



U.S. NAVAL SEA CADET CORPS

CHART YOUR COURSE

POLICY

Physical Readiness Test (PRT) Administration

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CHAPTER 1: PHYSICAL READINESS TEST (PRT) POLICY

1.01 INTRODUCTION AND GOALS

- (a) This policy outlines how, when, and why USNSCC units should conduct the required USNSCC Physical Readiness Test (PRT).
- (b) The USNSCC requires regular completion of the PRT because it:
- (1) Encourages a culture of physical fitness;
 - (2) Simulates an important aspect of military life, which is important considering the fundamental military nature of USNSCC training; and
 - (3) Ensures every cadet is physically able to safely participate in most USNSCC drills and NHQ-approved trainings. The vast majority of USNSCC activities require some degree of cardiorespiratory fitness and muscular strength and endurance.
 - (i) **Cardio-respiratory fitness.** The ability of the heart and lungs to deliver oxygen to working muscles. It is associated with the ability to carry out strenuous work for long durations without undue fatigue. The 1.0 mile run/walk components of the PRT are indicators of cardio-respiratory endurance.
 - (ii) **Muscular strength and endurance.** The ability to sustain muscle contractions over a period of time without undue fatigue. The plank and push-up events indicators of muscular endurance. Although there is no single endurance test that measures the endurance of all muscles, the plank serves as a measure of abdominal muscle endurance while the push-up measures upper body muscular endurance.

1.02 PHYSICAL FITNESS REQUIREMENT

- (a) Every Sea Cadet and League Cadet must take and pass the PRT during each Spring and Fall cycle in order to satisfy the USNSCC's physical fitness requirement of membership. See USNSCC Regulations, Section 5.01(d).
- (b) No cadet will be eligible to participate in NLCC Orientation, NSCC Recruit Training, or NLCC/NSCC Advanced Training, unless he/she has taken and passed the PRT within the preceding six (6) months.
- (c) Except as provided for certain injury/illness cases, see Section 1.07, no cadet will be eligible to advance to the next rate, unless he/she has taken and passed the PRT within the preceding six (6) months.
- (d) A cadet who does not pass at least one PRT during his/her yearly enrollment (and who, therefore, is ineligible for advancement, or participation at training) may be re-enrolled for one additional enrollment period only if the cadet has made substantial progress towards meeting the physical fitness requirement. If the cadet has not made substantial progress, the unit Commanding Officer may separate, or, if eligible, honorably discharge the cadet from the USNSCC.

1.03 **MANDATORY PARTICIPATION**

(a) The unit CO must ensure as close to 100% cadet participation as possible on the date the PRT is scheduled. Re-take days should be kept to the minimum necessary to obtain 100% participation for the cycle.

(1) The unit CO may excuse a cadet from drill on the designated PRT day for good reason (e.g., illness, injury, important family commitment, etc.). However, the cadet must still complete the PRT requirement for that cycle.

(2) Any cadet who is either absent on the scheduled PRT date, or who is present but unable to take the test, must take the test at the next drill at which he/she is present and able to do so.

(b) Volunteers who wish to lead by example in the important area of physical fitness may take the PRT along with, and under the same rules, as cadets. No volunteer shall be *required* to take the PRT. Standards for adults, based on age and sex, are reproduced in Section 2.13.

1.04 **PRT CYCLES**

(a) ***Spring and fall cycles.*** Every Sea Cadet unit and League Cadet training ship and company will conduct the PRT at least twice per calendar year, in two PRT “cycles”—the Spring Cycle and the Fall Cycle.

(1) **Spring Cycle:** Should be conducted between the months of March and May.

(2) **Fall Cycle:** Should be conducted between the months of September and November.

(3) The goal of having two PRT cycles in the spring and fall is to keep each cycle approximately six months apart, and to ensure all cadets will have a current PRT for the upcoming summer and winter training periods.

