



DIRATHINST 6110.2b

**JUL 06 2013**

DIRECTOR OF ATHLETICS INSTRUCTION 6110.2b

Subj: MIDSHPMEN PHYSICAL READINESS TEST (PRT) PROCEDURES

Ref: (a) OPNAVINST 6110.1J (Physical Readiness Program)  
(b) COMDTMIDNINST 1020.3B (Midshipmen Uniform Regulations)  
(c) COMDTMIDNINST 6110.1U (Midshipmen Weight Control Program)  
(d) COMDTMIDNINST 5400.6P (Midshipmen Regulations Manual)  
(e) COMDTMIDNINST 6110.2 (Physical Education Remediation Attendance Policy)

Encl: (1) PRT Warm-up and Test Elements  
(2) PRT Grading Scales

1. Purpose. To provide revised policy and guidance for the PRT programs directed and supported by references (a) through (e).

2. Cancellation. DIRATHINST 6110.2a.

3. Background. Physical readiness is a key component of the Naval Academy's mission to "develop Midshipmen morally, mentally and physically." It is the lynchpin to today's Midshipmen becoming tomorrow's military leaders of character, who can readily assume the demanding responsibilities of command and citizenship associated with the defense of our nation. Leadership and physical fitness go hand-in-hand. Navy and Marine Corps Officers who are not physically fit simply cannot be leaders. Physical fitness results in the mental keenness and physical stamina demanded of those who lead men and women in the Navy and Marine Corps.

4. General Policies

a. Midshipmen shall establish a personal physical fitness program of regular exercise that ensures a high level of personal physical readiness. This program will be designed to

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improve cardiorespiratory fitness, muscular strength, endurance, flexibility, and proper body composition.

b. The PRT provides a comprehensive measurement of physical readiness and the effectiveness of personal fitness programs. As an added benefit, it provides insight into how well the Naval Academy Physical Education (PE) programs support the physical mission.

c. Elements. The PRT consists of the PRT Body Composition Assessment (BCA) and three elements in this order: curl-ups, push-ups, and a 1.5-mile run. Policy for and descriptions of the mandatory warm-up and descriptions of each element of the PRT are found in enclosure (1). Policies and eligibility for the 500-yard swim and 10-minute bicycle elements in lieu of the 1.5-mile run are also discussed in enclosure (1).

d. Scheduling.

(1) The PE Department administers the Brigade PRT once during each fall and spring semester, approximately 6-8 weeks into the semester.

(2) One Make-up Brigade PRT will be administered, normally on the first available Saturday following the Brigade PRT.

(3) Marking Office PRTs are normally administered on the third Wednesday of every month, except the month of the Brigade PRT. These are mandatory for all Midshipmen whose medical waivers have expired, who do not yet have a PRT score for the current semester, or have a failing PRT status.

(4) For Team PRT scheduling policies, see paragraph 5.

e. Participation.

(1) Once a Midshipman commences an official PRT, the test counts for a score and a grade will be awarded in the Midshipmen Information System (MIDS). A Midshipman's first PRT attempt during a semester shall be referred to as an "initial" PRT. A Midshipman's initial PRT may be a Team PRT, the Brigade PRT, or a monthly Marking Office PRT (after that semester's Brigade PRT commences) depending on applicable medical waivers.

(2) All Midshipmen who are medically qualified and meet the body composition standards of reference (a) shall

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participate in the Brigade PRT with his/her company, unless already complete or scheduled for a Team PRT.

(3) Midshipmen excused from the Brigade PRT, or on medical waiver, are required to take the next make-up PRT for which they are not medically waived or excused.

(4) All Fourth Class Midshipmen will take the PRT at the end of Plebe Summer, which will count for the fall semester Physical Readiness grade.

(5) Midshipmen who are unable to take two consecutive PRTs due to a medical condition shall be referred to the Physical Education Review Board (PERB) for possible recommendation for medical board or separation.

f. Regulation PE uniform as per reference (b) is required for the PRT. Midshipmen who are not in the correct uniform will be forwarded to the Commandant's Staff (Company Officers) for conduct action and will not be allowed to take the PRT. Midshipmen who fail to arrive at their scheduled time without prior authorization from the PE Marking Officer or a valid excuse will be considered an unauthorized absence, will not be allowed to take the PRT and will be forwarded to the Commandant's Staff for conduct action. In both of these cases, these Midshipmen will be PRT incomplete and will be required to take the next available PRT.

g. Score Reporting. Midshipmen must record their scores with designated PRT staff at the official recording station prior to departing the test site. All failing scores must be reported immediately upon completion of each failed element. Other failure policies are found in paragraph 6.

