



DEPARTMENT OF THE NAVY
HEADQUARTERS UNITED STATES MARINE CORPS
3000 MARINE CORPS PENTAGON
WASHINGTON DC 20350-3000

Canc: JAN 2018

MCBUL 6100
C 466
15 DEC 2016

MARINE CORPS BULLETIN 6100

From: Commandant of the Marine Corps
To: Distribution List

Subj: MARINE CORPS PHYSICAL FITNESS AND COMBAT FITNESS TESTS

Ref: (a) DoD Instruction 1308.3 "DoD Physical Fitness and Body Fat Program Procedures," November 5, 2002
(b) MCO 6100.13 W/CH 2
(c) SECNAVINST 6120.3 W/CH 1
(d) SECNAV M-5210.1
(e) 5 U.S.C 552a
(f) SECNAVINST 5211.5E

Encl: (1) Procedural Guidance for the Execution of the Marine Corps Physical Fitness Test and Combat Fitness Test

1. Situation. To provide policy and procedural guidance for implementation of new standards for the Marine Corps Physical Fitness Test (PFT) and Combat Fitness Test (CFT), per the references.

2. Mission. This Bulletin establishes procedures and standards for the effective execution of the PFT and CFT. Commanders will ensure all Marines comply with the requirements and standards contained in this Bulletin. Policy and procedural guidance is contained in enclosure (1).

3. Execution

a. Commander's Intent and Concept of Operations

(1) Commander's Intent. Every Marine must be physically fit, regardless of age, grade, gender, or duty assignment, as per reference (a). The Marine Corps Physical Fitness Plan (MCPFP) per reference (b) emphasizes the requirement for all Marines to adopt a healthy lifestyle and a lifelong commitment to fitness. This combination has a direct and positive impact on job performance and combat readiness. The PFT and CFT, combined with military occupational specific physical standards (MSPS) are means to assess general and occupational fitness of Marines in accordance with references (a) and (b). All items and guidance not included in this Bulletin, such as the Marine Corps Physical Fitness Program, remain in effect per reference (b).

(2) Concept of Operations

(a) Commanders shall conduct periodic physical and combat fitness evaluations in accordance with reference (a) and the instructions contained in the enclosure.

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b. Subordinate Element Missions

(1) Deputy Commandant for Manpower & Reserve Affairs (DC M&RA)

(a) Ensure promotion, retention, assignment, and reporting policies are consistent with the policies established in this Bulletin.

(b) Provide a capable system to report and record individual Physical Fitness Test (PFT) and Combat Fitness Test (CFT) performance data in order to facilitate analysis and modification, as required.

(2) Commanding General, Training & Education Command (TECOM)

(a) Serve as program sponsor and provide subject matter experts in order to ensure the currency and relevance of the PFT and CFT.

(b) Manage and monitor the PFT and CFT through development, implementation, and interpretation of standards, policies, and procedures consistent with the requirements contained in references (a) and (b).

(3) Director, Safety Division

(a) Provide an annual assessment of PFT and CFT related injuries (Class A-C) to CG, TECOM (C 466) no later than 28 February for the period 1 January through 31 December in order to analyze and make appropriate adjustments to the PFT and CFT, as required.

(b) Serve as a repository for PFT and CFT related injuries (Class A-C) via Web Enabled Safety System (WESS).

(4) Inspector General of the Marine Corps (IG)

(a) Review implementation, execution, and management of the PFT and CFT during command inspections.

(b) Provide an annual assessment of PFT and CFT execution via IG inspection results to the Commandant of the Marine Corps no later 31 January for the period 1 January through 31 December.