1.05 **SCORING**

(a) ***Satisfactory.*** A cadet passes the PRT when he/she achieves at least a “Satisfactory” score in each of the three required PRT exercises—1-mile run, plank, and pushup (or approved ADA substitute(s), see Section 1.08). All three exercises must be taken as a single test, at the same time, on the same date.

(b) ***Good.*** A cadet achieves a “Good” score on the PRT when he/she achieves at least a “Good” score on each of the three PRT exercises. All three exercises must be taken as a single test, at the same time, on the same date.

(c) ***Excellent.*** A cadet achieves an “Excellent” score on the PRT when he/she achieves at least an “Excellent” score on each of the three PRT exercises. All three exercises must be taken as a single test, at the same time, on the same date.

(d) **Fail.** A cadet fails the PRT when he/she does not achieve a “Satisfactory” score in any *one* of the three required PRT exercises.

(1) The unit CO may administratively fail a cadet when the cadet:

(i) Incurs unexcused absences on the regular *and* make-up PRT dates; or

(ii) Engages in dishonest or intentionally disruptive conduct during the PRT.

1.06 RE-TAKING THE PRT

(a) Any cadet who fails the PRT may re-take the PRT within the current PRT cycle and may re-take the test as many times as the unit CO authorizes. When authorizing and scheduling re-take PRTs, the unit CO should be mindful not to commit every drill to this activity, because doing so may negatively impact the training needs of other cadets.

(1) In order to reduce the risk of injuries, a cadet must wait at least seven (7) days before re-taking the PRT.

(2) A cadet re-taking the PRT must re-take the *entire* PRT, not just the one or two exercises which he/she failed.

(3) A cadet who was administratively failed under Section 1.05(d)(1) is not eligible for a re-take during that cycle.

(b) A cadet who cannot pass the PRT during a given cycle has failed the PRT for that cycle.

1.07 WHEN TO EXCUSE A CADET FROM THE PRT

(a) As described in Section 1.02, every cadet must participate in the PRT during each spring and fall cycle. However, unit COs may excuse a cadet from taking the PRT in a given PRT cycle if a legitimate injury or illness makes it impossible or unsafe for the cadet to participate *at any time* during that cycle. The cadet will be required to take the PRT at the next cycle.

(b) If a cadet who was unable to take the PRT cycle in the last cycle due to injury/illness is still suffering from the same injury/illness for a second consecutive PRT cycle, the injury/illness must be re-evaluated as a disability under the ADA accommodation procedures in Section 1.08.

(c) If a cadet is excused from the PRT under this section, that cadet:

(1) Is not eligible to attend NLCC Orientation, NSCC Recruit Training, or NLCC/NSCC Advanced Training, unless he/she has completed the PRT at some previous point within the last six (6) months, because one of the purposes of the PRT is to ensure each cadet’s ability to successfully participate in the national training program. See Section 1.01(b)(3).

(2) Is eligible to be advanced in rate, if the cadet is otherwise eligible for advancement, notwithstanding his/her inability to complete the PRT for that cycle.

1.08 ACCOMMODATIONS UNDER THE AMERICANS WITH DISABILITIES ACT

(a) **Policy.** As in all matters concerning the ADA, the USNSCC's policies are to be liberally construed in favor of allowing young men and women to fully participate in the USNSCC. The goal of the USNSCC's ADA-related policies, including this one, is to enable full integration and participation of all cadets without discriminating against anyone on account of an actual or perceived disability.

(b) **Documentation requirement.** When a cadet has a qualifying disability under the Americans with Disabilities Act (ADA), all accommodations must be requested and documented on the appropriate form. The requirement of proper documentation facilitates the orderly administration of the program, and additionally helps volunteers at the unit and/or at away-from-home training identify a cadet's medical needs in an emergency, in case a cadet cannot communicate those needs or a parent/guardian cannot be reached. In such instances, time is of the essence, and having thorough documentation in a cadet's service jacket may assist responding medical professionals in diagnosing and treating an injured/sick cadet.

