25	63	66	69	72	75	78	82	86
24:30	62	65	68	71	74	77	81	85
24:35	61	64	67	70	73	76	80	84
24:40	60	63	66	70	73	75	79	83
24:45	59	62	66	69	72	75	78	83
24:50	58	61	65	68	71	74	78	82
24:55	57	61	64	67	70	73	77	81

Table 2-7.--5,000m Row Scoring Tables. (cont.)

Male	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:00	18:15	18:30	18:45	19:00	19:15	19:35	20:00
Min	23:30	23:50	24:10	24:30	24:50	25:10	25:35	26:00
Min Pts	40	40	40	40	40	40	40	40
22:00	56	60	63	66	69	72	76	80
22:05	55	59	62	65	68	71	75	79
22:10	55	58	61	64	67	70	74	78
22:15	54	57	60	63	67	70	73	78
22:20	53	56	59	63	66	69	73	77
22:25	52	55	59	62	65	68	72	76
22:30	51	54	58	61	64	67	71	75
22:35	50	53	57	60	63	66	70	74
22:40	49	53	56	59	62	65	69	73
22:45	48	52	55	58	61	65	68	73
22:50	47	51	54	57	61	64	68	72
22:55	46	50	53	57	60	63	67	71
23:00	45	49	52	56	59	62	66	70
23:05	45	48	51	55	58	61	65	69
23:10	44	47	51	54	57	60	64	68
23:15	43	46	50	53	56	59	63	68
23:20	42	45	49	52	55	59	63	67
23:25	41	44	48	51	55	58	62	66
23:30	40	44	47	50	54	57	61	65
23:35		43	46	50	53	56	60	64
23:40		42	45	49	52	55	59	63
23:45		41	44	48	51	54	58	63
23:50		40	44	47	50	54	58	62
23:55			43	46	49	53	57	61
24:00			42	45	49	52	56	60
24:05			41	44	48	51	55	59
24:10			40	43	47	50	54	58
24:15				43	46	49	53	58
24:20				42	45	48	53	57
24:25				41	44	48	52	56
24:30				40	43	47	51	55
24:35					43	46	50	54
24:40					42	45	49	53
24:45					41	44	48	53
24:50					40	43	48	52
24:55						43	47	51
25:00						42	46	50
25:05						41	45	49
25:10						40	44	48
25:15							43	48
25:20							43	47
25:25							42	46
25:30							41	45
25:35							40	44
25:40								43
25:45								43
25:50								42
25:55								41
26:00								40

Female	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:00	21:15	21:30	21:45	22:00	22:15	22:35	23:00
Min	26:30	26:50	27:10	27:30	27:50	28:10	28:35	29:00
Min Pts	40	40	40	40	40	40	40	40
25:00	56	60	63	66	69	72	76	80
25:05	55	59	62	65	68	71	75	79
25:10	55	58	61	64	67	70	74	78
25:15	54	57	60	63	67	70	73	78
25:20	53	56	59	63	66	69	73	77
25:25	52	55	59	62	65	68	72	76
25:30	51	54	58	61	64	67	71	75
25:35	50	53	57	60	63	66	70	74
25:40	49	53	56	59	62	65	69	73
25:45	48	52	55	58	61	65	68	73
25:50	47	51	54	57	61	64	68	72
25:55	46	50	53	57	60	63	67	71
26:00	45	49	52	56	59	62	66	70
26:05	45	48	51	55	58	61	65	69
26:10	44	47	51	54	57	60	64	68
26:15	43	46	50	53	56	59	63	68
26:20	42	45	49	52	55	59	63	67
26:25	41	44	48	51	55	58	62	66
26:30	40	44	47	50	54	57	61	65
26:35		43	46	50	53	56	60	64
26:40		42	45	49	52	55	59	63
26:45		41	44	48	51	54	58	63
26:50		40	44	47	50	54	58	62
26:55			43	46	49	53	57	61
27:00			42	45	49	52	56	60
27:05			41	44	48	51	55	59
27:10			40	43	47	50	54	58
27:15				43	46	49	53	58
27:20				42	45	48	53	57
27:25				41	44	48	52	56
27:30				40	43	47	51	55
27:35					43	46	50	54
27:40					42	45	49	53
27:45					41	44	48	53
27:50					40	43	48	52
27:55						43	47	51
28:00						42	46	50
28:05						41	45	49
28:10						40	44	48
28:15							43	48
28:20							43	47
28:25							42	46
28:30							41	45
28:35							40	44
28:40								43
28:45								43
28:50								42
28:55								41
29:00								40

Table 2-8.--5,000m Row at Altitude Scoring Tables.

Male	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:40	18:55	19:10	19:25	19:40	19:55	20:15	20:40
Min	24:10	24:30	24:50	25:10	25:30	25:50	26:15	26:40
Min Pts	40	40	40	40	40	40	40	40
18:40	100							
18:45	99							
18:50	98							
18:55	97	100						
19:00	96	99						
19:05	95	98						
19:10	95	97	100					
19:15	94	96	99					
19:20	93	96	98					
19:25	92	95	97	100				
19:30	91	94	96	99				
19:35	90	93	96	98				
19:40	89	92	95	97	100			
19:45	88	91	94	97	99			
19:50	87	90	93	96	98			
19:55	86	89	92	95	97	100		
20:00	85	88	91	94	97	99		
20:05	85	87	90	93	96	98		
20:10	84	87	89	92	95	97		
20:15	83	86	89	91	94	97	100	
20:20	82	85	88	90	93	96	99	
20:25	81	84	87	90	92	95	98	
20:30	80	83	86	89	91	94	98	
20:35	79	82	85	88	91	93	97	
20:40	78	81	84	87	90	92	96	100
20:45	77	80	83	86	89	92	95	99
20:50	76	79	82	85	88	91	94	98
20:55	75	79	81	84	87	90	93	98
21:00	75	78	81	83	86	89	93	97
21:05	74	77	80	83	85	88	92	96
21:10	73	76	79	82	85	87	91	95
21:15	72	75	78	81	84	86	90	94
21:20	71	74	77	80	83	86	89	93
21:25	70	73	76	79	82	85	88	93
21:30	69	72	75	78	81	84	88	92
21:35	68	71	74	77	80	83	87	91
21:40	67	70	74	77	79	82	86	90
21:45	66	70	73	76	79	81	85	89
21:50	65	69	72	75	78	81	84	88
21:55	65	68	71	74	77	80	83	88
22:00	64	67	70	73	76	79	83	87
22:05	63	66	69	72	75	78	82	86
22:10	62	65	68	71	74	77	81	85
22:15	61	64	67	70	73	76	80	84
22:20	60	63	66	70	73	75	79	83
22:25	59	62	66	69	72	75	78	83
22:30	58	61	65	68	71	74	78	82
22:35	57	61	64	67	70	73	77	81
22:40	56	60	63	66	69	72	76	80

Female	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:40	21:55	22:10	22:25	22:40	22:55	23:15	23:40
Min	27:10	27:30	27:50	28:10	28:30	28:50	29:15	29:40
Min Pts	40	40	40	40	40	40	40	40
21:40	100							
21:45	99							
21:50	98							
21:55	97	100						
22:00	96	99						
22:05	95	98						
22:10	95	97	100					
22:15	94	96	99					
22:20	93	96	98					
22:25	92	95	97	100				
22:30	91	94	96	99				
22:35	90	93	96	98				
22:40	89	92	95	97	100			
22:45	88	91	94	97	99			
22:50	87	90	93	96	98			
22:55	86	89	92	95	97	100		
23:00	85	88	91	94	97	99		
23:05	85	87	90	93	96	98		
23:10	84	87	89	92	95	97		
23:15	83	86	89	91	94	97	100	
23:20	82	85	88	90	93	96	99	
23:25	81	84	87	90	92	95	98	
23:30	80	83	86	89	91	94	98	
23:35	79	82	85	88	91	93	97	
23:40	78	81	84	87	90	92	96	100
23:45	77	80	83	86	89	92	95	99
23:50	76	79	82	85	88	91	94	98
23:55	75	79	81	84	87	90	93	98
24:00	75	78	81	83	86	89	93	97
24:05	74	77	80	83	85	88	92	96
24:10	73	76	79	82	85	87	91	95
24:15	72	75	78	81	84	86	90	94
24:20	71	74	77	80	83	86	89	93
24:25	70	73	76	79	82	85	88	93
24:30	69	72	75	78	81	84	88	92
24:35	68	71	74	77	80	83	87	91
24:40	67	70	74	77	79	82	86	90
24:45	66	70	73	76	79	81	85	89
24:50	65	69	72	75	78	81	84	88
24:55	65	68	71	74	77	80	83	88
25:00	64	67	70	73	76	79	83	87
25:05	63	66	69	72	75	78	82	86
25:10	62	65	68	71	74	77	81	85
25:15	61	64	67	70	73	76	80	84
25:20	60	63	66	70	73	75	79	83
25:25	59	62	66	69	72	75	78	83
25:30	58	61	65	68	71	74	78	82
25:35	57	61	64	67	70	73	77	81
25:40	56	60	63	66	69	72	76	80

Table 2-8.--5,000m Row at Altitude Scoring Tables. (cont.)

Male	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	18:40	18:55	19:10	19:25	19:40	19:55	20:15	20:40
Min	24:10	24:30	24:50	25:10	25:30	25:50	26:15	26:40
Min Pts	40	40	40	40	40	40	40	40
22:45	55	59	62	65	68	71	75	79
22:50	55	58	61	64	67	70	74	78
22:55	54	57	60	63	67	70	73	78
23:00	53	56	59	63	66	69	73	77
23:05	52	55	59	62	65	68	72	76
23:10	51	54	58	61	64	67	71	75
23:15	50	53	57	60	63	66	70	74
23:20	49	53	56	59	62	65	69	73
23:25	48	52	55	58	61	65	68	73
23:30	47	51	54	57	61	64	68	72
23:35	46	50	53	57	60	63	67	71
23:40	45	49	52	56	59	62	66	70
23:45	45	48	51	55	58	61	65	69
23:50	44	47	51	54	57	60	64	68
23:55	43	46	50	53	56	59	63	68
24:00	42	45	49	52	55	59	63	67
24:05	41	44	48	51	55	58	62	66
24:10	40	44	47	50	54	57	61	65
24:15		43	46	50	53	56	60	64
24:20		42	45	49	52	55	59	63
24:25		41	44	48	51	54	58	63
24:30		40	44	47	50	54	58	62
24:35			43	46	49	53	57	61
24:40			42	45	49	52	56	60
24:45			41	44	48	51	55	59
24:50			40	43	47	50	54	58
24:55				43	46	49	53	58
25:00				42	45	48	53	57
25:05				41	44	48	52	56
25:10				40	43	47	51	55
25:15					43	46	50	54
25:20					42	45	49	53
25:25					41	44	48	53
25:30					40	43	48	52
25:35						43	47	51
25:40						42	46	50
25:45						41	45	49
25:50						40	44	48
25:55							43	48
26:00							43	47
26:05							42	46
26:10							41	45
26:15							40	44
26:20								43
26:25								43
26:30								42
26:35								41
26:40								40