## 5. Team PRT Policies

a. Team PRTs are provided as a courtesy for Varsity and Club A teams, when the Brigade PRT occurs during their championship and non-championship seasons, to minimize interference with competition.

b. Normally, Team PRTs shall be scheduled and completed before the Brigade PRT. Head coaches will coordinate scheduling with the PE Marking Officer. The Team BCA will also be scheduled with the PE Marking Officer 10 days to 24 hours prior to the Team PRT. Team members not present for their team BCA shall not be authorized to take their team PRT and must take the

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PRT with the Brigade. Team members who exceed BCA standards per reference (a) will not take the team PRT and will be scored in accordance with paragraph 7.

c. Teams in championship seasons from Reform through the Brigade PRT may schedule a Team PRT after the Brigade PRT with permission from the Head, Physical Education Department, via the PE Marking Officer. In this case, the PRT must be approved and scheduled with the PE Marking Officer prior to the Brigade PRT.

d. Except in the case above, if a Varsity or Club A team does not complete a Team PRT before the Brigade PRT, team members will take the Brigade PRT with their companies.

e. Varsity and Club A teams or athletes may elect to take the Brigade PRT in lieu of a Team PRT. In this instance, deferral of the Brigade PRT is not authorized.

#### 6. PRT Grading Criteria.

a. MIDS is the official score calculator for the PRT and uses a traditional percentage-based grading scale for each PRT element. For the 1.5-mile run, times are not incremented in between table values. The PRT score is the average of the percent scores for each of the three elements.

b. Enclosure (2) includes the grading scales for curl-ups, push-ups, the 1.5-mile run, and the 500-yard swim. For grading purposes, the swim or bicycle element percent score substitutes for the 1.5 mile-run percent score. For the authorized CAT III bicycle PRT, the grading scale is dependent on Midshipmen weight and wattage earned, as read on an authorized bicycle.

c. A minimum score of 60.0% must be earned in each element to pass the PRT.

#### 7. PRT Failure Definitions.

a. A "True PRT Failure" is:

(1) Failure to take the Brigade PRT in accordance with this instruction.

(2) Failure of either the PRT Fleet or USNA Standards for BCA per references (a) and (c), or failure to complete a PRT BCA without a valid excuse per reference (d). Those Midshipmen that

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fail to meet Fleet BCA standards per reference (a) will be entirely prohibited from taking the PRT. Those that meet Fleet BCA standards but fail USNA BCA standards per reference (c) shall take the PRT.

(3) Failure to pass one or more elements of the PRT.

(4) Failure to report a score with PRT staff at the official score station for one or more elements of the PRT before leaving the test site.

b. **A "Marking Office Failure"** is the failure to take the PRT or make alternative arrangements with the Marking Officer within thirty days of medical waiver expiration or incomplete status expiration.

#### 8. PRT Failure Policies.

a. Midshipmen who fail the PRT are immediately placed into the PE PRT Remedial Program per ref (e), and lose privileges in accordance with reference (d).

b. Midshipmen who successfully remediate a True Failure will be assigned a grade of 60.0% for Physical Readiness after they subsequently pass the PRT.

c. In order to differentiate between remediating a True failure and a Marking Office Failure, Midshipmen who successfully remediate a Marking Office Failure will receive a grade of **60.2%** for Physical Readiness after they subsequently pass the PRT.

d. Midshipmen who repeatedly fail to meet the physical readiness standards of the Naval Academy by failing multiple Brigade PRTs are subject to referral to the Physical Education Evaluation Board (PEEB), the Physical Education Review Board (PERB), the Athletic Director/Commandant Review Board, or the Academic Board. In order to align with reference (a), any Midshipman who fails to meet BCA standards established in reference (a) for three initial PRTs taken within four years will automatically be referred for administrative separation.

e. In order to differentiate between Fleet BCA failures and failures due to Unauthorized Absence (UA), the following scores will be entered into MIDS:

UA - 10 pushups, 10 situps, run time 20:00

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BCA - 0 pushups, 0 situps, run time 20:00

This will afford easily identifiable reasons for PRT failures in the event that a Midshipman is seen by the Academic Review Board.

