USNSCC Physical Readiness Test (PRT) Standards – Updated 15 OCT 2023

Plank				
Female & Male				
Age	Level 2	Level 3	Level 4	Level 5
10	45 sec.	1:00	1:40	2:10
11	50 sec.	1:05	1:45	2:20
12	55 sec.	1:10	1:50	2:30
13	1:05	1:15	1:55	2:40
14	1:10	1:20	2:00	2:50
15	1:15	1:25	2:05	3:00
16	1:20	1:30	2:10	3:10
17/18	1:20	1:30	2:10	3:10

Push-Ups									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10*	7	9	13	20	**10**	10	12	14	22
11	6	7	11	19	**11**	11	14	15	27
12	4	5	10	20	**12**	11	15	18	31
13	6	7	11	21	**13**	13	20	24	39
14	6	7	10	20	**14**	16	20	24	40
15	9	10	15	20	**15**	22	25	30	42
16	9	10	12	24	**16**	24	25	30	44
17/18	9	10	16	25	**17/18**	28	30	37	53

* The requirement for push-ups for 10-year-old females is higher than for 11-year-old females.

1-Mile Run									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10	14:00	13:00	11:22	9:19	**10**	12:50	11:40	9:48	7:57
11	13:40	12:42	11:17	9:02	**11**	12:35	11:25	9:20	7:32
12	13:20	12:24	11:05	8:23	**12**	11:35	10:22	8:40	7:11
13	12:55	12:15	10:23	8:13	**13**	10:55	9:45	8:06	6:50
14	12:30	12:00	10:06	7:59	**14**	10:40	9:30	7:44	6:26
15	12:20	11:45	9:58	8:08	**15**	10:25	9:15	7:30	6:20
16	12:30	12:15	10:31	8:23	**16**	10:00	9:00	7:10	6:08
17/18	12:30	12:15	10:22	8:15	**17/18**	9:45	8:45	7:04	6:06