Female	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	21:40	21:55	22:10	22:25	22:40	22:55	23:15	23:40
Min	27:10	27:30	27:50	28:10	28:30	28:50	29:15	29:40
Min Pts	40	40	40	40	40	40	40	40
25:45	55	59	62	65	68	71	75	79
25:50	55	58	61	64	67	70	74	78
25:55	54	57	60	63	67	70	73	78
26:00	53	56	59	63	66	69	73	77
26:05	52	55	59	62	65	68	72	76
26:10	51	54	58	61	64	67	71	75
26:15	50	53	57	60	63	66	70	74
26:20	49	53	56	59	62	65	69	73
26:25	48	52	55	58	61	65	68	73
26:30	47	51	54	57	61	64	68	72
26:35	46	50	53	57	60	63	67	71
26:40	45	49	52	56	59	62	66	70
26:45	45	48	51	55	58	61	65	69
26:50	44	47	51	54	57	60	64	68
26:55	43	46	50	53	56	59	63	68
27:00	42	45	49	52	55	59	63	67
27:05	41	44	48	51	55	58	62	66
27:10	40	44	47	50	54	57	61	65
27:15		43	46	50	53	56	60	64
27:20		42	45	49	52	55	59	63
27:25		41	44	48	51	54	58	63
27:30		40	44	47	50	54	58	62
27:35			43	46	49	53	57	61
27:40			42	45	49	52	56	60
27:45			41	44	48	51	55	59
27:50			40	43	47	50	54	58
27:55				43	46	49	53	58
28:00				42	45	48	53	57
28:05				41	44	48	52	56
28:10				40	43	47	51	55
28:15					43	46	50	54
28:20					42	45	49	53
28:25					41	44	48	53
28:30					40	43	48	52
28:35						43	47	51
28:40						42	46	50
28:45						41	45	49
28:50						40	44	48
28:55							43	48
29:00							43	47
29:05							42	46
29:10							41	45
29:15							40	44
29:20								43
29:25								43
29:30								42
29:35								41
29:40								40

## Chapter 3

### Combat Fitness Test

1. Purpose. ~~The purpose of the CFT is to assess a Marine's physical capacity in a broad spectrum of combat related tasks. The CFT was specifically designed to evaluate strength, stamina, agility, and coordination as well as overall anaerobic capacity. The CFT is a complement to the PFT and measures the functional elements of combat fitness through execution of a series of events that represent every Marine's combat experience, emphasizing our ethos of "every Marine is a rifleman."~~ The CFT is a complement to the PFT and measures additional functional elements of general fitness to include agility, coordination, and anaerobic capacity.

#### 2. Requirement

a. Active Component. The CFT is a scored, calendar year annual requirement for all active duty Marines, ~~regardless of age, gender, grade, or duty assignment~~. It is required to be conducted between 1 July and 31 December of each year.

b. Reserve Component. The CFT is a scored, calendar year annual requirement for all SMCR/IMA Marines, ~~regardless of age, gender, grade, or duty assignment~~. CFT accomplishment will remain valid for two years for promotional purposes should operational constraints prevent annual testing. It is required to be conducted in between 1 July and 31 December of each year.

c. Activated Reservists. Activated reserve Marines, to include AR, mobilized or those performing ADOS will comply with the active component CFT requirement. Exceptions and waivers will be administered in accordance with this Order.

d. EAS/Retirement. Marines are required to complete a CFT during the annual period preceding their EAS or retirement date, unless otherwise directed. The terminal leave date will not be utilized to determine CFT requirements.

e. EAS/Retirement Final Physical Examination. Completion of the required final physical examination, regardless of when completed, does not exempt a Marine from performing a CFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, is still required to perform the annual CFT for that period. This policy is also applicable to the reserve component annual requirement.

3. Sequence. The CFT consists of three events: MTC, AL, and MANUF. No deviation from the above sequence is authorized. All CFT events will be conducted in a single session not to exceed two hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate and prepare for the next event. Rest between events will be no less than five minutes.

#### 4. Procedures

a. Safety. RM will be utilized in order to ensure CFT participants are not exposed to unnecessary risk. COs/OICs shall ensure all personnel have a

current PHA prior to participating in command PFP activities to include physical fitness testing and combat fitness testing.

b. Supervision. The FFI or CPTR will monitor the CFT and maintain the NAVMC 11622 "PFT/CFT Performance Worksheet." The form can be found on the FFD website, <https://www.fitness.marines.mil/> or at, <https://forms.documentservices.dla.mil/order/>. Prior to the execution of each event, the FFI or CPTR will ask the Marines if they have any injuries that will prevent them from performing the event. Marines will be kept advised of their progress as they are performing each event by the FFI or CPTR. COs/OICs are responsible for the proper administration of the CFT.

c. Monitor Certification. Monitor certification must be completed via MarineNet through the "PFT/CFT Monitor Certification" course before Marines are certified as monitors. Both FFIs and CPTRs must complete this certification course to be able to serve as monitors.

d. Execution. The FFI or CPTR will monitor the CFT and maintain the PFT/CFT Performance Worksheet. The FFI or CPTR will ensure proper techniques are employed during the AL and MANUF and will call out each repetition for the AL and time-passed (in intervals) for all events. The FFI or CPTR will be posted at the start/finish point of the MTC course and provide Marines their split time and finishing time for the MTC. Prior to the start of the MTC, the FFI will place monitors at various locations ~~to encourage participants~~ to ensure they remain on the course. During the MTC, the FFI or CPTR will position the fastest runners towards the front and ensure participants are not placed too closely together to allow for a safe start. Because of the relative proximity and speed of runners throughout the MTC, the FFI or CPTR will ensure the finish area remains clear.

e. Uniform. The only authorized uniform for the CFT is the Marine Corps Combat Utility Uniform and boots. Watch cap, kneepads/elbow pads, sweatshirt, and gloves may be worn, as required. For the AL event, Marines will wear a green short-sleeve t-shirt so that lock out of the elbows can be observed. The blouse will be worn for the MANUF event. COs/OICs may authorize Marines to remove blouses for the running of the MTC event.

f. Equipment. The following equipment is required to conduct the CFT:

(1) A timepiece (digital or stopwatch) that accurately measures time to the second.

(2) Calibrated scale.

(3) Engineer tape, chalk or other field lining material.

(4) 100 foot measuring tape.

(5) Dummy grenade(s).

(6) M2A1 5.56mm ammunition cans weighing 30 pounds. Contents of can should not move excessively when lifted. Grip tape will be applied to the sides of the can to improve grip. Ammunition cans used expressly for the CFT should be appropriately marked in order to avoid confusion.

(7) Cones, pylons, utility flags, sand bags, or other visible markers in order to mark the MANUF course.



5. Events

a. Movement to Contact (MTC)

(1) This is a timed event that can be conducted either indoors or outdoors.

(2) The preparatory command is "Ready" and the execute command is "Go."

(3) The run course will be 880 yards, must be measured for accuracy, and set over reasonably level ground. Prior to the conduct of this event, the FFI or CPTR will ensure the running surface is free from hazards or debris that can cause injury to MTC participants. [COs/OICs are responsible for ensuring the accuracy of the MTC course length.](#)

(4) This event can be conducted on a track or measured surface and should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A wide turnaround point will be implemented to prevent Marines from having to stop and turnaround, causing a loss in time on the event.

(5) Running this event on a treadmill is not authorized.

(6) The goal of this event is for Marines to complete the measured course as quickly as possible.

b. Ammunition Lift (AL)

(1) This is a timed event with a two minute time limit. This event can be conducted either indoors or outdoors.

(2) The preparatory command is "Ready" and the execute command is "Go."

(3) The AL is a repetitive lift of a 30-pound ammunition can from shoulder height to overhead.

(4) Prior to the start of the AL, Marines will be paired up by weight (within 10 pounds) and by approximate height in order to facilitate efficient transition to the MANUF.

(5) The partner counting repetitions will be located to the side (approximately a 90 degree angle) of the Marine performing the AL in order to observe elbow lockout and prevent injury should the participant drop or return the ammunition can to the deck. [Prior to start of the AL event the Marine executing will demonstrate locking out elbows overhead to their partner in order to allow partner to observe where lock out is achieved.](#)

(6) When Marines are conducting the AL within close proximity, participants will conduct the event facing away from each other.

(7) Starting position for the AL is to hold the ammunition can sideways at shoulder height with both hands, handle facing away from the participant. The proper lifting technique is head up, chest elevated and lumbar curve maintained. Feet will remain shoulder-width apart or staggered in a basic-warrior stance position.

(8) The ammunition can must be lifted to a point overhead where the elbows are momentarily locked out. The ammunition can does not have to be lifted directly overhead. Once lock out is achieved, the ammunition can will be lowered to a point where the top of the can is at or below chin level. Once the ammo can is returned to this level, this counts as one repetition. To reach this level, Marines may have to widen the distance between elbows.

(9) The top of the ammunition can when held in the starting position (handle facing away from the body) is to remain parallel to the deck throughout the entire movement. This will ensure the AL is an overhead lifting motion than an angled pressing motion, and to ensure safety.

(10) A repetition will be counted when a correct and complete overhead lift is performed. The FFIs/CPTRs will ensure proper repetition counting is conducted.

(11) Marines are encouraged to use their legs to generate upward momentum of the ammunition can, especially when fatigued. There is no penalty if Marines choose not to use their legs. Alteration of stance during the AL is permissible.

(12) Marines are authorized to rest during the AL. The ammunition can may be held in the starting position or placed on the deck. If placed on the deck, the ammunition can will be lowered in a controlled movement and not thrown or dropped. Once lowered to the deck, no assistance can be provided when returning the ammunition can to the starting position. Proper technique will be utilized when returning to the starting position.

(13) The FFI or CPTR will monitor the event ensuring elbows are locked out and the ammunition can is lowered to a point at or just below the chin.

(14) The goal of this event is to complete as many correct and complete repetitions as possible in the 2-minute time limit.

c. Maneuver Under Fire (MANUF)

(1) The MANUF is a timed event to be conducted outdoors or an indoor turf field at least 100 yards in length in accordance with Figure 3-1. The MANUF course should be constructed on a smooth and level grass surface, preferably a football or soccer field. Prior to the conduct of this event, the FFI or CPTR will ensure the running surface is free from hazards or debris that can cause injury to participants.

(2) The MANUF is a 300 yard shuttle run that includes a variety of combat-related tasks, to include crawls, buddy drags/carries, ammunition re-supply, grenade throw, and agility running. See Figures 3-1 and 3-2 for MANUF layout.