(c) ***The PRT as an essential requirement of membership.***

(1) As discussed in Section 1.01(b), the PRT requirement is essential to every cadet's enrollment, continued participation, and advancement in the USNSCC. The PRT serves important safety and training-related goals and is therefore mandatory.

(2) The PRT requirement itself cannot and must not be waived as part of an ADA accommodation. Any such waiver would alter the fundamental nature of the USNSCC's training program, and is improper for that reason. Therefore, any applicant or cadet who cannot *both take and pass* the PRT under any form of ADA accommodation is ineligible for enrollment or continued membership in the USNSCC. Currently-enrolled cadets should be separated, or, if eligible, honorably discharged for "inability to meet one or more eligibility requirements of membership." See USNSCC Regulations, Section 5.09.

(3) Any requested ADA accommodations must be "reasonable," as that term is defined in USNSCC Regulations, Section 5.02.

(i) Any requests for an accommodation must be fully documented, including why the standard exercise(s) implicates a cadet's disability, and what modifications the cadet is requesting to the test.

(ii) The unit CO may authorize, without chain-of-command approval, the following modifications to the PRT:

- (i) Granting a cadet extra time to warm up;
- (ii) An individualized warm-up or cool-down regimen;
- (iii) Modifications to the required PT uniform;

- (iv) Additional, individual supervision during the PRT itself; and/or
- (v) A longer (but still reasonable) break between the pushup, plank, or 1-mile run.

(4) The NHQ Representative, via the chain of command, may authorize the substitution of one or more of the PRT exercises. Any substituted activities must adequately test the cadet's cardiovascular and/or musculoskeletal fitness, in order to satisfy the safety-related goals described in Section 1.01(b)(3) above.

1.09 MODIFICATIONS TO PRT EXERCISES

(a) Except for a cadet subject to an ADA accommodation, as described in Section 1.08 above, the PRT will be administered exactly as described in Chapter 2. The unit CO will not make or permit any modifications to the test conditions or components.

CHAPTER 2: HOW TO CONDUCT AND SCORE THE PRT

2.01 NOTIFICATION TO CADETS AND PARENT/GUARDIAN.

(a) The CO must notify all cadets and their parents/guardian in writing at least two weeks prior to the scheduled PRT date and/or any subsequent make-up date. The purpose of this notification is to:

- (1) Assist cadets in mentally and physically preparing to take the PRT;
- (2) Ensure any medical issues are identified before the test date; and
- (3) Permit any ADA requests to be made/reviewed in a timely manner.

2.02 PLANNING

(a) ***The complete PRT sequence.*** The PRT must be completed as a single uninterrupted evolution, on the same day, and in the following sequence (the approximate number of minutes for each step in the sequence is not rigid, and is only an estimate to assist in planning):

- (1) Inspection of test location (10 minutes);
- (2) Safety brief to all PRT test-takers (5 minutes);
- (3) Warm-up (10 minutes);
- (4) Planks (5 minutes);
- (5) Pushups (5 minutes);
- (6) 1-mile run (or substitute cardio event) (20 minutes); and
- (7) Cool-down (10 minutes).

(b) ***Officer-in-charge.*** The unit CO will designate one officer, instructor, or auxiliarist to serve as the PRT Officer-in-Charge (OIC) for each evolution. The following rules apply:

(1) The OIC is the lead safety officer for the evolution and is responsible for supervising all other personnel assisting in the PRT. However, even when the unit CO designates another volunteer to fulfill the role of OIC, the CO nonetheless remains fully accountable to the unit's chain of command for the safety of all USNSCC members, as well as the effective administration of the PRT in accordance with this Policy.

(i) The CO may, if desired, designate him/herself as the OIC.

(ii) Cadets, midshipmen and unenrolled persons cannot serve as OIC. Midshipmen may assist the OIC in any other supervisory role typically performed by a volunteer.