5. Administration and Logistics

a. Submit all recommendations concerning this Bulletin to CG, TECOM via Marine Air Ground Task Force Training and Education Standards Division.

b. Records Management. Records created as a result of this Bulletin shall be managed according to National Archives and Records Administration (NARA) approved dispositions per reference (d) to ensure proper maintenance, use, accessibility and preservation, regardless of format or medium.

c. Privacy Act. Any misuse or unauthorized disclosure of personally identifiable information (PII) may result in both civil and criminal penalties. The Department of the Navy (DON) recognizes that the privacy of an individual is a personal and fundamental right that shall be respected and protected. The DON's need to collect, use, maintain, or disseminate PII about individuals for purposes of discharging its statutory responsibilities will be balanced against the individuals' right to be protected against unwarranted invasion of privacy. All collection, use, maintenance, or

dissemination of PII will be in accordance with the Privacy Act of 1974, as amended (reference (e)) and implemented per reference (f).

d. Forms Management. Navy Forms Online (NFOL) is the official online resource for Marine Corps forms. Marine Corps forms identified in this Bulletin may be retrieved from:
<https://navalforms.documentservices.dla.mil/web/public/forms>.

e. PFT and CFT Videos. Instructional videos on PFT and CFT administration can be found at: <http://www.fitness.marines.mil>.

6. Command and Signal

a. Command. This Bulletin is applicable to the Marine Corps Total Force.

b. Signal. This Bulletin is effective the date signed.



ROBERT S. WALSH
Deputy Commandant for
Combat Development and Integration

DISTRIBUTION: PCN 10209350500

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Chapter 1

Physical Fitness Test

1. Purpose. The PFT is a collective measure of general fitness Marine Corps-wide. The PFT was specifically designed to test the strength and stamina of the upper body, midsection, and lower body, as well as efficiency of the cardiovascular and respiratory systems.

2. Requirement

a. Active Component. The PFT is a scored, calendar year annual requirement for all active duty Marines, regardless of age, gender, grade, or duty assignment. It is required to be conducted in between 1 January and 30 June of each year.

b. Reserve Component. The PFT is a scored, calendar year annual requirement for all Selected Marine Corps Reserve (SMCR) and Individual Mobilization Augmentee (IMA) Marines, regardless of age, gender, grade, or duty assignment. PFT scores will remain valid for two years for promotional purposes should operational constraints prevent annual testing. It is required to be conducted between 1 January and 30 June of each year.

c. Activated Reservists. Activated Reserve Marines, to include Active Reserve (AR), mobilized or those performing Active Duty Operational Support (ADOS) will comply with the active component annual PFT requirement. Exceptions and waivers will be administered in accordance with this Bulletin.

d. End of Active Service (EAS)/Retirement. Marines are required to complete a PFT during the annual period preceding their EAS or retirement date, unless otherwise directed. The terminal leave date will not be utilized to determine PFT requirements.

e. EAS/Retirement Final Physical Examination. Completion of the required final physical examination, regardless of when completed, does not exempt a Marine from performing a PFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, is still required to perform the annual PFT for that period. This policy is also applicable to the reserve component annual requirement. For example, a Marine who completes their final physical examination in March, but does not EAS or retire until October, is still required to perform the semi-annual PFT for the January-June timeframe.

f. Post-Light/Limited Duty

(1) Marines who did not take a PFT/partial PFT (PPFT) for the annual requirement due to physical/medical reasons, will be administered a PFT no less than 30 days and no more than 90 days after return to full duty. Commanders/officers in charge (OIC) should be attentive that Marines returning to full duty status following an extended limited duty period will require a progressive training routine in returning to pre-injury/disease fitness levels. If the grace period crosses over into the next semi-annual period, the Marine must take the test that was missed. While not medically qualified (NMED) will be utilized to categorize the test during the period for which the Marine was unable to take a PFT, the make-up test must be passed or adverse administration actions will result as in a PFT failure in normal circumstances. If the Marine Corps Training Information Management

System (MCTIMS) will not allow score entry, a local record of PFT score will be kept by the command for inspection purposes.

(2) Pregnant and Postpartum Marines. Marines who are confirmed pregnant by a health care professional are exempt from taking the PFT. After delivery, Marines will participate in an exercise program, as soon as medically authorized, to prepare for the PFT. No earlier than six months after being returned to full duty by the health care provider (HCP), the Marine has to be prepared to take the PFT. Additional time may be recommended by HCP and granted, if necessary, due to unique medical circumstances.