9. PRT Body Composition Assessment Policies.

a. The PRT officially begins with the PRT BCA. See reference (c) for all USNA Weight Control Policies. Midshipmen will be weighed-in by their Company Officer or Senior Enlisted Leader per reference (c) for their official PRT BCA 10 days to 24 hours prior to taking a PRT. Company Officers are responsible for ensuring Midshipmen are available for PRT BCAs. All data must be recorded in MIDS no later than 24 hours prior to the PRT in order for the Marking Office to determine participation and staffing requirements. Midshipmen without PRT BCA data in MIDS 24 hours prior to the PRT will not be allowed to participate in the PRT.

b. All Midshipmen shall participate in the Brigade PRT BCA, even if medically waived from the PRT. If authorized a Team PRT by the PE Marking Office, Team BCAs shall be scheduled and conducted by assigned PE staff as determined by the PE Marking Office. Any deviations or exceptions to this shall be approved by the Head, Physical Education.

c. If a Midshipman fails to meet the Fleet BCA standards set forth in reference (a), they will NOT be permitted to take the PRT, will be automatically classified as a True Failure, and will be assigned a PRT score of 0%, even if the PRT is medically waived. Midshipmen who fall between USNA and Fleet BCA standards shall take the PRT. If they achieve at least minimum standards on the physical fitness elements of the PRT, they will be assigned a maximum grade of 59%. If the Midshipman then subsequently comes off of the CAT V program in accordance with reference (c), the PRT score will change from 59% to 60.1%.

d. Midshipmen, per reference (a), shall have one official BCA weigh-in for the PRT. If subsequent PRTs are required for a Midshipman to pass, an official BCA is required for every subsequent PRT attempt. If a Midshipman fails the PRT due to exceeding Fleet BCA and then subsequently qualifies to take and then passes a remedial PRT, the Midshipman will not be scored with a passing grade until they successfully complete the CAT V program regardless of remediated PRT score.

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e. The official PRT weigh in for CAT V and CAT VI Midshipmen is the weekly/monthly CAT V/VI weigh-in completed in accordance with reference (c).

f. In order to ensure grade integrity, the Head, Physical Education, reserves the right to verify the PRT BCA measurement of any Midshipman. The PE Department will be responsible for conducting the verification measurement. In cases where a verification BCA is taken at the direction of the Head, Physical Education, that measurement will count as the official PRT weigh-in measurement.

10. Responsibilities.

a. Head, PE Department shall:

(1) Ensure the PRT is administered properly and in accordance with this instruction.

(2) Ensure the Physical Education staff is available to assist and provide guidance to Midshipmen seeking to develop, achieve or maintain a safe and effective physical fitness program.

(3) Approve standards, policies, and procedures and forward recommended changes to this instruction to the Athletic Director.

(4) Provide PRT data to the Director of Institutional Research.

b. The Deputy Director, PE Department shall:

(1) Enforce all policies established by the Head, Physical Education.

(2) Review PRT instructions, standards, policies and procedures, and recommend revision, when appropriate.

(3) Oversee execution of the PRT program.

(4) Supervise the Director of the Human Performance Lab, Marking Office Director and the PE Liaison Officer.

c. The Director, Human Performance Lab shall:

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(1) Execute the Remedial Physical Training Program every Monday-Friday. Tailor the remedial training sessions to accommodate those Midshipmen on medical chit.

(2) Ensure attendance is recorded at each remedial session.

(3) Ensure the Chain of Command is informed of remedial attendance and Midshipmen participation during remedial attendance.

(4) Supervise the Marking Officer and Marking Office staff.

(5) Oversee, schedule, and execute the PRT each semester with the assistance of the PE staff and Midshipmen Physical Mission Officers in accordance with this instruction.

d. The PE Liaison Officer (PELO) shall:

(1) Serve as a single point of contact for the Commandant's Staff for all matters relating to the Marking Office as outlined in the Memorandum of Agreement between the Head, Physical Education and the Commandant of Midshipmen.

(2) Recommend updates to this instruction annually.