(2) The OIC must ensure that sufficient volunteers are present to assist in supervising the PRT.

(i) A ratio of 1 volunteer per 10 cadets is required as an absolute minimum—if this ratio is not met, the PRT cannot be administered.

(ii) A ratio of at least 1 volunteer per 5 cadets is strongly recommended.

(iii) Regardless of how many cadets are present, no fewer than 2 volunteers must be present at any PRT administration.

(3) Provided the minimum ratio of volunteers to cadets is achieved, other non-enrolled adults who are CPR, first-responder, or similarly qualified, may be present and may assist in supervising the PRT.

2.03 SAFETY/LOGISTICAL CONSIDERATIONS

(a) **Hydration.** The OIC must ensure all cadets remain hydrated throughout the PRT and afterwards. Symptoms of dehydration (from mild to severe) can include: headache, weakness, dizziness, cramps, chills, vomiting, nausea, head or neck heat sensations. If signs of dehydration is suspected, obtain medical attention immediately.

(b) **Weather.** The PRT will not be conducted outdoors when the temperature with wind chill is 20 degrees Fahrenheit or lower, or in temperatures of 90 degrees Fahrenheit or higher. The PRT will not be conducted outdoors when the course/field is slippery due to rain or other factors.

(c) **Location.** The OIC should select a course that is generally safe and free of obstacles, uneven turf, steep inclines and declines, surface irregularities, and sharp turns.

(1) The 1-mile run component should be conducted on a running track wherever possible. Any non-standard course must be measured with a measuring wheel or by Internet/GPS-based mapping technology. (Using an automobile's odometer is not an accurate measurement.)

(2) Running on public streets or sidewalks is prohibited.

(3) The run component may be conducted on a road on a military base (or similar secure installation) where the speed limit is 15 miles per hour or less and sufficient safety observers are posted so the entire track is visible at all times. All participants must wear reflective belts or vests when running on any such road.

(d) **Access to emergency medical care.**

(1) The selected location must be accessible to emergency vehicles. PRT supervisors must have the ability to communicate with each other and with the CO, if the CO is not present, via a two-way radio or cell phone.

(2) The OIC will ensure at least one CPR/AED-qualified person is present at the scene of each PRT evolution. If there is an adequate ratio of enrolled USNSCC volunteers to cadets, this person need not be enrolled in the USNSCC.

(3) The OIC will identify the nearest emergency medical facility, and must distribute the telephone numbers for local first-responder/emergency medical services personnel to all supervising volunteers.

(e) **Uniform of the day.** The USNSCC Physical Training Uniform (PTU) is the prescribed uniform for all PRT evolutions.

(1) Suitable footwear must be worn, and should be comfortable and broken in.

(2) Cadets may not carry or wear smartphones, portable music devices, earbuds, or jewelry. Cadets may wear a simple wristwatch—one that permits basic timekeeping functions, but does not have smartphone-like features.

2.04 RESCHEDULING THE PRT DUE TO UNFORSEEN CIRCUMSTANCES

(a) If the PRT cannot be administered on the scheduled day because of unforeseen circumstances, such as adverse weather, site unavailability, or an insufficient ratio of volunteers to cadets, see Section 2.02(b)(2), the unit CO must reschedule the PRT to the next available opportunity.

(b) Where desired, and where it can be accommodated, nearby units may pool resources and conduct a joint PRT.

2.05 PRE-TEST HEALTH SCREENING

(a) **Review of medical history/exam.** The CO will ensure that prior to the PRT, each cadet's service record complies with current USNSCC administrative requirements pertaining to the keeping of legal authorizations, emergency contact information, medical history, immunizations, examinations, and similar records.

2.06 INSPECTION OF TEST LOCATION

(a) Before the PRT begins, the OIC must conduct a visual inspection of the entire PRT site, including a full walk of the 1-mile running track. Any safety issues must be identified and corrected before cadets are permitted to begin the test.