3. Sequence. The PFT consists of three events. Marines will choose to perform either dead-hang pull-ups or push-ups, abdominal crunches, and a three mile run. Marines aged 46 years of age and older have the option of rowing five kilometers (5km) as an alternative event for the three mile run. The sequence of PFT events is at the discretion of the unit commanding officer/OIC. However, all PFT events will be conducted in a single session, not to exceed two hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate, and prepare for the next event. The command will not impose restrictions on the performance of any event other than those specifically stated in this Bulletin. For example, a command will not mandate that Marines must use the overhand grip when executing pull-ups.

4. Procedures

a. Safety. Risk Management (RM) will be utilized in order to ensure PFT participants are not exposed to unnecessary risk. Commanders/OICs will ensure personnel have a current Periodic Health Assessment (PHA) prior to participating in command PFT activities to include physical fitness testing and combat fitness testing in accordance with reference (c).

b. Supervision. The force fitness instructor (FFI) or command physical training representative (CPTR) will monitor the PFT and maintain the NAVMC 11622, "PFT/CFT Performance Worksheet." Marines will be kept advised of their progress as they are performing each event by the FFI or CPTR. Commanders/OICs are responsible for the proper administration of the PFT.

c. Monitor Certification. Monitor certification must be completed via MarineNet through the TSD0PCFT01, "PFT/CFT Monitor Certification," course before Marines are certified as monitors. Both FFI's and CPTR's must complete this certification course to be able to serve as monitors.

d. Uniform. The only authorized uniform for the PFT is the Marine Corps approved green-on-green T-shirt, shorts, socks, and running shoes. The green-on-green sweat suit or running suit with watch cap and gloves may be worn, as required. However, the running suit is not to be used in conjunction with the sweat suit in any combination.

e. Equipment. A timepiece (digital or stopwatch) that accurately measures time to the second is required for push-ups, abdominal crunch, and three mile run. A "Concept 2" brand ergometer is required for Marines age 46 years and older that select the 5km rowing event as an alternative aerobic event.

f. Performance. PFT monitors are responsible for completing the NAVMC 11622. Monitors will ensure PFT performance data is calculated in accordance with Tables 1-3 through 1-7 of this Bulletin. Only a command approved, FFI/CPTR monitored PFT/PPFT satisfies the annual requirement. Only a command approved, FFI/CPTR monitored PFT/PPFT will be recorded as an entry in MCTFS, Marine On Line (MOL), or as an item 8b of Section A entry on NAVMC 10835, "USMC Fitness Report." Marines are allowed to take multiple PFT/PPFT's in an attempt to improve their score. However, a failure in any of the PFT/PPFT's taken during the testing period will render a fitness report adverse, have proficiency mark implications, and result in other administrative consequences. Other PFTs/PPFT's taken during the testing period, even if passed, do not replace the PFT/PPFT that was failed. PFTs/PPFTs taken in conjunction with the Remedial Conditioning Program (RCP) do not satisfy annual requirements and will not be used for MCTFS/Performance Evaluation reporting purposes.

5. Events

a. Hybrid Push-up/ Pull-up test

(1) This event gives Marines the option to do either push-ups or pull-ups. All Marines should be encouraged to do pull-ups as this is a better field test of dynamic upper body strength. Additionally, maximum points on the hybrid push-up/pull-up test can only be earned by doing pull-ups.

(2) Prior to the hybrid pull-up/push-up test Marines will indicate to the FFI or CPTR if they will attempt push-ups or pull-ups.

(3) Marines must score at least the minimum points on the event selected to pass this test. If unable to meet at least the minimum points, this constitutes a failure of this event and of the PFT.

(4) Only push-ups or pull-ups will be conducted on this test. Push-up and pull-up scores cannot be combined for a total score on this event.

b. Pull-up

(1) This is not a timed event and can be conducted either indoors or outdoors.

(2) Diameter of the bar may range between 1 and 1 3/4 inches. The use of athletic tape on the bar is authorized.