(3) Report directly to the Deputy Director, PE.

e. The Marking Officer shall:

(1) Execute the PRT at the direction of the Head, PE Department.

(2) Coordinate Team PRTs at the direction of the Head, PE Department.

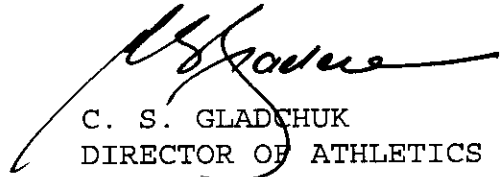
(3) Ensure the accurate entry of PE MIDS data.

(4) Prepare PE Department data and briefs for the PEEB, PERB, AD/DANT, and Academic Review Boards.



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(5) Execute other related tasking as assigned by the  
Head, PE Department.



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DIRECTOR OF ATHLETICS  
UNITED STATES NAVAL ACADEMY

Distribution:  
Brigade  
Non-Mids (Electronically)

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PRT Warm-up and Test Elements1. Warm-up Policy.

a. Participation in five to ten minutes of group warm-up exercise is required before beginning the PRT. The required warm up is listed below.

- (1) 10 military four-count Pec Fly w/ Overhead Raise
- (2) 10 military four-count Chest Press / Shoulder Press
- (3) 10 military four-count Basic Squat
- (4) 10 military four-count Calf Raise
- (5) 10 military four-count Knee Blocks to the right
- (6) 10 military four-count Knee Blocks to the left
- (7) 10 military four-count 3 Side-Step Touch the Deck both sides \*
- (8) 30 seconds of Quick Feet followed by 30 seconds of High Knees \*

\* If the member has lower body joint problems and should not do high-impact exercises, (s)he can perform the Basic March in lieu of 3 Side-Step Touch the Deck (#7) and/or perform High Marching in lieu of Quick Feet / High Knees (#8).

b. This standardized dynamic warm-up is designed to target all the muscles used during the PRT. If performed correctly, it will prepare the muscles for the test by increasing the range of motion, temperature, and blood flow to the muscles. This standardized warm-up should NOT fatigue the individual and will actually improve his/her performance on the test. This will be explained before conducting the standardized PRT warm-up.

2. Warm-up Descriptions.

a. Pec Fly with Overhead Raise. [Muscles used: Pectoralis Major, Deltoids]

- (1) With elbows bent to 90 degrees, raise your elbows to shoulder level facing outward (arms should look like a field goal post).

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(2) Bring your elbows together (as if performing a Pec fly).

(3) Once your elbows/fists are touching, lift both arms up and over your head.

(4) Reverse this exercise to get back to starting position.

(5) Perform 10 repetitions.

b. Chest Press/Shoulder Press Combo. [Muscles used: Deltoids, Pectoralis Major, Triceps]

(1) Simulate performing a push-up in the air (arms directly in front of the body).

(2) Once you return to the starting position, proceed into an overhead should press. Perform 10 repetitions.

c. Squat. [Muscles used: Quadriceps, Hamstrings]

(1) Start with your feet slightly wider than shoulder width apart.

(2) Perform a squat, lift both arms up.

(3) Return to starting position.

(4) (OPTIONAL): Perform the exercise using a three count down and one count up.

(5) Repeat for 10 repetitions.

d. Calf Raise. [Muscles used: Gastrocnemius, Soleus]

(1) Perform a standing calf raise on one leg.

(2) Switch and perform a standing calf raise on the other leg.

(3) Perform 10 repetitions to each side.

e. Knee Blocks/Alternating Knee Blocks. [Muscles used: Hip Flexors, Latissimus Dorsi, Hip Flexors, Abdominals]

(1) With both arms raised above your head, contract your abs and lower both arms to your right knee to perform a knee block.

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(2) Perform alternating knee blocks by alternating from right to left side after one repetition.

(3) Repeat for 10 repetitions to each side.

f. Three Side Steps and Touch the Deck (Lateral Movement).  
[Muscles used: Hip Adductors/Abductors, Abdominals]

(1) Begin in a partial squat position, feet slightly wider than shoulder width apart and hands at waist level.

(2) Take three side steps to the right (maintaining a low partial squat position) and touch the deck.

(3) Return to a partial squat position and take three side steps to the left and touch the deck.

(4) Periodically switch between the following techniques: step behind, standing side crunch, and steam engine.