2.07 SAFETY BRIEF

(a) **Instructions.** At the prescribed time, all PRT test takers will be formed into ranks, and the OIC will conduct a Safety Brief. A Safety Brief must be conducted before every PRT administration.

(b) **Medical issues.** The OIC must identify any cadets who have concerns about their medical or physical readiness.

(1) Any cadet who expresses a concern over an injury or medical condition (including conditions that have not been disclosed) should be identified, asked to fall out of ranks, and given the opportunity to speak with the OIC and at least one other enrolled volunteer prior to taking the PRT. This conversation must take place in private, out of

earshot of any other cadet, but must comply with the mandatory two-deep supervisory requirement found in USNSCC Regulations, Chapter 7.

(2) Where necessary, the OIC should contact the cadet's parent(s) or guardian to discuss the situation and make a mutual decision as to whether the cadet should take the PRT, or whether the cadet should not participate. (If the cadet does not take the PRT for a legitimate reason, see Section 1.03(a)(1) for instructions).

(3) No person will order or pressure any cadet to exercise against his/her will.

(c) **"TRAINING TIME-OUT" Policy.** After determining all cadets present are ready to take the PRT, the OIC will next brief the Training Time Out (TTO) policy. Every person present—cadet and volunteer—must understand three things: (1) what the TTO policy is; (2) how to signal TTO; and (3) what to do if TTO is signaled. Accordingly, all persons must be instructed that:

(1) Any person present—including a volunteer, cadet, or even a bystander—has the immediate authority to call TTO at any time when he/she observes an actual injury occur, or an unsafe situation developing.

(2) The calling of "TTO" immediately suspends the PRT, so the OIC and assisting volunteers can address a potential safety issue. Compliance with a TTO command is mandatory.

(3) TTO is signaled by shouting "TRAINING TIME OUT!" or "TTO", and by fully raising one's right hand above their shoulder so the person can be identified as quickly as possible. (During the Safety Brief, the OIC must demonstrate the proper method of signaling TTO, so all participants are aware of exactly what is required.)

(4) When anyone calls TTO, no matter their rank or position, all training activity **STOPS IMMEDIATELY**. Cadets must stop moving, stand up if seated or lying down, silently face the OIC, and await appropriate instructions. The OIC will address any safety issues and determine whether the PRT can resume.

(d) **Final check.** After the above topics have been discussed, the OIC will ensure all cadets are ready to begin the PRT, and will proceed accordingly.

2.08 **WARM-UP EXERCISES**

(a) The OIC will ensure a five- to ten-minute warm-up exercise session is conducted before the PRT exercises. The warm up session is *not* designed to tire the test-takers. A qualified cadet may lead this portion of the PRT, under supervision of the OIC.

(b) The OIC may choose to use any suitable form of warm-up, and is encouraged to review the U.S. Navy's dynamic warm-up exercises, available at: <https://perma.cc/W98E-YMTM>.

2.09 PLANKS

(a) **Proper form.** For a video demonstration of the proper form of a plank, see the U.S. Navy's video at this link: <https://www.youtube.com/watch?v=iPVKhj3dudA>, or read the full description of this exercise below.

(b) **Procedures.**

- (1) Planks are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used; however, the cadet must be entirely on or off the padding, (*i.e.*, the cadet's upper body cannot be on the padding with feet off.)
- (2) Cadet will begin face down on the deck with elbows bent, forearms flat on deck, with the body in a straight line through the head, shoulders, back, buttocks and legs.
- (3) Elbows must be aligned directly below the shoulders at a 90-degree angle between the forearm and upper arm. Hands will either be in fists with the pinky side of the hand touching the deck or lying flat with palms touching the deck. Forearms may be parallel or angled inward, but the hands cannot be clasped together.
- (4) Feet should be placed hip-width apart. Hips must be lifted off the deck with only the forearms, hands and toes on the deck.
- (5) Knees are straight, pelvis in a neutral position and back flat. The back, buttocks and legs must be straight from head to heels and must remain so throughout the test.
- (6) The head and neck should be kept neutral (face looking straight down at the deck) throughout the duration of the test so the body remains straight from the head to the heels.
- (7) Toes, forearms and fists or palms must always remain in contact with the deck and folding of hands is not permitted. No part of the body of the cadet may contact a vertical support surface