(3) The bar must be high enough to allow the tallest Marine's legs to hang straight without touching the ground, when arms are fully extended.

(4) Sweatshirts/running suit top or long sleeve shirt must be removed during the conduct of the pull-up event in order to observe the lockout of the elbows with each repetition.

(5) The preparatory command is "Ready" and the execute command is "Begin."

(6) Assistance to the bar with a step up, being lifted up, or jumping up is authorized. Assistance up to the bar will not be used as momentum into the first pull-up.

(7) The bar must be grasped with both palms facing either forward or to the rear.

(8) The correct starting position begins when arms are fully extended beneath the bar, feet are free from touching the ground or any bar mounting assist, and the body is motionless.

(9) Legs may be positioned in a straight or bent position, but knees may not be raised above the waist.

(10) One repetition consists of raising the body with the arms until the chin is above the bar and then lowering the body until the arms are fully extended; repeat as many repetitions as possible. At no time during the execution of this event can a Marine rest the chin on the bar.

(11) The intent is to execute a vertical "dead hang" pull-up. A certain amount of inherent body movement will occur as the pull-up is executed. However, the intent is to avoid a pendulum-like motion that enhances the ability to execute the pull-up. Whipping, kicking, or kipping of the body or legs, or any leg movement used to assist in the vertical progression of the pull-up is not authorized. If observed, the repetition does not count for score.

(12) A repetition will be counted when a correct and complete pull-up is performed.

(13) The goal of this event is for Marines to execute as many correct and complete pull-ups before dropping off the bar.

c. Push-ups

(1) This is a two minute timed event and can be conducted either indoors or outdoors.

(2) Sweatshirts will be removed during the conduct of the push-up event to observe full extension of the arms and upper arms (above the elbow) parallel to the deck.

(3) The preparatory command is "Ready" and the execute command is "Begin."

(4) On the command "Ready" the Marine will assume the front-leaning rest position by placing the hands in a comfortable position on the deck. The feet may be together or 12 inches apart (measured between the feet) but may not be crossed. When viewed from the side, the body should form a generally straight line from the shoulders to the ankles.

(5) On the command "Begin", begin the push-up by bending the elbows and lowering the entire body as a single unit until the upper arms are at least parallel to the deck. Then, return to the starting position by raising the entire body until the arms are fully extended.

(6) The body must remain rigid in a generally straight line and move as a unit while performing each repetition.

(7) At the end of each repetition, the scorer will state the number of repetitions completed correctly. If the Marine fails to keep the body

generally straight, to lower the whole body until the upper arms are at least parallel to the deck, or to extend the arms completely, that repetition will not count, and the scorer will repeat the number of the last correctly performed repetition.

(8) If the Marine fails to perform the first 10 push-ups correctly, the scorer will tell the Marine to go to the knees and will explain the deficiencies. The Marine will then be sent to the end of the line to be retested.

(9) After the first 10 push-ups have been performed and counted, no restarts are allowed. The test will continue, and any incorrectly performed push-ups will not be counted.

(10) An altered, front-leaning rest position is the only authorized rest position. That is, the Marine may sag in the middle or flex the back. When flexing the back, the knees may be bent, but not to such an extent that the Marine is supporting most of the body weight with the legs. If this occurs, the Marine's performance will be terminated. The Marine must return to, and pause in the correct starting position before continuing.

(11) If the Marine rests on the ground or raises either hand or foot from the ground, the performance will be terminated. The Marine may reposition the hands and/or feet during the event as long as they remain in contact with the deck at all times.

d. Abdominal Crunch

(1) This is a timed event with a two minute time limit and can be conducted either indoors or outdoors.

(2) The preparatory command is "Ready" and the execute command is "Begin."

(3) On a flat surface, Marines will lie flat on their back with shoulder blades touching the deck, knees bent, and both feet flat on the deck.

(4) Arms will be folded across the chest or rib cage with no gap between the arms and chest/rib cage. The hands must be clasped on the upper arm between the elbow and shoulder. Both arms must remain in constant contact with chest/rib cage throughout the exercise. A single repetition consists of raising the upper body from the starting position with shoulder blades touching the deck until both forearms or elbows simultaneously touch the thighs, and then return to the starting position with the shoulder blades touching the deck.

