

NROTC UNIT ARIZONA STATE



**2023
WELCOME
ABOARD PACKAGE**

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 (12 credit hours), and 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 Emily MacMillan 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 6:45-7:45 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. Occasionally, administrative errors lead to late fees or nonpayment 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 five 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 Lieutenant Michael Hammond 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 OnCampus 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 contact LT Hammond by July 2023.

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 t-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: Lieutenant Michael Hammond, USN

Address: NROTCU Arizona State

Social Sciences Building

951 S Cady Mall, Room 227

Tempe, AZ 85281

Phone: (812)320-5110

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

Navy PRT standard ages 17-19

JAN 2023

Table 4-1: PRT Standards Altitudes Less Than 5000 Feet

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	3:24	8:15	7:00	6:30	6:20
Outstanding	Medium	95	91	3:19	8:45	7:10	6:45	6:35
Outstanding	Low	90	86	3:14	9:00	7:20	7:15	7:05
Excellent	High	85	82	3:04	9:15	7:30	7:45	7:35
Excellent	Medium	80	79	2:53	9:30	7:40	8:15	8:05
Excellent	Low	75	76	2:43	9:45	7:50	8:30	8:20
Good	High	70	68	2:23	10:00	8:10	9:15	9:05
Good	Medium	65	60	2:02	10:30	8:30	10:30	10:20
Good	Low	60	51	1:42	11:00	8:50	11:15	11:05
Satisfactory	High	55	49	1:32	12:00	9:00	11:45	11:35
Satisfactory	Medium	50	46	1:22	12:15	9:10	12:15	12:05
Probationary		45	42	1:11	12:45	9:20	12:45	12:35

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	3:14	9:29	8:00	6:45	6:35
Outstanding	Medium	95	50	3:09	11:15	8:10	7:45	7:35
Outstanding	Low	90	47	3:04	11:30	8:20	8:30	8:20
Excellent	High	85	45	2:53	11:45	8:30	9:00	8:50
Excellent	Medium	80	43	2:43	12:00	8:40	9:30	9:20
Excellent	Low	75	42	2:33	12:30	8:50	9:45	9:35
Good	High	70	36	2:13	12:45	9:10	10:45	10:35
Good	Medium	65	30	1:52	13:00	9:40	12:00	11:50
Good	Low	60	24	1:32	13:30	10:10	13:00	12:50
Satisfactory	High	55	22	1:22	14:15	10:20	13:15	13:05
Satisfactory	Medium	50	20	1:11	14:45	10:30	13:45	13:35
Probationary		45	19	1:01	15:00	10:40	14:15	14:05

Navy PRT standard ages 20-24

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

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

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

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

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 2-4.--Plank Scoring Table.

Time	Score	Time	Score
3:45	100	2:25	69
3:43	99	2:23	68
3:40	98	2:20	67
3:38	97	2:18	66
3:35	96	2:15	65
3:33	95	2:12	64
3:30	94	2:10	63
3:27	93	2:07	62
3:25	92	2:05	61
3:22	91	2:02	60
3:20	90	2:00	59
3:17	89	1:57	58
3:14	88	1:54	57
3:12	87	1:52	56
3:09	86	1:49	55
3:07	85	1:47	54
3:04	84	1:44	53
3:02	83	1:41	52
2:59	82	1:39	51
2:56	81	1:36	50
2:54	80	1:34	49
2:51	79	1:31	48
2:49	78	1:29	47
2:46	77	1:26	46
2:43	76	1:23	45
2:41	75	1:21	44
2:38	74	1:18	43
2:36	73	1:16	42
2:33	72	1:13	41
2:31	71	1:10	40
2:28	70		

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

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
30:10								53
30:20								52
30:30								51
30:40								50
30:50								50
31:00								49
31:10								48
31:20								47
31:30								47
31:40								46
31:50								45
32:00								44
32:10								44
32:20								43
32:30								42
32:40								41
32:50								41
33:00								40

Female 3 Mile Run								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
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
33:10							42	53
33:20							41	52
33:30							40	51
33:40								50
33:50								50
34:00								49
34:10								48
34:20								47
34:30								47
34:40								46
34:50								45
35:00								44
35:10								44
35:20								43
35:30								42
35:40								41
35:50								41
36:00								40

Map of Arizona State University Tempe Campus