(c) **Time.** The event will consist of maintaining a proper forearm plank position for the **maximum time allowed**. The OIC gives a warning and, once all cadets are in position, announces the command of execution ("EXERCISE!").

- (1) The plank event ends when the cadet:
 - (i) Maximum time for the forearm plank has elapsed or until the last participant stops prior to the maximum time allowed.
 - (ii) Any part of the body other than hands (fists/palms) forearms, or feet touch the deck.

- (iii) The cadet lowers head to hands
- (iv) The cadet lifts hands, forearms or feet off the deck.
- (v) The cadet does not maintain 90 degrees at the elbow (i.e., cadet shifts weight forward or back on forearms/toes decreasing or increasing the 90-degree bend)
- (vi) Receives more than two corrections on form. On the third correction on form, the OIC will stop the Cadet and record the time. This will be the official forearm plank time (score) of the Cadet.

2.10 **PUSH-UPS**

(a) **Proper form.** For a video demonstration of the proper form of a push-up, see the U.S. Navy's video at this link: <https://youtu.be/Get-JgZvI0A>, or read the full description of this exercise below.

(b) **Starting position.**



(1) Push-ups are to be performed on a flat, level surface. Blankets, mats, or other suitable padding may be used. However, the cadet must be entirely on the padding or off, *i.e.*, cadet's upper body cannot be on the padding with feet off.

(2) Cadets will begin in the "up" position on the deck (depicted above) so the body forms a straight line through the shoulders, back, buttocks, and legs. Weight is supported only with the toes and palm of the hands. Feet shall not be in contact with the bulkhead or other vertical support surface.

(3) Arms are to be straight with palms flat on the deck, directly under the shoulders or slightly wider than shoulder width. Feet will be no more than 12 inches apart.

(c) **Repetitions.**



(1) Member shall lower entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs aligned and parallel to the deck.

(2) Member pushes entire body upward and returns to starting position ensuring arms are fully extended, without locking elbows.

(3) Member may rest only in the "up" (starting) position, maintaining a straight line with shoulders, back, buttocks, and legs.

(4) Count only the number of *correctly performed* push-ups. Push-ups performed incorrectly shall not be counted.

(d) **Time.** Each cadet will perform as many correct repetitions as possible **within one minute**. The OIC provides a suitable warning and, once all cadets are in the ready ("leaning rest") position, announces the command of execution ("EXERCISE!" or similar).

(1) The push-up event ends when the cadet:

- (i) Touches deck with any part of body except hands and feet;
- (ii) Raises one hand or foot off the deck; or
- (iii) Fails to maintain proper body alignment.

2.11 1-MILE RUN

(a) **Instructions.** The event consists of running or walking 1.0 mile (cadets) or 1.5 miles (adults) as quickly as possible. Any combination of running or walking is acceptable to complete the event.

(b) **Procedures.**

(1) The OIC will ensure proctors are spaced out evenly throughout the course, and sufficient means of communication between proctors are available, in the case of injury or safety hazard.

(2) All cadets will stand at the start line. The OIC will issue the preparatory command of "READY, SET", followed by the command of execution, "GO!"

(3) A timer will call out the elapsed time at varying intervals.

(4) Time is recorded with stopwatch to the nearest second.