(5) The buttocks will remain in constant contact with the deck throughout the event. No arching of the lower back or lifting of the buttocks is permitted.

(6) An assistant may be used to hold a Marine's legs or feet, at or below the knees in whatever manner that is most comfortable for the Marine. Kneeling or sitting on the Marine's feet is permitted.

(7) A repetition will be counted when a correct and complete abdominal crunch is performed. The FFI's or CPTR's will ensure proper repetition counting is conducted.

(8) The goal of this event is for Marines to execute as many correct and complete crunches within the two minute time limit.

e. Three Mile Run

(1) This is a timed event and can be conducted either indoors or outdoors. Running this event on a treadmill is not authorized.

(2) The run course will be three miles exactly (no variation authorized) and must be measured for accuracy and set over reasonably level ground.

(3) The preparatory command is "Ready" and the execute command is "Go."

(4) The course should be an "out and back" or a wide loop course. The run course should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A determination as to whether the track is a yard or meter track must be made and the track measured to ensure accurate distance prior to conducting the PFT. Run courses should not require a Marine to do more than 12 laps to cover three miles, (e.g., a course should not be shorter than 440-yards per lap).

(5) The goal of this event is for Marines to complete the measured course as quickly as possible.

f. Rowing

(1) Marines 46 years of age and older have the option to select rowing as an alternative aerobic event to the three mile run. This event must be taken on a "Concept 2 (C2)" brand rowing ergometer with a Performance Monitor 3 (PM3) or later performance monitor. No other ergometers are authorized.

(2) The event is a timed 5km row conducted in the following manner:

(a) The Marine rowing will take a seated position on the rower ready to begin.

(b) From the main menu of the performance monitor the FFI/CPTR will press the "Select Workout" button (Figure 1-1).

(c) The FFI/CPTR will press the "Standard List" button and then select "5000m" (Figure 1-2) which will bring the screen to the "5000m" event page. The FFI/CPTR will then select "5000m" (Figure 1-3). A 5km event will not be completed on any other screen.

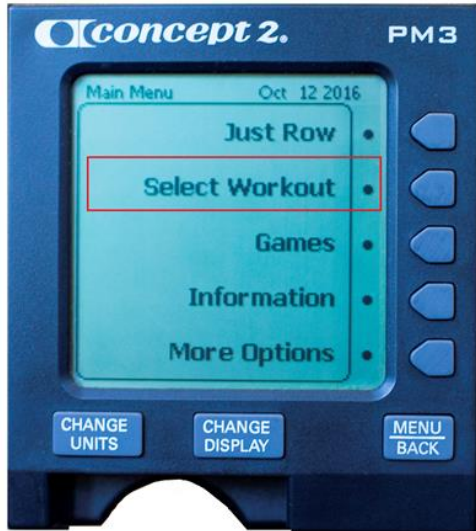


Figure 1-1.--"Main Menu" Page.
Press "Select Workout"

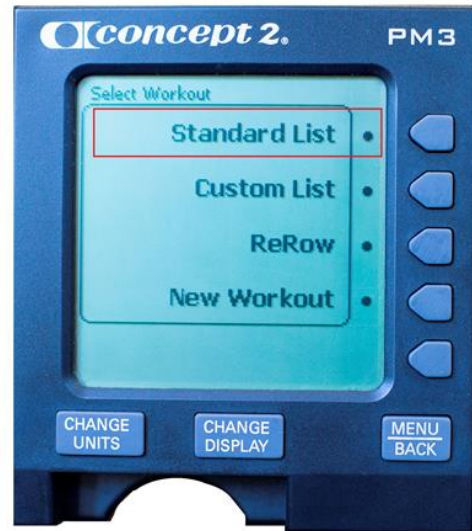


Figure 1-2.--"Select Workout" Page.
Press "Standard List"



Figure 1-3.--"Standard List" Page.
Press "5,000m"

