

NROTC UNIT ARIZONA STATE



2022

**WELCOME ABOARD
PACKAGE**



DEPARTMENT OF THE NAVY

NROTC UNIT ARIZONA STATE
951 S CADY MALL, Room 227
TEMPE AZ 85281-2801

IN REPLY REFER TO:

1533

N00/167

2 Jul 18

From: Commanding Officer, NROTC Unit Arizona State University
To: Prospective Midshipman

Subj: NROTC Arizona State University Welcome Aboard Package

Encl: (1) Important Information
(2) New Student Orientation
(3) Third Class Swim Qualification
(4) Navy and Marine Corps Physical Readiness Standards
(5) Map of Campus with Points of Interest Marked

1. Welcome Aboard! Congratulations on your decision to join the Naval Reserve Officers Training Corps (NROTC) program as a member of the Navy's presence at Arizona State University. This information package is provided to help inform you on our program and to help you prepare for your entry into the NROTC.
2. In order to help you with your transition this summer, *please read through this information package carefully.* Enclosure (1) contains valuable information about how the NROTC program is structured. Enclosure (2) provides information about our voluntary but highly encouraged New Student Orientation (NSO) program that will take place on the Arizona State University campus in August. Exact dates will be sent out in the months prior to NSO. Enclosure (3) contains the minimum acceptable physical fitness standards that you must demonstrate for successful entry into the program as well as swim standards that you must meet in your first year. If you are a scholarship recipient, you must meet the physical fitness standards for your respective service in order for your scholarship to be activated. Enclosure (4) contains a map of Arizona State University, Tempe campus with points of interest, such as parking, food locations and the Social Sciences Building/NROTC Unit.
3. Once again, congratulations on your decision to join the Navy/Marine Corps Team and for selecting the NROTC Program at

Arizona State University. We feel confident that you have made the right choice in selecting a premier university and an NROTC program staffed by professionals with a breadth of expertise that you will find very helpful as you prepare to serve your country as commissioned officers. If you have any questions about the unit or this package, please don't hesitate to call or email. My primary point of contact is Captain Edward Honn, and he can be reached at (480) 965-7166.

4. Welcome Aboard! I look forward to meeting you and seeing you soon! Have a safe and enjoyable summer!

A. E. BERGMANN

**IMPORTANT INFORMATION ABOUT JOINING THE NROTC ARIZONA STATE
PROGRAM**

Overview. NROTC is designed to prepare you mentally, morally, and physically for the rigors of service as a commissioned officer in either the US Navy or US Marine Corps. The NROTC program was established in 1926 to support times when the demand for commissioned officers in the Navy or Marine Corps exceeded the US Naval Academy's production capacity. Today, the NROTC program provides approximately 40% of all officers commissioned.

To meet the basic requirements of the NROTC program, you will be required to take a full course load to satisfy your declared major, add one additional naval science class per semester, participate in unit physical training 3 times per week, and enroll in a two hour leadership lab. There are other program requirements that will impact your time on weekends but everything we do is designed to adequately prepare you for service to your country as a commissioned officer. Fulfilling both university and NROTC requirements understandably increases your academic loading and the demands on your time. Thus, it is imperative that you put forth your best effort early to ensure that you build good study habits, have an academic schedule that works, and that you graduate and commission on time. That's why we're here - to prepare you mentally, morally, and physically!

The following information is provided to assist you in making the transition into our NROTC Arizona State program.

Arrival and Travel

Location. NROTC Unit Arizona State is located on the Arizona State University, Tempe Campus at:

Social Sciences Building
951 S Cady Mall
Tempe, AZ 85281
(480) 727-0946

Arrival Timing. See enclosure (2) on when to arrive if attending NSO. If not attending NSO, you must check in with the unit by the end of the first day of classes. To do this you can visit our

office, which is located in the northeast corner on the second floor, Room 227 of the Social Sciences Building.

Appearance. All students shall report appropriately dressed, clean-shaven (for males), with a proper Navy/Marine Corps haircut. For details, do a Google® search for the Navy Uniform Regulations, Chapter 2. Specifically:

Appropriate civilian attire: Conservative and professional dress attire. Smart casual such as slacks with a collared shirt is best.

Females: Hair put up in a neat and professional manner such that it does not fall below the collar.

Males: Hair is short, trimmed closely at the neck and over the ears in a professional manner, and does not touch the collar or ears.