(c) **Timing.**

(1) The run event ends when the cadet:

(i) Completes the entire course;

(ii) Does not complete the entire course, in which case the run portion of the PRT will be scored a 59:59 in MAGELLAN and scored a "fail"; or

(iii) Takes a short-cut, which is considered cheating. In this case, the cadet has failed the entire PRT and is not eligible for a re-take under Section 1.06.

2.12 AFTER THE TEST

(a) **Cool-down and Stretching.** At end of the PRT, cadets must participate in a cool down period to allow heart rate, blood pressure, and respiration rate to decline gradually. Stretching while still warm helps muscles to recover more quickly. Cool down should last at least ten minutes.

(b) **Injury Reporting.** If a cadet is injured during the PRT, the OIC must obtain any necessary medical attention. The CO must contact the cadet's parent or guardian as soon as possible. Following drill, the CO must report the accident to National Headquarters, the NHQ Representative, and the Regional Director.

(c) **Grading the PRT.** As soon as possible following the PRT, the CO must ensure all PRT scores are accurately entered into Magellan.

(1) Any cadets who have failed the PRT (see Section 1.06) must immediately be informed they have failed. At this time, such cadets must be provided information for any scheduled re-take date.

CHAPTER 3: SCORING STANDARDS

3.01 CADETS

(a) **Satisfactory (Minimum Passing Standards)**

MALE CADETS				FEMALE CADETS			
AGE	PLANKS	PUSH-UPS	1 MILE RUN	AGE	PLANKS	PUSH-UPS	1 MILE RUN
10	1:00	12	11:40	10	1:00	9	13:00
11	1:05	14	11:25	11	1:05	7	12:42
12	1:10	15	10:22	12	1:10	5	12:24
13	1:15	20	9:45	13	1:15	7	12:15
14	1:20	20	9:30	14	1:20	7	12:00
15	1:25	25	9:15	15	1:25	10	11:45
16	1:30	25	9:00	16	1:30	10	12:15
17/18	1:30	30	8:45	17/18	1:30	10	12:15

(b) **Good**

MALE CADETS				FEMALE CADETS			
AGE	PLANKS	PUSH-UPS	1 MILE RUN	AGE	PLANKS	PUSH-UPS	1 MILE RUN
10	1:40	14	9:48	10	1:40	13	11:22
11	1:45	15	9:20	11	1:45	11	11:17
12	1:50	18	8:40	12	1:50	10	11:05
13	1:55	24	8:06	13	1:55	11	10:23
14	2:00	24	7:44	14	2:00	10	10:06
15	2:05	30	7:30	15	2:05	15	9:58
16	2:10	30	7:10	16	2:10	12	10:31
17/18	2:10	37	7:04	17/18	2:10	16	10:22

(c) **Excellent**

MALE CADETS				FEMALE CADETS			
AGE	PLANKS	PUSH-UPS	1 MILE RUN	AGE	PLANKS	PUSH-UPS	1 MILE RUN
10	2:10	22	7:57	10	2:10	20	9:19
11	2:20	27	7:32	11	2:20	19	9:02
12	2:30	31	7:11	12	2:30	20	8:23
13	2:40	39	6:50	13	2:40	21	8:13
14	2:50	40	6:26	14	2:50	20	7:59
15	3:00	42	6:20	15	3:00	20	8:08
16	3:10	44	6:08	16	3:10	24	8:23
17/18	3:10	53	6:06	17/18	3:10	25	8:15

3.02 ADULT VOLUNTEERS

MALE ADULT				FEMALE ADULT			
AGE	CURL-UPS	PUSH-UPS	1.5 MILE RUN	AGE	CURL-UPS	PUSH-UPS	1.5 MILE RUN
18-29	30	35	14:00	18-29	25	17	18:30
30-39	30	25	14:45	30-39	25	12	19:00
40-49	25	20	15:35	40-49	20	8	19:30
50-59	20	15	17:00	50-59	15	6	20:00
60+	19	10	19:00	60+	15	3	20:30