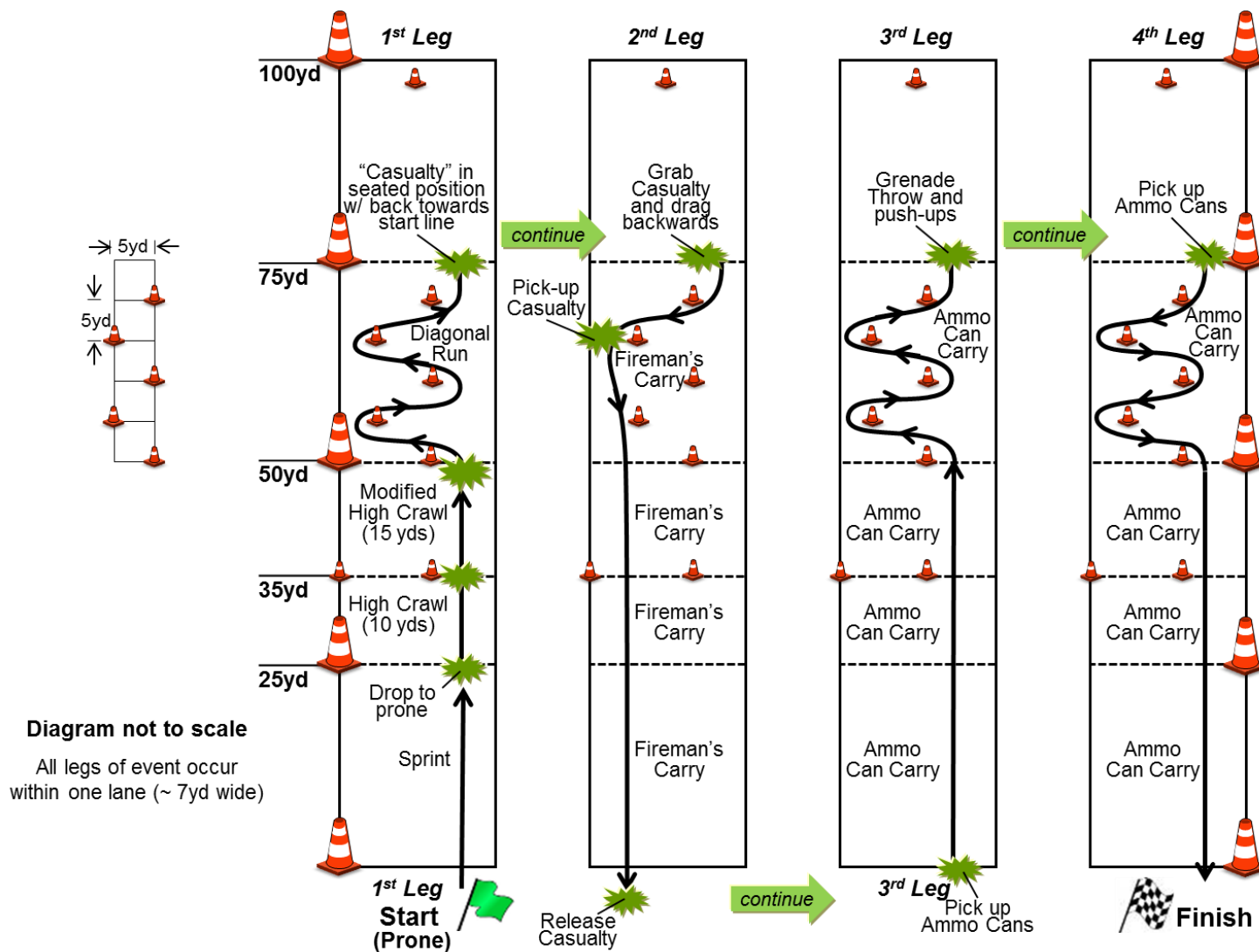


Figure 3-1.--MANUF Layout.

(Diagram not to scale -- All events occur within same lane)

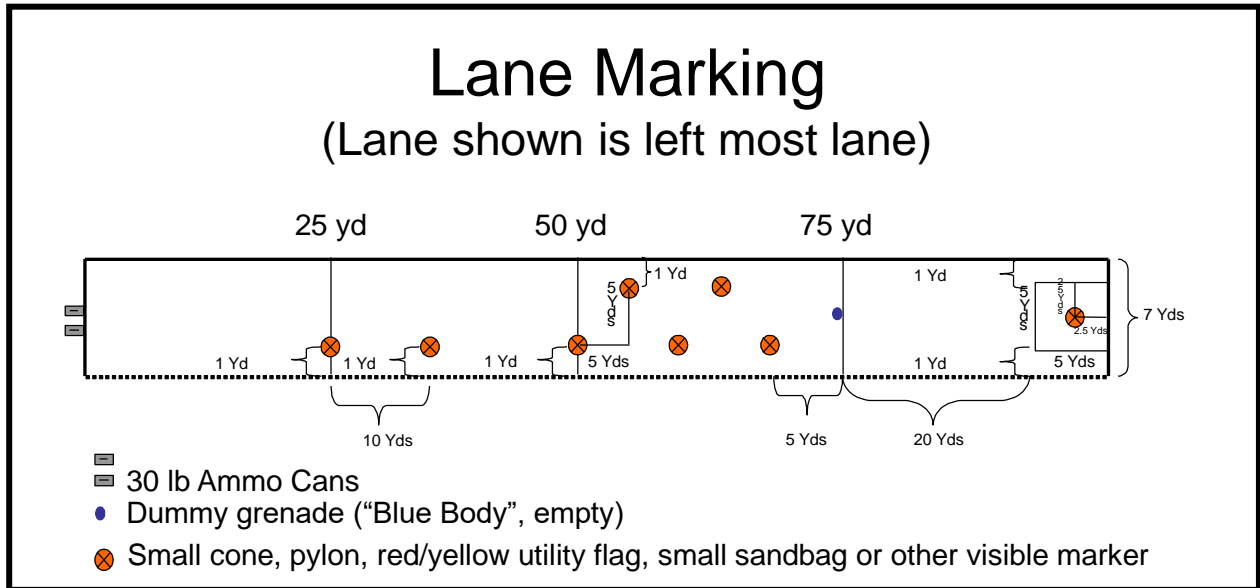


Figure 3-2.--MANUF Lane Marking.

(3) The number of monitors required is dependent upon the amount of lanes necessary to facilitate maximum throughput of a single running.

(4) The FFI or CPTR is the primary MANUF monitor. Each lane will have one field assistant monitor positioned at the 25 yard line. One grenade pit observer will verify 2 lanes. The rank requirement for MANUF assistant monitors is NCO or above. Grenade pit observers can be any rank. Monitors may rotate as necessary and are authorized to participate in the CFT. Mass starts for the MANUF is not necessary and individual field monitors can start Marines in their individual lanes upon approval of the FFI or CPTR. For example, if eight MANUF lanes are established, thirteen monitors/observers are required: One primary MANUF monitor, eight field monitors and four grenade pit observers.

(5) Prior to execution, the primary monitor will partner Marines by weight (within 10 pounds) and approximate height (within six inches) and assign a lane.

(6) Prior to execution, the primary monitor will ensure partnered pairs are assigned lanes based upon MTC times (from fastest to slowest). Marines with the fastest MTC times will execute the MANUF first in order to ensure a uniform pace that facilitates overall supervision and safety of participants. The Marine from the partnered pair not executing the MANUF first will serve as the simulated casualty (SC).

(7) Prior to execution, the primary monitor will direct designated SCs to proceed to the 75 yard line; sit up facing away with legs straight; one yard inboard from the right lateral limit of the assigned lane.

(8) Prior to execution, a dummy grenade will be placed on the deck in the center of each lane at the 75 yard line.

(9) Prior to execution, the primary monitor will ensure MANUF participants confirm their lane and SC location.

(10) Marines will start the MANUF while lying in the prone; chest on the ground; one yard inboard from the right lateral limit of the designated lane; on line with the SC located at the 75 yard line. Staggering placement of the legs is permitted.

(11) The preparatory command is "Ready" and the execute command is "Go." On the command "Go" Marines will rise and sprint to the 25 yard line.

(12) Upon reaching the 25 yard line, Marines will decelerate and execute a forward facing clockwise turn ("J" hook) around the marker placed one yard inboard from the right lateral limit of the lane. Once the forward facing turn has been executed, Marines will assume a high crawl position.

(13) With their chest on or behind the 25 yard line following the "J" hook, Marines will drop and execute a high crawl for 10 yards. The high crawl is characterized by the Marine maintaining contact with the ground with elbows, knees and torso.

(14) After high crawling 10 yards to the 35 yard line, Marines will then execute a modified high crawl for 15 yards to the 50 yard line. The modified high crawl is characterized by the Marine maintaining six (6) points of contact (hands, knees, and feet) with the ground.

(15) After reaching the 50 yard line, Marines will rise and negotiate a network of cones (utility flags/other markers) for 25 yards until reaching the 75 yard line. The SC will be seated at the 75 yard line with legs straight and forearms clasped together.

(16) Upon reaching the SC from the rear, Marines will prepare to conduct a casualty drag by reaching underneath and through the arms of the SC and obtaining a solid grasp on both forearms. Marines will then lift and drag the SC 10 yards through the first two cones at the 65 yard line. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and the natural curve of the lumbar spine maintained. Field monitors may verbally guide Marines dragging the SC through the nearest two cones.

(17) The SC must keep knees straight and toes off the deck when being dragged. The SC may not assist the Marine being tested while being dragged.

(18) Once the feet of the SC have passed the second cone, the field monitor will direct "Casualty Stand." Once the SC is standing, Marines will lift the SC into the Fireman's Carry position. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and buttocks down. The Marine will ensure the SC is placed high on the shoulders. The SC will place the palm of one hand in the small of the back of the Marine doing the carry for support. Marines will then transport the SC 65 yards straight back to the start line without negotiating the remainder of the cone network. Stopping to rest and/or readjust is permitted.

(19) Once the SC is passed through the start line, Marines will place the SC safely on the deck and lift two ammunition cans weighing 30 pounds each. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and buttocks down. The Marine will transport the two 30 pound ammunition cans back to the 75 yard line, negotiating the cone network while en route.

(20) Upon reaching the 75 yard line, Marines will place the ammunition cans next to the dummy grenade while utilizing a good lowering technique by bending at the knees.

(21) Marines will pick up the dummy grenade from the deck and engage the grenade target from the standing position. After the grenade is thrown, Marines will immediately drop to the deck and execute five push-ups. The quality of the push-ups will be graded in accordance with hybrid pull-up/push-up test standards. The grenade pit observer will signal to the field monitor both verbally and via hand signal whether the grenade throw was a hit or miss.

(22) To be counted as a hit, grenade throws must land directly in the grenade pit or strike the line marking the area. If the grenade lands in the grenade pit area, but rolls out, the throw is considered a hit. The field monitor will report the results of the grenade throw to the Marine after completion of the MANUF. Five seconds will be deducted from the overall MANUF time for hits and five seconds will be added to the overall MANUF time for misses.

(23) After conducting five properly executed push-ups, Marines will pick up the ammunition cans, utilizing proper lifting techniques by keeping the head up, chest elevated and buttocks down. After negotiating the cone network, Marines will transport the ammunition cans back to the start line. The primary monitor will ensure a five yard buffer zone is maintained between the start/finish line and any personnel/equipment.

(24) The primary monitor will sound off as event time elapses. The field monitor will provide grenade throw results. Marines will provide MANUF times and grenade throw results at the conclusion of the event. Scores will be calculated as follows:

For example, a Marine with an overall MANUF time of 2:42 and had a hit on the grenade throw portion would report "2:42 with a hit." The Marine recording will mark the overall time for this Marine as 2:37.

(25) The goal of this event is for Marines to complete the measured course as quickly as possible.

6. Performance. ~~The minimum performance requirements for Marines to pass the CFT are contained in Table 3-1. Marines must meet or exceed the minimum performance requirements for each event.~~ The minimum combined score required to pass the CFT is 150. The minimum performance in each CFT event will not achieve the overall points required for a passing score. Additional points must be earned in at least one event in order to achieve a 3rd class score. Failure to meet the minimum requirements in any one event constitutes a failure of the entire test, regardless of the total number of points earned.

Table 3-1.--CFT Minimum Performance Requirements.

<b>COMBAT FITNESS TEST MINIMUM SCORE</b>								
<b>MALE</b>								
	<b>17-20</b>	<b>21-25</b>	<b>26-30</b>	<b>31-35</b>	<b>36-40</b>	<b>41-45</b>	<b>46-50</b>	<b>51+</b>
<b>MTC</b>	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
<b>AL</b>	62	67	67	67	67	66	65	16
<b>MANUF</b>	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
<b>FEMALE</b>								
	<b>17-20</b>	<b>21-25</b>	<b>26-30</b>	<b>31-35</b>	<b>36-40</b>	<b>41-45</b>	<b>46-50</b>	<b>51+</b>
<b>MTC</b>	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
<b>AL</b>	30	30	30	30	30	28	26	6
<b>MANUF</b>	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33

7. Classification. The elements that comprise the CFT are the same for all Marines, regardless of gender or age. Marines must achieve the minimum performance requirement for all three events to successfully pass the CFT. Failure to meet the minimum requirement in any one event constitutes a failure of the entire test.