(5) Repeat this sequence for 10 repetitions.

g. Quick Feet/High Knees (Foot Ball Player Shuffle).  
[Muscles used: Quadriceps, Hamstrings, Hip Flexors]

(1) Begin in a partial squat position, feet slightly wider than shoulder width apart and hands at waist level.

(2) Start performing a quick shuffle of feet.

(3) Upon instructor's call, switch to high knees (running in place).

(4) Repeat sequence for 10 repetitions.

### 3. Test Element Policies and Descriptions.

#### a. Curl-ups:

(1) From the command "go," Midshipmen will perform a maximum number of curl-ups within two minutes.

(2) Midshipmen will begin by lying flat on their back with knees bent, heels about 10 inches from buttocks.

(3) Arms shall be folded across and touching the chest with palms of hands touching the upper chest and shoulders (thumbs touching the collar bone). Arms must remain folded and in contact with the chest throughout the exercise.

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(4) Midshipmen are not allowed to clutch and pull on the T-shirt. Thumbs must remain in contact with the collar bone.

(5) Feet shall be flat on the deck, knees bent to form a 90 degree angle between the upper and lower leg, and held by the partner's hands. Partners may use their knees (on the side of the feet only) in addition to their hands to secure the feet. Other means of securing feet are unauthorized.

(6) The upper body curls up, touching elbows to thighs while keeping hands held firmly against the chest and shoulders, thumbs remaining in contact with the collarbone (this is the "up" position). Return to starting position by lowering the upper body until shoulder blades touch the deck (this is the "down" position).

(7) Midshipmen may rest in either the up or down position.

(8) The testing partner will count repetitions out loud. An improper or incomplete repetition shall not be counted, and the partner will repeat the number of the last correctly performed repetition.

(9) The curl-up event is stopped immediately (without warnings) when the Midshipmen lowers legs, lifts feet off the deck, lifts buttocks off the deck, or fails to keep arms folded across the chest or lowers their arms.

(10) Midshipmen will be given two verbal warnings for failure to keep hands in contact with the collar bone or failure of shoulder blades to touch the deck. The third verbal warning will stop the testing of this element of the PRT. The number of the last correctly performed repetition will be the score.

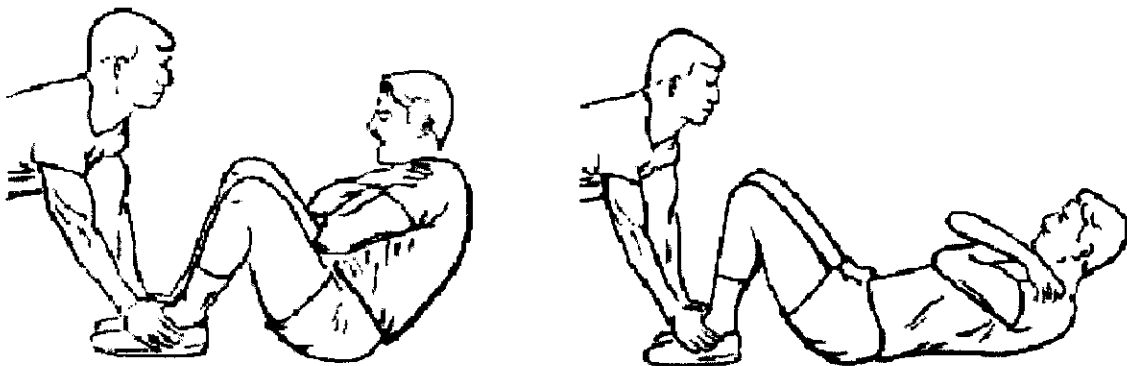


Illustration 1: Curl-ups

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b. Push-ups:

(1) From the command "go," midshipmen will perform a maximum number of push-ups within two minutes.

(2) Midshipmen will begin in the front leaning rest position on deck so that the body forms a straight line through the shoulders, back, buttocks, and legs. This is the "up" position; see Illustration 2(a). Sagging or flexing of the back is prohibited. Arms must be fully extended.

(3) Arms shall be straight with palms flat on the deck, directly under the shoulders, or slightly wider (up to 3" wider per side)."

(4) Feet must be together or up to twelve inches apart, with weight supported only with the toes.