Advising. To assist you in navigating the myriad of academic and professional challenges, LT Nicholas Pract and LT Michael Hammond will be your NROTC academic advisor to complement the university advising staff. Your advisor will work closely with you and the university to ensure that you have an academic load, degree plan and schedule that works. However, it is ultimately up to you to ensure you register for the right courses, in the right sequence, and that you make allowances for the NROTC demands on your schedule. Review this section to help make sure you get it right before the start of class. If you have any questions, call the unit, get in touch with your assigned advisor, and we will assist wherever possible or refer you to someone better suited to work with you.

Academics (General Requirements). Here are some general guidelines as you prepare your first term schedule.

- You must be enrolled in a minimum of 12 units each academic term (this **DOES NOT** include naval science courses)
- Do not schedule yourself for a class that would conflict with Tuesday morning drill/lab (details below)

- All required classes will be for credit and letter grade
 - this means any class required for your major, naval science, or scholarship (details below)
- Work with your university advisor to build a 4-year degree plan for your major, add required naval science courses, and then confirm this plan with your NROTC academic advisor. As a general rule, taking classes that satisfy general education requirements early is smart, but not at the expense of falling behind your year group within your assigned major. Save narrowly focused single-topic classes for later. Your academic advisor will assist you, if needed.

Scholarship Requirements

- All scholarship midshipmen must complete:
 - 1 course of U.S. history or national security (before graduation)
- Navy Option midshipmen must complete:
 - 1 year of calculus (completed by the start of junior year)
 - 1 year of calculus based physics (completed by the start of senior year)
 - 1 term world cultures class
 - 1 year of English (completed by the start of junior year)

Naval Science

Required Classes. All first year students are required to take the following classes in the fall term:

- NAV 101 Intro to Naval Science (two options)
 - M&W 9:00-10:15 AM - 3 Units
 - M&W 12:00-1:15 PM - 3 Units
- NAV 194 Naval Lab/Drill
 - Tu 6:00-8:00 AM - 1 Units
- NAV 194 Naval Physical Training
 - M/W/Th 5:45-6:45 AM - 1 Units

The above classes are mandatory. For subsequent classes/ semesters, a detailed list or required courses will be provided during your first NROTC academic advising session.

Drill. Naval Laboratory (referred to as "Drill") will begin on the first Tuesday of the semester and will continue every Tuesday while classes are in session. Drill is a time for midshipmen to train in various areas such as professional military knowledge, and marching in formation (close order drill). Drill also affords the opportunity for guest visits and lectures.

Additional Training. In addition to regular Tuesday drill, Navy and Marine Option midshipmen may also be required to attend periodic events or conduct Marine Corps specific training from time to time. This training will mainly be reserved for a few weekends per semester. Specific training events, times and requirements will be promulgated after the start of the Fall semester.

Physical Fitness

Overview. Physical fitness plays a big part in your life as a future and current member of the military. Physical conditioning builds stamina, endurance, and esprit de corps within the battalion. As such, you will be expected to participate in physical training (PT) 3 times per week. That said, the training we provide is insufficient to ensure that you are fit and ready for commissioning. A weekly schedule of PT will be announced during the first Drill period, but embrace a culture of fitness now and get in shape if you aren't already!

Fitness Testing. You will undergo fitness testing each semester to ensure that you remain fit for the naval service and are able to continue on your path to commissioning. If you fail to meet standards, even periodically, you face disenrollment. Additionally, you must achieve a basic swimming qualification level (3rd Class Swim Qualification) prior to the completion of your first year. Enclosure 3 provides fitness standards for both Navy and Marine option midshipmen and qualification standards for the swim test. Your first fitness assessment will be conducted during New Student Orientation so ensure you are familiar with the minimum qualification standards and are prepared. For scholarship recipients, if you are unable to pass the physical fitness test for your respective service, your scholarship will not be activated. For non-scholarship College Program students, if you

cannot pass the fitness test, you may not be admitted into the program.

Uniforms. You will be issued uniforms while enrolled in our program. Accordingly, you will be required to wear uniforms to classes on Tuesday, from the time you leave your residence in the morning, during drill, and through the end of classes in the evening unless otherwise directed. Uniforms are also required for any official NROTC event. Although furnished to you by the United States government at no cost, it is your responsibility to properly maintain and care for your uniforms. Proper maintenance includes routine (dry) cleaning, proper wear, and responsibility against loss, damage, or theft. Military personnel take pride in wearing a crisp and sharp uniform. We expect you to do the same.