Table 3-2.--CFT Classification Scores.

<b>CFT Class</b>	
1st	235 to 300
2nd	200 to 234
3rd	<del>120</del> 150 to 199

8. Score. The CFT is a scored event. The 17-20 year old age group will be used to score all recruits on CFT performance, regardless of age. Age groups specific to an individual's age will be used to score officer candidates, Basic and Warrant Officer Course students, and Midshipmen from the Naval Academy and Naval Reserve Officer Training Corps on CFT performance. Calculating a cumulative score for a completed CFT can be derived from Tables 3-3 through 3-7.

9. Altitude Considerations. Units located at altitudes of 4,500 feet or more above sea level will provide Marines a 30-day acclimatization period prior to conducting a CFT. Marines scheduled to report to commands or parent stations at altitude in ~~June or~~ December will complete their CFTs prior to detaching. Calculating a cumulative score for a completed CFT at altitude can be derived from Tables 3-6 (MTC) and 3-7 (MANUF). There is no altitude compensation for the AL.

Table 3-3.--MTC Scoring Tables.

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
2:38		100						
2:39		99	100					
2:40	100	98	99					
2:41	99	97	98					
2:42	98	96	97	100				
2:43	97	96	97	99				
2:44	96	95	96	98				
2:45	95	94	95	97	100			
2:46	94	93	94	97	99			
2:47	94	92	93	96	98			
2:48	93	91	92	95	98			
2:49	92	90	91	94	97			
2:50	91	89	90	93	96			
2:51	90	88	90	92	95			
2:52	89	87	89	91	94	100		
2:53	88	87	88	90	93	99		
2:54	87	86	87	90	93	98		
2:55	86	85	86	89	92	98		
2:56	85	84	85	88	91	97		
2:57	84	83	84	87	90	96		
2:58	83	82	83	86	89	95		
2:59	82	81	83	85	88	95		
3:00	82	80	82	84	88	94		
3:01	81	79	81	83	87	93	100	
3:02	80	79	80	83	86	92	99	
3:03	79	78	79	82	85	92	99	
3:04	78	77	78	81	84	91	98	
3:05	77	76	77	80	84	90	97	100
3:06	76	75	77	79	83	89	97	99
3:07	75	74	76	78	82	89	96	99
3:08	74	73	75	77	81	88	95	98
3:09	73	72	74	77	80	87	94	98
3:10	72	71	73	76	79	86	94	97
3:11	71	70	72	75	79	86	93	97
3:12	70	70	71	74	78	85	92	96
3:13	70	69	70	73	77	84	92	96
3:14	69	68	70	72	76	83	91	95
3:15	68	67	69	71	75	83	90	95
3:16	67	66	68	70	75	82	90	94
3:17	66	65	67	70	74	81	89	94
3:18	65	64	66	69	73	80	88	93
3:19	64	63	65	68	72	79	88	93
3:20	63	62	64	67	71	79	87	92
3:21	62	61	63	66	70	78	86	92
3:22	61	61	63	65	70	77	86	91

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
3:10			100					
3:11			99					
3:12			99	100				
3:13		100	98	99				
3:14		99	97	99				
3:15		99	97	98				
3:16		98	96	97				
3:17		97	96	97				
3:18		97	95	96	100			
3:19	100	96	94	96	99			
3:20	99	95	94	95	99			
3:21	98	95	93	94	98			
3:22	98	94	92	94	98			
3:23	97	93	92	93	97			
3:24	96	93	91	92	96			
3:25	95	92	91	92	96	100		
3:26	95	91	90	91	95	99		
3:27	94	90	89	90	94	99		
3:28	93	90	89	90	94	98		
3:29	92	89	88	89	93	97		
3:30	91	88	87	89	93	97		
3:31	91	88	87	88	92	96		
3:32	90	87	86	87	91	95		
3:33	89	86	85	87	91	95		
3:34	88	86	85	86	90	94		
3:35	88	85	84	85	89	94		
3:36	87	84	84	85	89	93		
3:37	86	84	83	84	88	92		
3:38	85	83	82	83	88	92		
3:39	84	82	82	83	87	91	100	
3:40	84	82	81	82	86	90	99	
3:41	83	81	80	81	86	90	99	
3:42	82	80	80	81	85	89	98	
3:43	81	80	79	80	85	88	98	
3:44	81	79	79	80	84	88	97	
3:45	80	78	78	79	83	87	97	
3:46	79	78	77	78	83	86	96	
3:47	78	77	77	78	82	86	96	
3:48	77	76	76	77	81	85	95	
3:49	77	75	75	76	81	85	94	
3:50	76	75	75	76	80	84	94	
3:51	75	74	74	75	80	83	93	
3:52	74	73	73	74	79	83	93	
3:53	74	73	73	74	78	82	92	
3:54	73	72	72	73	78	81	92	



Table 3-3.--MTC Scoring Tables (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
3:23	60	60	62	64	69	76	85	91
3:24	59	59	61	63	68	76	84	90
3:25	58	58	60	63	67	75	83	90
3:26	58	57	59	62	66	74	83	89
3:27	57	56	58	61	65	73	82	89
3:28	56	55	57	60	65	73	81	88
3:29	55	54	57	59	64	72	81	88
3:30	54	53	56	58	63	71	80	87
3:31	53	53	55	57	62	70	79	87
3:32	52	52	54	57	61	70	79	86
3:33	51	51	53	56	61	69	78	86
3:34	50	50	52	55	60	68	77	85
3:35	49	49	51	54	59	67	77	85
3:36	48	48	50	53	58	67	76	85
3:37	47	47	50	52	57	66	75	84
3:38	46	46	49	51	56	65	74	84
3:39	46	45	48	50	56	64	74	83
3:40	45	44	47	50	55	64	73	83
3:41	44	44	46	49	54	63	72	82
3:42	43	43	45	48	53	62	72	82
3:43	42	42	44	47	52	61	71	81
3:44	41	41	43	46	52	61	70	81
3:45	40	40	43	45	51	60	70	80
3:46			42	44	50	59	69	80
3:47			41	43	49	58	68	79
3:48			40	43	48	57	68	79
3:49				42	47	57	67	78
3:50				41	47	56	66	78
3:51				40	46	55	66	77
3:52					45	54	65	77
3:53					44	54	64	76
3:54					43	53	63	76
3:55					42	52	63	75
3:56					42	51	62	75
3:57					41	51	61	74
3:58					40	50	61	74
3:59						49	60	73
4:00						48	59	73
4:01						48	59	72
4:02						47	58	72
4:03						46	57	71
4:04						45	57	71
4:05						45	56	70
4:06						44	55	70
4:07						43	54	70
4:08						42	54	69
4:09						42	53	69
4:10						41	52	68
4:11						40	52	68
4:12							51	67

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
3:55	72	71	72	73	77	81	91	100
3:56	71	71	71	72	76	80	90	99
3:57	70	70	70	71	76	79	90	99
3:58	70	69	70	71	75	79	89	98
3:59	69	69	69	70	75	78	89	98
4:00	68	68	68	69	74	77	88	97
4:01	67	67	68	69	73	77	88	97
4:02	66	67	67	68	73	76	87	96
4:03	66	66	67	67	72	75	87	96
4:04	65	65	66	67	72	75	86	95
4:05	64	65	65	66	71	74	85	95
4:06	63	64	65	66	70	74	85	94
4:07	63	63	64	65	70	73	84	94
4:08	62	63	63	64	69	72	84	93
4:09	61	62	63	64	68	72	83	93
4:10	60	61	62	63	68	71	83	92
4:11	59	60	61	62	67	70	82	92
4:12	59	60	61	62	67	70	81	91
4:13	58	59	60	61	66	69	81	91
4:14	57	58	60	60	65	68	80	90
4:15	56	58	59	60	65	68	80	90
4:16	56	57	58	59	64	67	79	89
4:17	55	56	58	59	64	66	79	89
4:18	54	56	57	58	63	66	78	88
4:19	53	55	56	57	62	65	78	88
4:20	52	54	56	57	62	65	77	87
4:21	52	54	55	56	61	64	76	87
4:22	51	53	55	55	60	63	76	86
4:23	50	52	54	55	60	63	75	86
4:24	49	52	53	54	59	62	75	85
4:25	49	51	53	53	59	61	74	85
4:26	48	50	52	53	58	61	74	84
4:27	47	50	51	52	57	60	73	84
4:28	46	49	51	51	57	59	73	83
4:29	45	48	50	51	56	59	72	83
4:30	45	48	49	50	55	58	71	82
4:31	44	47	49	50	55	57	71	82
4:32	43	46	48	49	54	57	70	81
4:33	42	45	48	48	54	56	70	81
4:34	42	45	47	48	53	55	69	80
4:35	41	44	46	47	52	55	69	79
4:36	40	43	46	46	52	54	68	79
4:37		43	45	46	51	54	67	78
4:38		42	44	45	51	53	67	78
4:39		41	44	44	50	52	66	77
4:40		41	43	44	49	52	66	77
4:41		40	43	43	49	51	65	76
4:42			42	43	48	50	65	76
4:43			41	42	47	50	64	75
4:44			41	41	47	49	64	75

Table 3-3.--MTC Scoring Tables (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
4:13							50	67
4:14							50	66
4:15							49	66
4:16							48	65
4:17							48	65
4:18							47	64
4:19							46	64
4:20							46	63
4:21							45	63
4:22							44	62
4:23							43	62
4:24							43	61
4:25							42	61
4:26							41	60
4:27							41	60
4:28							40	59
4:29								59
4:30								58
4:31								58
4:32								57
4:33								57
4:34								56
4:35								56
4:36								55
4:37								55
4:38								55
4:39								54
4:40								54
4:41								53
4:42								53
4:43								52
4:44								52
4:45								51
4:46								51
4:47								50
4:48								50
4:49								49
4:50								49
4:51								48
4:52								48
4:53								47
4:54								47
4:55								46
4:56								46
4:57								45
4:58								45
4:59								44
5:00								44
5:01								43

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
4:45			40	41	46	48	63	74
4:46				40	46	48	62	74
4:47					45	47	62	73
4:48					44	46	61	73
4:49					44	46	61	72
4:50					43	45	60	72
4:51					42	45	60	71
4:52					42	44	59	71
4:53					41	43	59	70
4:54					41	43	58	70
4:55					40	42	57	69
4:56						41	57	69
4:57						41	56	68
4:58						40	56	68
4:59							55	67
5:00							55	67
5:01							54	66
5:02							53	66
5:03							53	65
5:04							52	65
5:05							52	64
5:06							51	64
5:07							51	63
5:08							50	63
5:09							50	62
5:10							49	62
5:11							48	61
5:12							48	61
5:13							47	60
5:14							47	59
5:15							46	59
5:16							46	58
5:17							45	58
5:18							44	57
5:19							44	57
5:20							43	56
5:21							43	56
5:22							42	55
5:23							42	55
5:24							41	54
5:25							41	54
5:26							40	53
5:27								53
5:28								52
5:29								52
5:30								51
5:31								51
5:32								50
5:33								50

Table 3-3.--MTC Scoring Tables (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
5:02								43
5:03								42
5:04								42
5:05								41
5:06								41
5:07								40

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
5:34								49
5:35								49
5:36								48
5:37								48
5:38								47
5:39								47
5:40								46
5:41								46
5:42								45
5:43								45
5:44								44
5:45								44
5:46								43
5:47								43
5:48								42
5:49								42
5:50								41
5:51								41
5:52								40

Table 3-4.--AL Scoring Tables.