(5) From the starting position, Midshipmen shall lower their entire body until arms bend to at least 90 degrees while keeping shoulders, back, buttocks, and legs straight and aligned and parallel to the deck. This is the "down" position; see Illustration 2(b).

(6) Midshipmen push their entire body up and returns to the starting position ensuring arms are fully extended, without locking elbows.

(7) Midshipmen may rest only in the up position maintaining a straight line with shoulders, back, buttocks, and legs.

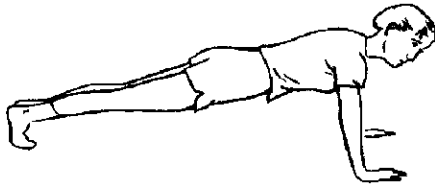
(8) The testing partner will count repetitions out loud. An improper or incomplete repetition shall not be counted, and the partner will repeat the number of the last correctly performed repetition.

(9) Midshipmen will be given two verbal warnings for failure to meet or exceed a 90 degree angle in the down position or to extend the arms completely in the up position. The third verbal warning will stop the testing of this element of the PRT. The number of the last correctly performed repetition will be the score.

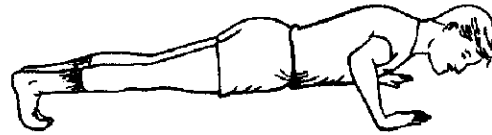
(10) The push-up event will be stopped immediately (without warnings) for touching the deck with any part of their body except hands or feet, raising a hand or foot off the deck to reposition, or failure to maintain proper body alignment

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(i.e. shoulders, back, buttocks, and legs in a straight line with head and heels).



(a) Starting/up/rest position



(b) Down position

Illustration 2: Push-up Positions

c. 1.5-Mile Run: The run portion of the PRT will be given on a measured, 1.5-mile road course. Inclement weather site will be determined. Ingram Field may be used as a secondary course option.

d. Swim PRT: The Swim PRT is a 500-yard swim in lieu of the 1.5-mile run element.

(1) Eligibility. First Class Midshipmen with a permanent load-bearing medical condition are eligible for consideration to take Swim PRT in the spring semester or their graduation year. An additional eligibility prerequisite is a successful PRT run history. The PERB, having received recommendations from the Brigade Medical Officer, is authorized to approve Midshipmen for the Swim PRT.

(2) Midshipmen who fail the Swim PRT are assigned to the Swimming Remedial Program until their deficiency is remediated.

e. Bicycle PRT: The Bicycle PRT is a 10-minute Bicycle Ergometer Test in lieu of the 1.5-mile run element.

(1) Eligibility. Only athletes approved by the Deputy Commandant for a CAT III waiver may take the Bicycle PRT.

(2) A head coach may request a CAT III waiver from the Deputy Commandant of Midshipmen, via the Director of Physical Education. The request form is found in reference (c).

(3) First Class Midshipmen are required to complete the 1.5-mile run element in the spring semester of their graduation year as a requirement for graduation. First Class Midshipmen who have a CAT III waiver may complete the 1.5-mile run element any time before graduation, not necessarily during the Brigade PRT. All PRT requirements, including the PRT BCA (Naval Academy standards), must be met before graduation.