Tuition and Fees. For midshipmen on scholarship, you are not to pay for tuition. NROTCU Arizona State works closely with ASU to pay for midshipman tuition. If in doubt, please contact the unit. NROTC will reimburse scholarship midshipmen for their university application fee.

Occasionally, administrative errors lead to late fees or non-payment fees. If this happens, please notify the unit. Contact the department at your school that handles your bill and let them know that you are on NROTC scholarship. Do not pay the late fee.

Textbooks and Other Required Supplies. Scholarship midshipmen will receive a stipend to purchase textbooks, paid at the beginning of each semester.

Summer Training. Most, if not all midshipmen on scholarship will participate in annual summer training after their freshman, sophomore, and junior years. Summer training is a valuable part of the NROTC program and allows midshipmen a chance to experience the operational US Navy or Marine Corps. These "cruises" allow midshipmen to see various aspects of life in the Navy and Marine Corps and greatly expands their professional military knowledge in preparation for service selection and commissioning. That said, attendance is not guaranteed and your standing within the unit will impact your ability to attend. We will do our best to ensure that every qualified midshipman attends summer training so that you get the full experience as you prepare to serve. Keep your summer calendars clear until you know the dates you will be expected to report to active duty.

NEW STUDENT ORIENTATION

Overview. NSO is a voluntary program but is strongly encouraged for all new midshipmen, on scholarship or not. NSO is seven days in length, is of minimal cost, and is designed to give you a tailored indoctrination to the unit, military good order and discipline, and the Navy and Marine Corps team. NSO will usually occur the week prior to the beginning of classes and will commence on the Arizona State University, Tempe Campus. NSO is a tremendous opportunity that will provide you with valuable information about your life as a student and midshipman as well as give us the opportunity to indoctrinate you in the military culture and complete several administrative requirements before you start school. It is not bootcamp, an initiation, or rite of passage, but it is a rigorous training and indoctrination program designed to help you place your best foot forward as a military indoctrinated midshipman on your first day in class. We think you will find NSO both memorable and beneficial, and over the course of just a few days, you will form a lasting bond with your fellow midshipmen as well as a deep appreciation for the opportunities that await you as an Arizona State midshipman.

Remember, NSO is voluntary but highly encouraged. Please contact Captain Edward Honn no later than the end of July to let us know if you will or will not be attending.

Arrival. When planning your travel and participating in NSO, please arrive at the unit on the Arizona State Tempe Campus, Social Sciences Building, Room 229 between 0700-0800 on the first day of orientation. Check-in wearing appropriate civilian attire, such as khaki pants, a belt and a collared shirt or appropriate blouse for females. No shorts, jeans, open toe sandals, or clothing with holes or tears.

Lodging. While at ASU, you will be responsible to arrange lodging. For those personnel staying in the dormitories, there are amplifying instructions below. If you are not staying in the dormitories please report where you will be staying on your RSVP to NSO.

Arizona State University. Early move in will be available to on-campus students and will take place prior to the first day of NSO. To view which dorm you have been assigned to, look under the campus services page on your MyASU account. **In order to obtain early move**

in status, you must apply for it. To apply, go to your MyASU, click on "Campus Services", on the right side of the next page under On-Campus Living click on "University Housing Portal". Select "Early Arrival Request" and fill in the required information. Make sure you write in "Navy ROTC" for the reason. On move-in day, check in at the front desk of your dorm to obtain the key to your room. Please note that there will be no movers to help you so plan to move in yourself. We strongly recommend that you live on the Tempe Campus due to the many NROTC commitments on the main campus. If you plan to live on another campus please inform Capt Honn by July 2022.

Food

Arizona State University. Food will not be provided and the dining halls will not be open until the first week of classes. It is recommended that you either bring food with you to keep in your room or bring enough money for meals. There are many dining options on and around campus that are within walking distance.

Items to Bring. Ensure you have the required items listed below for use throughout the duration of NSO. You do not need to bring all of the items listed with you each day; however, they must be easily accessible (i.e. In your dorm room).

- 5 white crew neck t-shirts
- 5 pairs of black athletic shorts
- 6 pairs of white athletic ankle socks
- 1 pair broken-in running shoes
- 1 swimsuit (women: conservative black/blue 1 piece; men: black/blue swim trunks)
- Sunscreen
- Toiletries:
 - Razor and shaving cream (males only) and Fingernail clippers
 - Black, brown or gold hairpins/barrettes/elastics (females only)
- Required medicines (with prescription documentation)
- Food or money for food
- Note taking gear

Items NOT permitted to Bring.