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40
120				100				
119				99				
118				98				
117				97				
116			100	95				
115		100	99	94				
114		99	98	93				
113		98	96	92				
112		96	95	91				
111		95	94	90				
110		94	93	89	100			
109		93	91	88	99			
108		91	90	86	97			
107		90	89	85	96			
106	100	89	88	84	94	100		
105	99	88	87	83	93	99		
104	97	86	85	82	92	97		
103	96	85	84	81	90	96		
102	95	84	83	80	89	94		
101	93	83	82	78	87	93		
100	92	81	80	77	86	91	100	
99	90	80	79	76	85	90	98	
98	89	79	78	75	83	88	97	
97	88	78	77	74	82	87	95	
96	86	76	76	73	80	85	93	
95	85	75	74	72	79	84	91	100
94	84	74	73	71	78	82	90	99
93	82	73	72	69	76	81	88	98
92	81	71	71	68	75	79	86	98
91	80	70	69	67	73	78	85	97
90	78	69	68	66	72	76	83	96
89	77	68	67	65	71	75	81	95
88	75	66	66	64	69	73	79	95
87	74	65	64	63	68	72	78	94
86	73	64	63	62	67	70	76	93
85	71	63	62	60	65	69	74	92
84	70	61	61	59	64	67	73	92
83	69	60	60	58	62	66	71	91
82	67	59	58	57	61	64	69	90
81	66	58	57	56	60	63	67	89
80	65	56	56	55	58	61	66	89
79	63	55	55	54	57	60	64	88
78	62	54	53	52	55	58	62	87
77	60	53	52	51	54	57	61	86

Female	Female ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	66	74	75	72	70	62	53	44
Min	30	30	30	30	30	28	26	6
Min Pts	40	40	40	40	40	40	40	40
75			100					
74		100	99					
73		99	97					
72		97	96	100				
71		96	95	99				
70		95	93	97	100			
69		93	92	96	99			
68		92	91	94	97			
67		90	89	93	96			
66	100	89	88	91	94			
65	98	88	87	90	93			
64	97	86	85	89	91			
63	95	85	84	87	90			
62	93	84	83	86	88	100		
61	92	82	81	84	87	98		
60	90	81	80	83	85	96		
59	88	80	79	81	84	95		
58	87	78	77	80	82	93		
57	85	77	76	79	81	91		
56	83	75	75	77	79	89		
55	82	74	73	76	78	88		
54	80	73	72	74	76	86		
53	78	71	71	73	75	84	100	
52	77	70	69	71	73	82	98	
51	75	69	68	70	72	81	96	
50	73	67	67	69	70	79	93	
49	72	66	65	67	69	77	91	
48	70	65	64	66	67	75	89	
47	68	63	63	64	66	74	87	
46	67	62	61	63	64	72	84	
45	65	60	60	61	63	70	82	
44	63	59	59	60	61	68	80	100
43	62	58	57	59	60	66	78	98
42	60	56	56	57	58	65	76	97
41	58	55	55	56	57	63	73	95
40	57	54	53	54	55	61	71	94
39	55	52	52	53	54	59	69	92
38	53	51	51	51	52	58	67	91
37	52	50	49	50	51	56	64	89
36	50	48	48	49	49	54	62	87
35	48	47	47	47	48	52	60	86
34	47	45	45	46	46	51	58	84
33	45	44	44	44	45	49	56	83
32	43	43	43	43	43	47	53	81

Table 3-4.--AL Scoring Tables (cont.)

Male	Male ACL								Female	Female ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	<b>106</b>	<b>115</b>	<b>116</b>	<b>120</b>	<b>110</b>	<b>106</b>	<b>100</b>	<b>95</b>	<b>Max</b>	<b>66</b>	<b>74</b>	<b>75</b>	<b>72</b>	<b>70</b>	<b>62</b>	<b>53</b>	<b>44</b>
<b>Min</b>	<b>62</b>	<b>67</b>	<b>67</b>	<b>67</b>	<b>67</b>	<b>66</b>	<b>65</b>	<b>16</b>	<b>Min</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>28</b>	<b>26</b>	<b>6</b>
<b>Min Pts</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>Min Pts</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
76	59	51	51	50	53	55	59	86	31	42	41	41	41	42	45	51	79
75	58	50	50	49	51	54	57	85	30	40	40	40	40	40	44	49	78
74	56	49	49	48	50	52	55	84	29						42	47	76
73	55	48	47	47	48	51	54	83	28						40	44	75
72	54	46	46	46	47	49	52	83	27							42	73
71	52	45	45	45	46	48	50	82	26							40	72
70	51	44	44	43	44	46	49	81	25								70
69	50	43	42	42	43	45	47	80	24								68
68	48	41	41	41	41	43	45	79	23								67
67	47	40	40	40	40	42	43	79	22								65
66	45					40	42	78	21								64
65	44						40	77	20								62
64	43							76	19								61
63	41							76	18								59
62	40							75	17								57
61								74	16								56
60								73	15								54
59								73	14								53
58								72	13								51
57								71	12								49
56								70	11								48
55								70	10								46
54								69	9								45
53								68	8								43
52								67	7								42
51								67	6								40
50								66									
49								65									
48								64									
47								64									
46								63									
45								62									
44								61									
43								61									
42								60									
41								59									
40								58									
39								57									
38								57									
37								56									
36								55									
35								54									
34								54									

Table 3-4.--AL Scoring Tables (cont.)

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	<b>106</b>	<b>115</b>	<b>116</b>	<b>120</b>	<b>110</b>	<b>106</b>	<b>100</b>	<b>95</b>
<b>Min</b>	<b>62</b>	<b>67</b>	<b>67</b>	<b>67</b>	<b>67</b>	<b>66</b>	<b>65</b>	<b>16</b>
<b>Min Pts</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
33								53
32								52
31								51
30								51
29								50
28								49
27								48
26								48
25								47
24								46
23								45
22								45
21								44
20								43
19								42
18								42
17								41
16								40

Table 3-5.--MANUF Scoring Tables.

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40

	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:04		100						
2:05		99	100					
2:06		98	99					
2:07	100	98	98					
2:08	99	97	98					
2:09	98	96	97					
2:10	97	95	96	100				
2:11	97	94	95	99				
2:12	96	94	95	99				
2:13	95	93	94	98				
2:14	94	92	93	97				
2:15	93	91	92	96				
2:16	92	90	91	96	100			
2:17	91	89	91	95	99			
2:18	91	89	90	94	99			
2:19	90	88	89	93	98			
2:20	89	87	88	93	97			
2:21	88	86	88	92	97			
2:22	87	85	87	91	96			
2:23	86	85	86	90	95	100		
2:24	85	84	85	90	94	99		
2:25	85	83	84	89	94	99		
2:26	84	82	84	88	93	98		
2:27	83	81	83	87	92	98		
2:28	82	81	82	87	92	97		
2:29	81	80	81	86	91	96		
2:30	80	79	81	85	90	96		
2:31	79	78	80	84	90	95		
2:32	79	77	79	84	89	94		
2:33	78	76	78	83	88	94		
2:34	77	76	77	82	87	93		
2:35	76	75	77	81	87	93		
2:36	75	74	76	81	86	92		
2:37	74	73	75	80	85	91		
2:38	73	72	74	79	85	91		
2:39	73	72	74	78	84	90		
2:40	72	71	73	78	83	89	100	
2:41	71	70	72	77	83	89	99	
2:42	70	69	71	76	82	88	99	
2:43	69	68	70	75	81	88	98	
2:44	68	68	70	75	80	87	97	
2:45	67	67	69	74	80	86	97	
2:46	67	66	68	73	79	86	96	
2:47	66	65	67	72	78	85	96	

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40

	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:42			100					
2:43			99					
2:44			99					
2:45		100	98					
2:46		99	98					
2:47		99	97					
2:48		98	97					
2:49		98	96	100				
2:50		97	96	99				
2:51		97	95	99				
2:52		96	95	98				
2:53		96	94	98	100			
2:54		95	94	97	100			
2:55	100	94	93	97	99			
2:56	99	94	93	96	99			
2:57	99	93	92	96	98	100		
2:58	98	93	92	95	98	100		
2:59	98	92	91	95	97	99		
3:00	97	92	91	94	97	99		
3:01	97	91	90	94	96	98		
3:02	96	91	90	93	96	98		
3:03	96	90	89	93	95	97		
3:04	95	90	89	92	95	97		
3:05	95	89	88	92	94	96		
3:06	94	88	88	91	94	96		
3:07	94	88	87	91	93	95		
3:08	93	87	87	90	93	95		
3:09	93	87	86	90	92	94		
3:10	92	86	86	89	92	94		
3:11	92	86	85	89	91	93		
3:12	91	85	85	88	91	93		
3:13	91	85	84	87	90	92		
3:14	90	84	84	87	90	92		
3:15	90	83	83	86	89	91		
3:16	89	83	83	86	89	91		
3:17	89	82	82	85	88	90		
3:18	88	82	82	85	88	90		
3:19	88	81	81	84	87	89		
3:20	87	81	81	84	87	89		
3:21	87	80	80	83	86	88		
3:22	86	80	80	83	86	88		
3:23	86	79	79	82	85	87		
3:24	85	79	79	82	85	87		
3:25	85	78	78	81	84	86		

Table 3-5.--MANUF Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
2:48	65	64	66	72	78	84	95	
2:49	64	64	66	71	77	84	94	
2:50	63	63	65	70	76	83	94	
2:51	62	62	64	69	76	83	93	
2:52	61	61	63	69	75	82	92	100
2:53	61	60	63	68	74	81	92	99
2:54	60	59	62	67	73	81	91	99
2:55	59	59	61	66	73	80	90	99
2:56	58	58	60	66	72	79	90	98
2:57	57	57	59	65	71	79	89	98
2:58	56	56	59	64	71	78	89	98
2:59	55	55	58	63	70	78	88	98
3:00	55	55	57	63	69	77	87	97
3:01	54	54	56	62	69	76	87	97
3:02	53	53	56	61	68	76	86	97
3:03	52	52	55	60	67	75	85	96
3:04	51	51	54	60	67	74	85	96
3:05	50	51	53	59	66	74	84	96
3:06	49	50	52	58	65	73	83	95
3:07	49	49	52	57	64	73	83	95
3:08	48	48	51	57	64	72	82	95
3:09	47	47	50	56	63	71	81	95
3:10	46	46	49	55	62	71	81	94
3:11	45	46	49	54	62	70	80	94
3:12	44	45	48	54	61	69	80	94
3:13	43	44	47	53	60	69	79	93
3:14	43	43	46	52	60	68	78	93
3:15	42	42	45	51	59	68	78	93
3:16	41	42	45	51	58	67	77	92
3:17	40	41	44	50	57	66	76	92
3:18		40	43	49	57	66	76	92
3:19			42	48	56	65	75	92
3:20			42	48	55	64	74	91
3:21			41	47	55	64	74	91
3:22			40	46	54	63	73	91
3:23				45	53	63	73	90
3:24				45	53	62	72	90
3:25				44	52	61	71	90
3:26				43	51	61	71	89
3:27				42	50	60	70	89
3:28				42	50	59	69	89
3:29				41	49	59	69	89
3:30				40	48	58	68	88
3:31					48	58	67	88
3:32					47	57	67	88
3:33					46	56	66	87