**JUL 0 6 2013**PRT Grading Scales1. Curl-ups, Push-ups, 1.5-Mile Run Grading Scales

Curl-ups			Push-ups								1.5 Mile Run		
Total Completed	Score		Score	Total Completed	Score		Score	Total Completed	Score		Score		Score
	Male / Female		Male		Female		Male		Female		Male	Time	Female
101	99.9		99.9	101	NA		NA	44	77.3		99.9	8:15	NA
100	98.5		99.1	100	NA		NA	43	76.7		98.0	8:20	NA
99	97.4		98.4	99	NA		NA	42	76.1		96.6	8:25	NA
98	96.3		97.7	98	NA		NA	41	75.5		95.2	8:30	NA
97	95.2		97.1	97	NA		NA	40	74.9		93.8	8:35	NA
96	94.1		96.4	96	NA		NA	39	74.3		92.4	8:40	NA
95	93.0		95.8	95	NA		NA	38	73.7		91.0	8:45	NA
94	91.9		95.1	94	NA		NA	37	73.1		89.4	8:50	NA
93	90.8		94.5	93	NA		NA	36	72.5		88.0	8:55	NA
92	89.7		93.8	92	NA		NA	35	71.9		86.6	9:00	NA
91	88.6		93.2	91	NA		NA	34	71.2		85.2	9:05	NA
90	87.5		92.5	90	NA		NA	33	70.5		83.6	9:10	NA
89	86.4		91.9	89	NA		NA	32	69.6		82.0	9:15	NA
88	85.3		91.2	88	NA		NA	31	68.8		80.4	9:20	NA
87	84.2		90.6	87	NA		NA	30	68.0		78.8	9:25	NA
86	83.1		89.9	86	NA		NA	29	67.2		77.2	9:30	NA
85	82.0		89.3	85	99.9		NA	28	66.4		75.6	9:35	99.9
84	80.9		88.6	84	99.4		NA	27	65.6		74.0	9:40	98.7
83	79.8		87.9	83	98.9		NA	26	64.8		72.6	9:45	97.5
82	78.7		87.3	82	98.4		NA	25	64.0		71.2	9:50	96.4
81	77.6		86.6	81	97.9		NA	24	63.2		69.8	9:55	95.3
80	76.5		86.0	80	97.4		NA	23	62.4		68.4	10:00	94.2
79	75.4		85.4	79	96.9		NA	22	61.6		67.0	10:05	93.2
78	74.3		84.7	78	96.4		NA	21	60.8		65.6	10:10	92.2
77	73.2		84.1	77	95.9		NA	20	60.0		64.2	10:15	91.2



76	72.1		83.4	76	95.4						62.8	10:20	90.2
75	71.0		82.8	75	94.9						61.4	10:25	89.2
74	69.9		82.1	74	94.4						60.0	10:30	88.2
73	68.8		81.5	73	93.9						NA	10:35	87.2
72	67.7		80.8	72	93.4						NA	10:40	86.2
71	66.6		80.2	71	92.9						NA	10:45	85.2
70	65.5		79.5	70	92.4						NA	10:50	84.2
69	64.4		78.9	69	91.9						NA	10:55	83.2
68	63.3		78.2	68	91.4						NA	11:00	82.2
67	62.2		77.6	67	90.9						NA	11:05	81.2
66	61.1		76.9	66	90.4						NA	11:10	80.2
65	60.0		76.3	65	89.9						NA	11:15	79.2
			75.6	64	89.3						NA	11:20	78.2
			75.0	63	88.7						NA	11:25	77.2
			74.3	62	88.1						NA	11:30	76.2
			73.7	61	87.5						NA	11:35	75.2
			73.0	60	86.9						NA	11:40	74.2
			72.4	59	86.3						NA	11:45	73.2
			71.7	58	85.7						NA	11:50	72.2
			71.1	57	85.1						NA	11:55	71.2
			70.4	56	84.5						NA	12:00	70.2
			69.0	55	83.9						NA	12:05	68.9

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			68.1	54	83.3						NA	12:10	67.6
			67.2	53	82.7						NA	12:15	66.3
			66.3	52	82.1						NA	12:20	65.0
			65.4	51	81.5						NA	12:25	63.7
			64.5	50	80.9						NA	12:30	62.4
			63.6	49	80.3						NA	12:35	61.2
			62.7	48	79.7						NA	12:40	60.0
			61.8	47	79.1								
			60.9	46	78.5								
			60.0	45	77.9								

**JUL 06 2013**2. 500-Yard Swim Grading Scale

<u>%</u>	<u>Time</u>	<u>%</u>	<u>Time</u>	<u>%</u>	<u>Time</u>
99.9	6:50	86.6	8:20	72.6	9:50
98.0	7:00	85.2	8:30	71.2	10:00
96.6	7:10	83.6	8:40	69.8	10:10
95.2	7:20	82.0	8:50	68.4	10:20
93.8	7:30	80.4	9:00	67.0	10:30
92.4	7:40	78.8	9:10	65.6	10:40
91.0	7:50	77.2	9:20	64.2	10:50
89.4	8:00	75.6	9:30	62.8	11:00
88.0	8:10	74.0	9:40	61.4	11:10
				60.0	11:20

3. 10-Minute Bike Grading Scale: Both male and female bike PRTs are available. Instructions and grading criteria are available at the PE Marking Office.