- Knives or weapons of any kind
- Tobacco or alcohol products

Typical Day. On most days, students will fall into formation at 6:00 a.m. and conclude with orientation activities at 5:00 p.m. Activities will include physical training, military drill, training classes, and lectures from active duty and midshipman staff personnel to orient new students to the NROTC environment. Expect that training will be intensive, fast-paced, but always constructive and led by the most experienced and qualified training personnel.

Uniforms. You will initially be in your personally procured tee-shirts and shorts and then will shift to uniforms during NSO.

Physical Training. PT is not the primary focus of NSO, but we will indoctrinate you on how we conduct PT and assess your readiness to join the program. You can also expect to participate in physically challenging leadership and team building exercises and events.

Safety. Your safety is our primary concern at NSO and we will ensure that all events to include PT, drill, transportation, and other activities are safe. Additionally, each staff member is CPR/AED trained and certified. If you feel at any time that your personal safety or the personal safety of others is at risk, you MUST call a "TRAINING TIME OUT" to alert us to the issue. We will thoroughly brief you on "Training Time Out" procedures at the beginning of every activity in order to remind the students that safety is priority number ONE, and that EVERYONE is a safety observer during training evolutions.

Family Attendance. Families are highly encouraged to attend two key events during NSO located in the Social Science Building, Rm 229 (Tempe Campus). Two options are available for the Welcome Aboard brief, one at the start of NSO and one just prior to the Oath of Office Ceremony:

- Welcome Aboard briefing - First day of NSO
- Welcome Aboard briefing - At the conclusion of NSO
- Oath of Office Ceremony - At the conclusion of NSO

Note: Public parking is readily available in the area for both events and make sure you remind them to bring a camera for your Oath of Office!

Departure. You will be dismissed after the conclusion of NSO until classes begin, so if you plan on leaving the campus, arrange personal transportation for that time. Directly after the Oath of Office, a picnic style lunch will be provided, where we encourage everyone to stay and enjoy some food and refreshments.

ASU Orientation Events. Besides NSO, there are a variety of orientation events at ASU. These events are put on by the different Arizona State academic colleges and are designed to introduce you to your major and school. We strongly encourage you to attend these events on a not-to-interfere basis with NSO and meet the other people within your major. To view a list of these events, check your MyASU homepage under the Welcome Week tab.

Point of Contact Information. If you need to reach us for any _____ reason whatsoever, but especially for coordinating your participation, arrival, or for any questions about the program beforehand, please contact:

Name: Capt Edward Honn, USMC
Address: NROTCU Arizona State
Social Sciences Building
951 S Cady Mall, Room 227
Tempe, AZ 85281
Phone: (480) 965-7166

Third Class Swim Test Requirements.

A condition of entry into the naval service is satisfactory demonstration of your ability to swim. There are different levels of ability but you must demonstrate a Third Class Swim Test.

The Third Class Swim Test is composed of two modules. Module one is composed of three separate events, a deep water jump, a 50-yard swim, and a 5-minute prone float. These events can be conducted separately and in any order. Swimmers who

successfully pass an event in Module One, do not have to repeat that particular event. Module Two consists of shirt and trouser or coverall inflation. Module One must be conducted before Module Two. Modules One and Two do not have to be conducted on the same day. The prone float and the shirt and trouser inflation must occur in deep water (deep water is defined as water too deep to stand with mouth and nose above the surface).

- a. Deep Water Jump. Jumps must be performed from a minimum height of 5 feet. Water depth underneath the platform must be a minimum of 8 feet. Swimmers must display the ability to swim to the surface unassisted. The body position must be taught to the standards described below, but the body position will not be graded. All swimmers will be strongly encouraged to maintain proper body position until momentum slows underwater.
- b. 50-yard Swim. Swimmers must complete the distance without stopping, standing, or holding onto the sides of the pool. Strokes must be graded as described below.
- c. Prone Float. Students must be graded as described below. Students displaying improper breathing during survival floating will be removed from the water within the first minute.
- d. Shirt and Trouser Inflation. Swimmers must be graded in accordance with the standards described below. Students displaying problems with shirt/trouser inflation must be removed from the water before becoming exhausted.