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
3:26	84	77	78	81	84	86		
3:27	84	77	77	80	83	85		
3:28	83	76	77	80	83	85		
3:29	83	76	76	79	82	85		
3:30	82	75	76	79	82	84		
3:31	82	75	75	78	81	84		
3:32	81	74	75	78	81	83		
3:33	81	74	74	77	80	83		
3:34	80	73	74	77	80	82		
3:35	80	72	73	76	80	82	100	
3:36	79	72	73	75	79	81	99	
3:37	79	71	72	75	79	81	99	
3:38	78	71	72	74	78	80	98	
3:39	78	70	71	74	78	80	97	
3:40	77	70	71	73	77	79	97	
3:41	77	69	70	73	77	79	96	
3:42	76	69	69	72	76	78	95	
3:43	76	68	69	72	76	78	95	
3:44	75	68	68	71	75	77	94	100
3:45	75	67	68	71	75	77	93	99
3:46	74	66	67	70	74	76	93	99
3:47	74	66	67	70	74	76	92	99
3:48	73	65	66	69	73	75	91	98
3:49	73	65	66	69	73	75	91	98
3:50	72	64	65	68	72	74	90	98
3:51	72	64	65	68	72	74	89	97
3:52	71	63	64	67	71	73	89	97
3:53	71	63	64	67	71	73	88	96
3:54	70	62	63	66	70	72	87	96
3:55	69	61	63	66	70	72	87	96
3:56	69	61	62	65	69	71	86	95
3:57	68	60	62	65	69	71	85	95
3:58	68	60	61	64	68	70	85	95
3:59	67	59	61	63	68	70	84	94
4:00	67	59	60	63	67	70	84	94
4:01	66	58	60	62	67	69	83	94
4:02	66	58	59	62	66	69	82	93
4:03	65	57	59	61	66	68	82	93
4:04	65	57	58	61	65	68	81	93
4:05	64	56	58	60	65	67	80	92
4:06	64	55	57	60	64	67	80	92
4:07	63	55	57	59	64	66	79	92
4:08	63	54	56	59	63	66	78	91
4:09	62	54	56	58	63	65	78	91
4:10	62	53	55	58	62	65	77	91
4:11	61	53	55	57	62	64	76	90



Table 3-5.--MANUF Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
3:34					46	56	66	87
3:35					45	55	65	87
3:36					44	54	64	86
3:37					43	54	64	86
3:38					43	53	63	86
3:39					42	53	62	86
3:40					41	52	62	85
3:41					41	51	61	85
3:42					40	51	60	85
3:43						50	60	84
3:44						49	59	84
3:45						49	59	84
3:46						48	58	83
3:47						48	57	83
3:48						47	57	83
3:49						46	56	83
3:50						46	55	82
3:51						45	55	82
3:52						44	54	82
3:53						44	53	81
3:54						43	53	81
3:55						43	52	81
3:56						42	51	80
3:57						41	51	80
3:58						41	50	80
3:59						40	50	79
4:00							49	79
4:01							48	79
4:02							48	79
4:03							47	78
4:04							46	78
4:05							46	78
4:06							45	77
4:07							44	77
4:08							44	77
4:09							43	76
4:10							43	76
4:11							42	76
4:12							41	76
4:13							41	75
4:14							40	75
4:15								75
4:16								74
4:17								74
4:18								74
4:19								73

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
4:12	61	52	54	57	61	64	76	90
4:13	60	52	54	56	61	63	75	89
4:14	60	51	53	56	60	63	74	89
4:15	59	50	53	55	60	62	74	89
4:16	59	50	52	55	60	62	73	88
4:17	58	49	52	54	59	61	72	88
4:18	58	49	51	54	59	61	72	88
4:19	57	48	51	53	58	60	71	87
4:20	57	48	50	53	58	60	70	87
4:21	56	47	50	52	57	59	70	87
4:22	56	47	49	51	57	59	69	86
4:23	55	46	49	51	56	58	68	86
4:24	55	46	48	50	56	58	68	86
4:25	54	45	48	50	55	57	67	85
4:26	54	44	47	49	55	57	66	85
4:27	53	44	47	49	54	56	66	85
4:28	53	43	46	48	54	56	65	84
4:29	52	43	46	48	53	55	64	84
4:30	52	42	45	47	53	55	64	84
4:31	51	42	45	47	52	55	63	83
4:32	51	41	44	46	52	54	62	83
4:33	50	41	44	46	51	54	62	82
4:34	50	40	43	45	51	53	61	82
4:35	49		43	45	50	53	60	82
4:36	49		42	44	50	52	60	81
4:37	48		42	44	49	52	59	81
4:38	48		41	43	49	51	58	81
4:39	47		41	43	48	51	58	80
4:40	47		40	42	48	50	57	80
4:41	46			42	47	50	56	80
4:42	46			41	47	49	56	79
4:43	45			41	46	49	55	79
4:44	45			40	46	48	55	79
4:45	44				45	48	54	78
4:46	44				45	47	53	78
4:47	43				44	47	53	78
4:48	43				44	46	52	77
4:49	42				43	46	51	77
4:50	42				43	45	51	76
4:51	41				42	45	50	76
4:52	41				42	44	49	76
4:53	40				41	44	49	75
4:54					41	43	48	75
4:55					40	43	47	75
4:56					40	42	47	74
4:57						42	46	74

Table 3-5.--MANUF Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
4:20								73
4:21								73
4:22								73
4:23								72
4:24								72
4:25								72
4:26								71
4:27								71
4:28								71
4:29								70
4:30								70
4:31								70
4:32								70
4:33								69
4:34								69
4:35								69
4:36								68
4:37								68
4:38								68
4:39								67
4:40								67
4:41								67
4:42								67
4:43								66
4:44								66
4:45								66
4:46								65
4:47								65
4:48								65
4:49								64
4:50								64
4:51								64
4:52								64
4:53								63
4:54								63
4:55								63
4:56								62
4:57								62
4:58								62
4:59								61
5:00								61
5:01								61
5:02								61
5:03								60
5:04								60
5:05								60
5:06								59

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
4:58						41	45	74
4:59						41	45	73
5:00						40	44	73
5:01						40	43	73
5:02							43	72
5:03							42	72
5:04							41	72
5:05							41	71
5:06							40	71
5:07								71
5:08								70
5:09								70
5:10								69
5:11								69
5:12								69
5:13								68
5:14								68
5:15								68
5:16								67
5:17								67
5:18								67
5:19								66
5:20								66
5:21								66
5:22								65
5:23								65
5:24								65
5:25								64
5:26								64
5:27								64
5:28								63
5:29								63
5:30								62
5:31								62
5:32								62
5:33								61
5:34								61
5:35								61
5:36								60
5:37								60
5:38								60
5:39								59
5:40								59
5:41								59
5:42								58
5:43								58
5:44								58

Table 3-5.--MANUF Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
5:07								59
5:08								59
5:09								58
5:10								58
5:11								58
5:12								57
5:13								57
5:14								57
5:15								57
5:16								56
5:17								56
5:18								56
5:19								55
5:20								55
5:21								55
5:22								54
5:23								54
5:24								54
5:25								54
5:26								53
5:27								53
5:28								53
5:29								52
5:30								52
5:31								52
5:32								51
5:33								51
5:34								51
5:35								51
5:36								50
5:37								50
5:38								50
5:39								49
5:40								49
5:41								49
5:42								48
5:43								48
5:44								48
5:45								48
5:46								47
5:47								47
5:48								47
5:49								46
5:50								46
5:51								46
5:52								45

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
5:45								57
5:46								57
5:47								56
5:48								56
5:49								56
5:50								55
5:51								55
5:52								55
5:53								54
5:54								54
5:55								54
5:56								53
5:57								53
5:58								53
5:59								52
6:00								52
6:01								52
6:02								51
6:03								51
6:04								51
6:05								50
6:06								50
6:07								49
6:08								49
6:09								49
6:10								48
6:11								48
6:12								48
6:13								47
6:14								47
6:15								47
6:16								46
6:17								46
6:18								46
6:19								45
6:20								45
6:21								45
6:22								44
6:23								44
6:24								44
6:25								43
6:26								43
6:27								42
6:28								42
6:29								42
6:30								41

Table 3-5.--MANUF Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
5:53								45
5:54								45
5:55								45
5:56								44
5:57								44
5:58								44
5:59								43
6:00								43
6:01								43
6:02								42
6:03								42
6:04								42
6:05								42
6:06								41
6:07								41
6:08								41
6:09								40
6:10								

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
6:31								41
6:32								41
6:33								40
6:34								
6:35								
6:36								
6:37								
6:38								
6:39								
6:40								
6:41								
6:42								
6:43								
6:44								
6:45								
6:46								
6:47								
6:48								

Table 3-6.--MTC at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level).

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40

	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:38								
2:39								
2:40								
2:41								
2:42								
2:43								
2:44		100						
2:45		99	100					
2:46	100	98	99					
2:47	99	97	98					
2:48	98	96	97	100				
2:49	97	96	97	99				
2:50	96	95	96	98				
2:51	95	94	95	97	100			
2:52	94	93	94	97	99			
2:53	94	92	93	96	98			
2:54	93	91	92	95	98			
2:55	92	90	91	94	97			
2:56	91	89	90	93	96			
2:57	90	88	90	92	95			
2:58	89	87	89	91	94	100		
2:59	88	87	88	90	93	99		
3:00	87	86	87	90	93	98		
3:01	86	85	86	89	92	98		
3:02	85	84	85	88	91	97		
3:03	84	83	84	87	90	96		
3:04	83	82	83	86	89	95		
3:05	82	81	83	85	88	95		
3:06	82	80	82	84	88	94		
3:07	81	79	81	83	87	93	100	
3:08	80	79	80	83	86	92	99	
3:09	79	78	79	82	85	92	99	
3:10	78	77	78	81	84	91	98	
3:11	77	76	77	80	84	90	97	100
3:12	76	75	77	79	83	89	97	99
3:13	75	74	76	78	82	89	96	99
3:14	74	73	75	77	81	88	95	98
3:15	73	72	74	77	80	87	94	98
3:16	72	71	73	76	79	86	94	97
3:17	71	70	72	75	79	86	93	97
3:18	70	70	71	74	78	85	92	96
3:19	70	69	70	73	77	84	92	96
3:20	69	68	70	72	76	83	91	95
3:21	68	67	69	71	75	83	90	95
3:22	67	66	68	70	75	82	90	94
3:23	66	65	67	70	74	81	89	94

	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
3:10								
3:11								
3:12								
3:13								
3:14								
3:15								
3:16			100					
3:17			99					
3:18			99	100				
3:19		100	98	99				
3:20		99	97	99				
3:21		99	97	98				
3:22		98	96	97				
3:23		97	96	97				
3:24		97	95	96	100			
3:25	100	96	94	96	99			
3:26	99	95	94	95	99			
3:27	98	95	93	94	98			
3:28	98	94	92	94	98			
3:29	97	93	92	93	97			
3:30	96	93	91	92	96			
3:31	95	92	91	92	96	100		
3:32	95	91	90	91	95	99		
3:33	94	90	89	90	94	99		
3:34	93	90	89	90	94	98		
3:35	92	89	88	89	93	97		
3:36	91	88	87	89	93	97		
3:37	91	88	87	88	92	96		
3:38	90	87	86	87	91	95		
3:39	89	86	85	87	91	95		
3:40	88	86	85	86	90	94		
3:41	88	85	84	85	89	94		
3:42	87	84	84	85	89	93		
3:43	86	84	83	84	88	92		
3:44	85	83	82	83	88	92		
3:45	84	82	82	83	87	91	100	
3:46	84	82	81	82	86	90	99	
3:47	83	81	80	81	86	90	99	
3:48	82	80	80	81	85	89	98	
3:49	81	80	79	80	85	88	98	
3:50	81	79	79	80	84	88	97	
3:51	80	78	78	79	83	87	97	
3:52	79	78	77	78	83	86	96	
3:53	78	77	77	78	82	86	96	
3:54	77	76	76	77	81	85	95	
3:55	77	75	75	76	81	85	94	