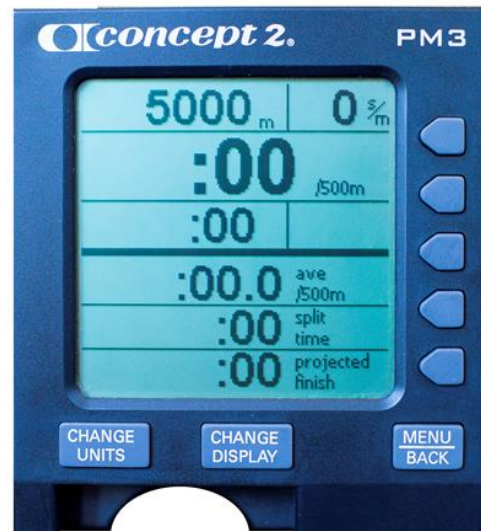


Figure 1-4.--"5000m" Test Page.
5,000m "Start" Screen

(c) The event begins when the FII/CPTR gives the command "Begin". Time starts automatically on the rowing monitor display when the Marine starts rowing. The rowing distance display counts down from "5000m" to "0". The test ends when the Marine reaches zero meters, or stops rowing for a period long enough that the monitor turns off. The rowing time will be rounded up or down to the nearest whole second (e.g., 22 minutes, 8.6 seconds will be recorded as 22 minutes, 9 seconds. 22 mins, 8.5 seconds will be recorded as 22 minutes, 8 seconds).

(3) The 5km event takes place at the level or damper setting on the flywheel selected by the Marine. Once the Marine begins event by pulling on the handle, he or she should remain in constant and continuous motion until the 5km test is complete. If the Marine stops his or her motion rowing

during the event for such duration that the screen turns off, the event is over.

6. Performance. The minimum performance requirement for Marines to pass the PFT is to achieve a third class score, by age group. Marines must complete the minimum performance requirements in each event and achieve an overall combined score of 120 points to achieve a passing score.

7. Classification. Failure to meet the minimum requirement in any one event constitutes a failure of the test regardless of the total number of points earned. Table 1-1 shows the classification scores required, for all age groups. Marines should be encouraged to continually strive to perform their best and not merely accept minimum performance.

Table 1-1.--PFT Classification Scores.

PFT Class	
1st	235 to 300
2d	200 to 234
3d	120 to 199

8. Score. The official Marine Corps PFT calculator is found at (MOL): <https://tfas.mol.usmc.mil/SSO/LoginRequest.do>. The 17-20 year old age group will be used to score all recruits on PFT performance, regardless of age. Age groups specific to an individual's age will be used to score officer candidates, Basic and Warrant Officer Course students, and Midshipmen from the Naval Academy and Naval Reserve Officer Training Corps on PFT performance. Tables 1-2 through 1-7 will be used for scoring PFT events.

9. Altitude Considerations. Units administering the PFT at altitudes of 4,500 feet or more above sea level will utilize Table 1-5 for adjusted run times or Table 1-7 for adjusted rowing times. Commanders are directed to provide Marines a 30-day acclimatization period prior to conducting a PFT at altitude. Marines scheduled to report to commands at altitude in June or December will complete their PFTs prior to detaching.

Table 1-2.--Pull-up/Push-up Hybrid Test Scoring Tables.

		Male Pull-Ups							
		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
Min Pts		40	40	40	40	40	40	40	40
Reps		Male Pull-Ups							
		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 Pull-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		7	9	10	9	8	6	4	3
Min		1	1	1	1	1	1	1	1
Min Pts		60	60	60	60	60	60	60	60
Reps		Female Pull-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
10				100					
9			100	96	100				
8			95	91	95	100			
7		100	90	87	90	94			
6		93	85	82	85	89	100		
5		87	80	78	80	83	92		
4		80	75	73	75	77	84	100	
3		73	70	69	70	71	76	87	100
2		67	65	64	65	66	68	73	80
1		60	60	60	60	60	60	60	60

		Male Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		82	87	84	80	76	72	68	64
Min		42	40	39	36	34	30	25	20
Min Pts		40	40	40	40	40	40	40	40
Max Pts		70	70	70	70	70	70	70	70
Reps		Male Push-Ups							
		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							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		42	48	50	46	43	41	40	38
Min		19	18	18	16	14	12	11	10
Min Pts		40	40	40	40	40	40	40	40
Max Pts		70	70	70	70	70	70	70	70
Reps		Female Push-Ups							
		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

Table 1-2.--Pull-up/Push-up Hybrid Test Scoring Tables (cont.)