Navy Physical Readiness Test Standards

5000 Feet and Under

Navy PRT standard Male 17-19

Performance		Points	Males: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	92	3:40	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:35	8:45	7:10	6:45	6:35
Outstanding	Low	90	86	3:30	9:00	7:20	7:15	7:05
Excellent	High	85	82	3:23	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	3:17	9:30	7:40	8:15	8:05
Excellent	Low	75	76	3:10	9:45	7:50	8:30	8:20
Good	High	70	68	2:50	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:30	10:30	8:30	10:30	10:20
Good	Low	60	51	2:10	11:00	8:50	11:15	11:05
Satisfactory	High	55	49	1:50	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:30	12:15	9:10	12:15	12:05
Probationary		45	42	1:10	12:45	9:20	12:45	12:35

Navy PRT standard Female 17-19

Performance		Points	Females: Age 17 - 19 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	51	3:40	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:35	11:15	8:10	7:45	7:35
Outstanding	Low	90	47	3:30	11:30	8:20	8:30	8:20
Excellent	High	85	45	3:23	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	3:17	12:00	8:40	9:30	9:20
Excellent	Low	75	42	3:10	12:30	8:50	9:45	9:35
Good	High	70	36	2:50	12:45	9:10	10:45	10:35
Good	Medium	65	30	2:30	13:00	9:40	12:00	11:50
Good	Low	60	24	2:10	13:30	10:10	13:00	12:50
Satisfactory	High	55	22	1:50	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:30	14:45	10:30	13:45	13:35
Probationary		45	19	1:10	15:00	10:40	14:15	14:05

Navy PRT standard Male 20-24

Performance		Points	Males: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	87	3:35	8:30	7:05	6:30	6:20
Outstanding	Medium	95	86	3:30	9:00	7:15	7:00	6:50
Outstanding	Low	90	81	3:25	9:15	7:25	7:30	7:20
Excellent	High	85	77	3:18	9:45	7:35	8:00	7:50
Excellent	Medium	80	74	3:12	10:00	7:45	8:15	8:05
Excellent	Low	75	71	3:05	10:30	7:55	8:45	8:35
Good	High	70	64	2:45	10:45	8:15	9:30	9:20
Good	Medium	65	55	2:25	11:30	8:35	10:30	10:20
Good	Low	60	47	2:05	12:00	8:55	11:30	11:20
Satisfactory	High	55	45	1:45	12:45	9:05	12:00	11:50
Satisfactory	Medium	50	42	1:25	13:15	9:15	12:15	12:05
Probationary		45	37	1:05	13:30	9:25	13:00	12:50

Navy PRT standard Female 20-24

Performance		Points	Females: Age 20 - 24 years					
Category	Level		Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	48	3:35	9:47	8:05	7:15	7:05
Outstanding	Medium	95	47	3:30	11:15	8:15	8:00	7:50
Outstanding	Low	90	44	3:25	11:30	8:25	8:45	8:35
Excellent	High	85	43	3:18	12:15	8:35	9:15	9:05
Excellent	Medium	80	40	3:12	12:45	8:45	9:45	9:35
Excellent	Low	75	39	3:05	13:15	8:55	10:00	9:50
Good	High	70	33	2:45	13:30	9:15	11:00	10:50
Good	Medium	65	28	2:25	13:45	9:45	12:15	12:05
Good	Low	60	21	2:05	14:15	10:15	13:15	13:05
Satisfactory	High	55	20	1:45	15:00	10:25	13:45	13:35
Satisfactory	Medium	50	17	1:25	15:15	10:35	14:00	13:50
Probationary		45	16	1:05	15:30	10:45	14:30	14:20

USMC Physical Fitness Test Standards

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+
Max		20	23	23	23	21	20	19	18
Min		4	5	5	5	5	5	4	3
Max		100	100	100	100	100	100	100	100
Min Pts		40	40	40	40	40	40	40	40

		Male Pull-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Reps	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+
Max		7	11	12	11	10	8	6	4
Min		1	3	4	3	3	2	2	2
Max		100	100	100	100	100	100	100	100
Min Pts		60	60	60	60	60	60	60	60

		Female Pull-ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Reps	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							

		Male Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Reps	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+
Reps	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

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

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.

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

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

Male Crunches								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	105	110	115	115	110	105	100	100
Min	70	70	70	70	70	65	50	40
Min Pts	40	40	40	40	40	40	40	40
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+
Max	100	105	110	105	105	100	100	100
Min	50	55	60	60	60	55	50	40
Min Pts	40	40	40	40	40	40	40	40
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.- 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+
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

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

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								
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

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