Table 3-6.--MTC at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40
3:24	65	64	66	69	73	80	88	93
3:25	64	63	65	68	72	79	88	93
3:26	63	62	64	67	71	79	87	92
3:27	62	61	63	66	70	78	86	92
3:28	61	61	63	65	70	77	86	91
3:29	60	60	62	64	69	76	85	91
3:30	59	59	61	63	68	76	84	90
3:31	58	58	60	63	67	75	83	90
3:32	58	57	59	62	66	74	83	89
3:33	57	56	58	61	65	73	82	89
3:34	56	55	57	60	65	73	81	88
3:35	55	54	57	59	64	72	81	88
3:36	54	53	56	58	63	71	80	87
3:37	53	53	55	57	62	70	79	87
3:38	52	52	54	57	61	70	79	86
3:39	51	51	53	56	61	69	78	86
3:40	50	50	52	55	60	68	77	85
3:41	49	49	51	54	59	67	77	85
3:42	48	48	50	53	58	67	76	84
3:43	47	47	50	52	57	66	75	84
3:44	46	46	49	51	56	65	74	83
3:45	46	45	48	50	56	64	74	83
3:46	45	44	47	50	55	64	73	82
3:47	44	44	46	49	54	63	72	82
3:48	43	43	45	48	53	62	72	81
3:49	42	42	44	47	52	61	71	81
3:50	41	41	43	46	52	61	70	80
3:51	40	40	43	45	51	60	70	80
3:52			42	44	50	59	69	79
3:53			41	43	49	58	68	79
3:54			40	43	48	57	68	78
3:55				42	47	57	67	78
3:56				41	47	56	66	77
3:57				40	46	55	66	77
3:58					45	54	65	76
3:59					44	54	64	76
4:00					43	53	63	75
4:01					42	52	63	75
4:02					42	51	62	74
4:03					41	51	61	74
4:04					40	50	61	73
4:05						49	60	73
4:06						48	59	72
4:07						48	59	72
4:08						47	58	71
4:09						46	57	71
4:10						45	57	70
4:11						45	56	70

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40
3:56	76	75	75	76	80	84	94	
3:57	75	74	74	75	80	83	93	
3:58	74	73	73	74	79	83	93	
3:59	74	73	73	74	78	82	92	
4:00	73	72	72	73	78	81	92	
4:01	72	71	72	73	77	81	91	100
4:02	71	71	71	72	76	80	90	99
4:03	70	70	70	71	76	79	90	99
4:04	70	69	70	71	75	79	89	98
4:05	69	69	69	70	75	78	89	98
4:06	68	68	68	69	74	77	88	97
4:07	67	67	68	69	73	77	88	97
4:08	66	67	67	68	73	76	87	96
4:09	66	66	67	67	72	75	87	96
4:10	65	65	66	67	72	75	86	95
4:11	64	65	65	66	71	74	85	95
4:12	63	64	65	66	70	74	85	94
4:13	63	63	64	65	70	73	84	94
4:14	62	63	63	64	69	72	84	93
4:15	61	62	63	64	68	72	83	93
4:16	60	61	62	63	68	71	83	92
4:17	59	60	61	62	67	70	82	92
4:18	59	60	61	62	67	70	81	91
4:19	58	59	60	61	66	69	81	91
4:20	57	58	60	60	65	68	80	90
4:21	56	58	59	60	65	68	80	90
4:22	56	57	58	59	64	67	79	89
4:23	55	56	58	59	64	66	79	89
4:24	54	56	57	58	63	66	78	88
4:25	53	55	56	57	62	65	78	88
4:26	52	54	56	57	62	65	77	87
4:27	52	54	55	56	61	64	76	87
4:28	51	53	55	55	60	63	76	86
4:29	50	52	54	55	60	63	75	86
4:30	49	52	53	54	59	62	75	85
4:31	49	51	53	53	59	61	74	85
4:32	48	50	52	53	58	61	74	84
4:33	47	50	51	52	57	60	73	84
4:34	46	49	51	51	57	59	73	83
4:35	45	48	50	51	56	59	72	83
4:36	45	48	49	50	55	58	71	82
4:37	44	47	49	50	55	57	71	82
4:38	43	46	48	49	54	57	70	81
4:39	42	45	48	48	54	56	70	81
4:40	42	45	47	48	53	55	69	80
4:41	41	44	46	47	52	55	69	79
4:42	40	43	46	46	52	54	68	79
4:43		43	45	46	51	54	67	78

Table 3-6.--MTC at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40
4:12						44	55	70
4:13						43	54	69
4:14						42	54	69
4:15						42	53	68
4:16						41	52	68
4:17						40	52	67
4:18							51	67
4:19							50	66
4:20							50	66
4:21							49	65
4:22							48	65
4:23							48	64
4:24							47	64
4:25							46	63
4:26							46	63
4:27							45	62
4:28							44	62
4:29							43	61
4:30							43	61
4:31							42	60
4:32							41	60
4:33							41	59
4:34							40	59
4:35								58
4:36								58
4:37								57
4:38								57
4:39								56
4:40								56
4:41								55
4:42								55
4:43								54
4:44								54
4:45								53
4:46								53
4:47								52
4:48								52
4:49								51
4:50								51
4:51								50
4:52								50
4:53								49
4:54								49
4:55								48
4:56								48
4:57								47
4:58								47

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40
4:44		42	44	45	51	53	67	78
4:45		41	44	44	50	52	66	77
4:46		41	43	44	49	52	66	77
4:47		40	43	43	49	51	65	76
4:48			42	43	48	50	65	76
4:49			41	42	47	50	64	75
4:50			41	41	47	49	64	75
4:51			40	41	46	48	63	74
4:52				40	46	48	62	74
4:53					45	47	62	73
4:54					44	46	61	73
4:55					44	46	61	72
4:56					43	45	60	72
4:57					42	45	60	71
4:58					42	44	59	71
4:59					41	43	59	70
5:00					41	43	58	70
5:01					40	42	57	69
5:02						41	57	69
5:03						41	56	68
5:04						40	56	68
5:05							55	67
5:06							55	67
5:07							54	66
5:08							53	66
5:09							53	65
5:10							52	65
5:11							52	64
5:12							51	64
5:13							51	63
5:14							50	63
5:15							50	62
5:16							49	62
5:17							48	61
5:18							48	61
5:19							47	60
5:20							47	59
5:21							46	59
5:22							46	58
5:23							45	58
5:24							44	57
5:25							44	57
5:26							43	56
5:27							43	56
5:28							42	55
5:29							42	55
5:30							41	54

Table 3-6.--MTC at Altitude Scoring Tables  
 (at or above 4,500 feet mean sea level) (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40
4:59								46
5:00								46
5:01								45
5:02								45
5:03								44
5:04								44
5:05								43
5:06								43
5:07								42
5:08								42
5:09								41
5:10								41
5:11								40
5:12								
5:13								
5:14								
5:15								
5:16								
5:17								
5:18								
5:19								

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40
5:31							41	54
5:32							40	53
5:33								53
5:34								52
5:35								52
5:36								51
5:37								51
5:38								50
5:39								50
5:40								49
5:41								49
5:42								48
5:43								48
5:44								47
5:45								47
5:46								46
5:47								46
5:48								45
5:49								45
5:50								44
5:51								44
5:52								43
5:53								43
5:54								42
5:55								42
5:56								41
5:57								41
5:58								40
5:59								
6:00								
6:01								
6:02								



Table 3-7.--MANUF at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:04								
2:05								
2:06								
2:07								
2:08								
2:09								
2:10								
2:11								
2:12		100						
2:13		99	100					
2:14		98	99					
2:15	100	98	98					
2:16	99	97	98					
2:17	98	96	97					
2:18	97	95	96	100				
2:19	97	94	95	99				
2:20	96	94	95	99				
2:21	95	93	94	98				
2:22	94	92	93	97				
2:23	93	91	92	96				
2:24	92	90	91	96	100			
2:25	91	89	91	95	99			
2:26	91	89	90	94	99			
2:27	90	88	89	93	98			
2:28	89	87	88	93	97			
2:29	88	86	88	92	97			
2:30	87	85	87	91	96			
2:31	86	85	86	90	95	100		
2:32	85	84	85	90	94	99		
2:33	85	83	84	89	94	99		
2:34	84	82	84	88	93	98		
2:35	83	81	83	87	92	98		
2:36	82	81	82	87	92	97		
2:37	81	80	81	86	91	96		
2:38	80	79	81	85	90	96		
2:39	79	78	80	84	90	95		
2:40	79	77	79	84	89	94		
2:41	78	76	78	83	88	94		
2:42	77	76	77	82	87	93		
2:43	76	75	77	81	87	93		
2:44	75	74	76	81	86	92		
2:45	74	73	75	80	85	91		
2:46	73	72	74	79	85	91		
2:47	73	72	74	78	84	90		
2:48	72	71	73	78	83	89	100	
2:49	71	70	72	77	83	89	99	
2:50	70	69	71	76	82	88	99	

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:42								
2:43								
2:44								
2:45								
2:46								
2:47								
2:48								
2:49								
2:50			100					
2:51			99					
2:52			99					
2:53		100	98					
2:54		99	98					
2:55		99	97					
2:56		98	97					
2:57		98	96	100				
2:58		97	96	99				
2:59		97	95	99				
3:00		96	95	98				
3:01		96	94	98	100			
3:02		95	94	97	100			
3:03	100	94	93	97	99			
3:04	99	94	93	96	99			
3:05	99	93	92	96	98	100		
3:06	98	93	92	95	98	100		
3:07	98	92	91	95	97	99		
3:08	97	92	91	94	97	99		
3:09	97	91	90	94	96	98		
3:10	96	91	90	93	96	98		
3:11	96	90	89	93	95	97		
3:12	95	90	89	92	95	97		
3:13	95	89	88	92	94	96		
3:14	94	88	88	91	94	96		
3:15	94	88	87	91	93	95		
3:16	93	87	87	90	93	95		
3:17	93	87	86	90	92	94		
3:18	92	86	86	89	92	94		
3:19	92	86	85	89	91	93		
3:20	91	85	85	88	91	93		
3:21	91	85	84	87	90	92		
3:22	90	84	84	87	90	92		
3:23	90	83	83	86	89	91		
3:24	89	83	83	86	89	91		
3:25	89	82	82	85	88	90		
3:26	88	82	82	85	88	90		
3:27	88	81	81	84	87	89		
3:28	87	81	81	84	87	89		

Table 3-7.--MANUF at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
2:51	69	68	70	75	81	88	98	
2:52	68	68	70	75	80	87	97	
2:53	67	67	69	74	80	86	97	
2:54	67	66	68	73	79	86	96	
2:55	66	65	67	72	78	85	96	
2:56	65	64	66	72	78	84	95	
2:57	64	64	66	71	77	84	94	
2:58	63	63	65	70	76	83	94	
2:59	62	62	64	69	76	83	93	
3:00	61	61	63	69	75	82	92	100
3:01	61	60	63	68	74	81	92	99
3:02	60	59	62	67	73	81	91	99
3:03	59	59	61	66	73	80	90	99
3:04	58	58	60	66	72	79	90	98
3:05	57	57	59	65	71	79	89	98
3:06	56	56	59	64	71	78	89	98
3:07	55	55	58	63	70	78	88	98
3:08	55	55	57	63	69	77	87	97
3:09	54	54	56	62	69	76	87	97
3:10	53	53	56	61	68	76	86	97
3:11	52	52	55	60	67	75	85	96
3:12	51	51	54	60	67	74	85	96
3:13	50	51	53	59	66	74	84	96
3:14	49	50	52	58	65	73	83	95
3:15	49	49	52	57	64	73	83	95
3:16	48	48	51	57	64	72	82	95
3:17	47	47	50	56	63	71	81	95
3:18	46	46	49	55	62	71	81	94
3:19	45	46	49	54	62	70	80	94
3:20	44	45	48	54	61	69	80	94
3:21	43	44	47	53	60	69	79	93
3:22	43	43	46	52	60	68	78	93
3:23	42	42	45	51	59	68	78	93
3:24	41	42	45	51	58	67	77	92
3:25	40	41	44	50	57	66	76	92
3:26		40	43	49	57	66	76	92
3:27			42	48	56	65	75	92
3:28			42	48	55	64	74	91
3:29			41	47	55	64	74	91
3:30			40	46	54	63	73	91
3:31				45	53	63	73	90
3:32				45	53	62	72	90
3:33				44	52	61	71	90
3:34				43	51	61	71	89
3:35				42	50	60	70	89
3:36				42	50	59	69	89
3:37				41	49	59	69	89
3:38				40	48	58	68	88

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
3:29	87	80	80	83	86	88		
3:30	86	80	80	83	86	88		
3:31	86	79	79	82	85	87		
3:32	85	79	79	82	85	87		
3:33	85	78	78	81	84	86		
3:34	84	77	78	81	84	86		
3:35	84	77	77	80	83	85		
3:36	83	76	77	80	83	85		
3:37	83	76	76	79	82	85		
3:38	82	75	76	79	82	84		
3:39	82	75	75	78	81	84		
3:40	81	74	75	78	81	83		
3:41	81	74	74	77	80	83		
3:42	80	73	74	77	80	82		
3:43	80	72	73	76	80	82	100	
3:44	79	72	73	75	79	81	99	
3:45	79	71	72	75	79	81	99	
3:46	78	71	72	74	78	80	98	
3:47	78	70	71	74	78	80	97	
3:48	77	70	71	73	77	79	97	
3:49	77	69	70	73	77	79	96	
3:50	76	69	69	72	76	78	95	
3:51	76	68	69	72	76	78	95	
3:52	75	68	68	71	75	77	94	100
3:53	75	67	68	71	75	77	93	99
3:54	74	66	67	70	74	76	93	99
3:55	74	66	67	70	74	76	92	99
3:56	73	65	66	69	73	75	91	98
3:57	73	65	66	69	73	75	91	98
3:58	72	64	65	68	72	74	90	98
3:59	72	64	65	68	72	74	89	97
4:00	71	63	64	67	71	73	89	97
4:01	71	63	64	67	71	73	88	96
4:02	70	62	63	66	70	72	87	96
4:03	69	61	63	66	70	72	87	96
4:04	69	61	62	65	69	71	86	95
4:05	68	60	62	65	69	71	85	95
4:06	68	60	61	64	68	70	85	95
4:07	67	59	61	63	68	70	84	94
4:08	67	59	60	63	67	70	84	94
4:09	66	58	60	62	67	69	83	94
4:10	66	58	59	62	66	69	82	93
4:11	65	57	59	61	66	68	82	93
4:12	65	57	58	61	65	68	81	93
4:13	64	56	58	60	65	67	80	92
4:14	64	55	57	60	64	67	80	92
4:15	63	55	57	59	64	66	79	92
4:16	63	54	56	59	63	66	78	91

Table 3-7.--MANUF at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
3:39					48	58	67	88
3:40					47	57	67	88
3:41					46	56	66	87
3:42					46	56	66	87
3:43					45	55	65	87
3:44					44	54	64	86
3:45					43	54	64	86
3:46					43	53	63	86
3:47					42	53	62	86
3:48					41	52	62	85
3:49					41	51	61	85
3:50					40	51	60	85
3:51						50	60	84
3:52						49	59	84
3:53						49	59	84
3:54						48	58	83
3:55						48	57	83
3:56						47	57	83
3:57						46	56	83
3:58						46	55	82
3:59						45	55	82
4:00						44	54	82
4:01						44	53	81
4:02						43	53	81
4:03						43	52	81
4:04						42	51	80
4:05						41	51	80
4:06						41	50	80
4:07						40	50	79
4:08							49	79
4:09							48	79
4:10							48	79
4:11							47	78
4:12							46	78
4:13							46	78
4:14							45	77
4:15							44	77
4:16							44	77
4:17							43	76
4:18							43	76
4:19							42	76
4:20							41	76
4:21							41	75
4:22							40	75
4:23								75
4:24								74
4:25								74
4:26								74
4:27								73

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
4:17	62	54	56	58	63	65	78	91
4:18	62	53	55	58	62	65	77	91
4:19	61	53	55	57	62	64	76	90
4:20	61	52	54	57	61	64	76	90
4:21	60	52	54	56	61	63	75	89
4:22	60	51	53	56	60	63	74	89
4:23	59	50	53	55	60	62	74	89
4:24	59	50	52	55	60	62	73	88
4:25	58	49	52	54	59	61	72	88
4:26	58	49	51	54	59	61	72	88
4:27	57	48	51	53	58	60	71	87
4:28	57	48	50	53	58	60	70	87
4:29	56	47	50	52	57	59	70	87
4:30	56	47	49	51	57	59	69	86
4:31	55	46	49	51	56	58	68	86
4:32	55	46	48	50	56	58	68	86
4:33	54	45	48	50	55	57	67	85
4:34	54	44	47	49	55	57	66	85
4:35	53	44	47	49	54	56	66	85
4:36	53	43	46	48	54	56	65	84
4:37	52	43	46	48	53	55	64	84
4:38	52	42	45	47	53	55	64	84
4:39	51	42	45	47	52	55	63	83
4:40	51	41	44	46	52	54	62	83
4:41	50	41	44	46	51	54	62	82
4:42	50	40	43	45	51	53	61	82
4:43	49		43	45	50	53	60	82
4:44	49		42	44	50	52	60	81
4:45	48		42	44	49	52	59	81
4:46	48		41	43	49	51	58	81
4:47	47		41	43	48	51	58	80
4:48	47		40	42	48	50	57	80
4:49	46			42	47	50	56	80
4:50	46			41	47	49	56	79
4:51	45			41	46	49	55	79
4:52	45			40	46	48	55	79
4:53	44				45	48	54	78
4:54	44				45	47	53	78
4:55	43				44	47	53	78
4:56	43				44	46	52	77
4:57	42				43	46	51	77
4:58	42				43	45	51	76
4:59	41				42	45	50	76
5:00	41				42	44	49	76
5:01	40				41	44	49	75
5:02					41	43	48	75
5:03					40	43	47	75
5:04					40	42	47	74
5:05						42	46	74

Table 3-7.--MANUF at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
4:28								73
4:29								73
4:30								73
4:31								72
4:32								72
4:33								72
4:34								71
4:35								71
4:36								71
4:37								70
4:38								70
4:39								70
4:40								70
4:41								69
4:42								69
4:43								69
4:44								68
4:45								68
4:46								68
4:47								67
4:48								67
4:49								67
4:50								67
4:51								66
4:52								66
4:53								66
4:54								65
4:55								65
4:56								65
4:57								64
4:58								64
4:59								64
5:00								64
5:01								63
5:02								63
5:03								63
5:04								62
5:05								62
5:06								62
5:07								61
5:08								61
5:09								61
5:10								61
5:11								60
5:12								60
5:13								60
5:14								59
5:15								59

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
5:06				56		41	45	74
5:07				55		41	45	73
5:08				55		40	44	73
5:09				55		40	43	73
5:10				54			43	72
5:11				54			42	72
5:12				54			41	72
5:13				53			41	71
5:14				53			40	71
5:15				53				71
5:16				52				70
5:17				52				70
5:18				52				69
5:19				51				69
5:20				51				69
5:21				51				68
5:22				50				68
5:23				50				68
5:24				50				67
5:25				49				67
5:26				49				67
5:27				49				66
5:28				48				66
5:29				48				66
5:30				48				65
5:31				47				65
5:32				47				65
5:33				47				64
5:34				46				64
5:35				46				64
5:36				45				63
5:37				45				63
5:38				45				62
5:39				44				62
5:40				44				62
5:41				44				61
5:42				43				61
5:43				43				61
5:44				43				60
5:45				42				60
5:46				42				60
5:47				42				59
5:48				41				59
5:49				41				59
5:50				41				58
5:51				40				58
5:52				40				58
5:53								57

Table 3-7.--MANUF at Altitude Scoring Tables  
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
5:16								59
5:17								58
5:18								58
5:19								58
5:20								57
5:21								57
5:22								57
5:23								57
5:24								56
5:25								56
5:26								56
5:27								55
5:28								55
5:29								55
5:30								54
5:31								54
5:32								54
5:33								54
5:34								53
5:35								53
5:36								53
5:37								52
5:38								52
5:39								52
5:40								51
5:41								51
5:42								51
5:43								51
5:44								50
5:45								50
5:46								50
5:47								49
5:48								49
5:49								49
5:50								48
5:51								48
5:52								48
5:53								48
5:54								47
5:55								47
5:56								47
5:57								46
5:58								46
5:59								46
6:00								45
6:01								45
6:02								45
6:03								45

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
5:54								57
5:55								56
5:56								56
5:57								56
5:58								55
5:59								55
6:00								55
6:01								54
6:02								54
6:03								54
6:04								53
6:05								53
6:06								53
6:07								52
6:08								52
6:09								52
6:10								51
6:11								51
6:12								51
6:13								50
6:14								50
6:15								49
6:16								49
6:17								49
6:18								48
6:19								48
6:20								48
6:21								47
6:22								47
6:23								47
6:24								46
6:25								46
6:26								46
6:27								45
6:28								45
6:29								45
6:30								44
6:31								44
6:32								44
6:33								43
6:34								43
6:35								42
6:36								42
6:37								42
6:38								41
6:39								41
6:40								41
6:41								40

Table 3-7.--MANUF at Altitude Scoring Tables  
 (at or above 4,500 feet mean sea level) (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
<b>Max</b>	<b>2:15</b>	<b>2:12</b>	<b>2:13</b>	<b>2:18</b>	<b>2:24</b>	<b>2:31</b>	<b>2:48</b>	<b>3:00</b>
<b>Min</b>	<b>3:25</b>	<b>3:26</b>	<b>3:30</b>	<b>3:38</b>	<b>3:50</b>	<b>4:07</b>	<b>4:22</b>	<b>6:17</b>
<b>Min Pts</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>	<b>40</b>
6:03								45
6:04								44
6:05								44
6:06								44
6:07								43
6:08								43
6:09								43
6:10								42
6:11								42
6:12								42
6:13								42
6:14								41
6:15								41
6:16								41
6:17								40