		Male Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		82	87	84	80	76	72	68	64
Min		42	40	39	36	34	30	25	20
Min Pts		40	40	40	40	40	40	40	40
Max Pts		70	70	70	70	70	70	70	70
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

		Female Push-Ups							
		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max		42	48	50	46	43	41	40	38
Min		19	18	18	16	14	12	11	10
Min Pts		40	40	40	40	40	40	40	40
Max Pts		70	70	70	70	70	70	70	70
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 1-3.--PFT Abdominal Crunches Scoring Tables.

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
Reps	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

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
Reps	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

Table 1-3.--PFT Abdominal Crunches Scoring Tables (cont.)

	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 1-4.--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

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								
	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

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

Table 1-4.--PFT 3 Mile Run Scoring Tables (cont.)

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

Table 1-4.--PFT 3 Mile Run Scoring Tables (cont.)

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
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
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

Table 1-5.--PFT 3 Mile Run Altitude Compensation Tables
(at or above 4,500 feet mean sea level)

Male 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	19:30	19:30	19:30	19:30	19:30	20:00	20:30	21:00
Min	29:10	29:10	29:30	29:50	30:10	30:50	31:30	34:30
Min Pts	40	40	40	40	40	40	40	40

Time	Male 3 Mile Run (Altitude)							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
19:30	100	100	100	100	100			
19:40	99	99	99	99	99			
19:50	98	98	98	98	98			
20:00	97	97	97	97	97	100		
20:10	96	96	96	96	96	99		
20:20	95	95	95	95	95	98		
20:30	94	94	94	94	94	97	100	
20:40	93	93	93	93	93	96	99	
20:50	92	92	92	92	93	95	98	
21:00	91	91	91	91	92	94	97	100
21:10	90	90	90	90	91	94	96	99
21:20	89	89	89	89	90	93	95	99
21:30	88	88	88	88	89	92	95	98
21:40	87	87	87	87	88	91	94	97
21:50	86	86	86	86	87	90	93	96
22:00	84	84	85	85	86	89	92	96
22:10	83	83	84	85	85	88	91	95
22:20	82	82	83	84	84	87	90	94
22:30	81	81	82	83	83	86	89	93
22:40	80	80	81	82	82	85	88	93
22:50	79	79	80	81	81	84	87	92
23:00	78	78	79	80	80	83	86	91
23:10	77	77	78	79	79	82	85	90
23:20	76	76	77	78	78	82	85	90
23:30	75	75	76	77	78	81	84	89
23:40	74	74	75	76	77	80	83	88
23:50	73	73	74	75	76	79	82	87
24:00	72	72	73	74	75	78	81	87
24:10	71	71	72	73	74	77	80	86
24:20	70	70	71	72	73	76	79	85
24:30	69	69	70	71	72	75	78	84
24:40	68	68	69	70	71	74	77	84
24:50	67	67	68	69	70	73	76	83
25:00	66	66	67	68	69	72	75	82
25:10	65	65	66	67	68	71	75	81
25:20	64	64	65	66	67	70	74	81
25:30	63	63	64	65	66	70	73	80
25:40	62	62	63	64	65	69	72	79
25:50	61	61	62	63	64	68	71	79
26:00	60	60	61	62	63	67	70	78
26:10	59	59	60	61	63	66	69	77
26:20	58	58	59	60	62	65	68	76
26:30	57	57	58	59	61	64	67	76

Female 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	22:30	22:30	22:30	22:30	22:30	23:00	23:30	24:00
Min	32:20	32:20	32:40	33:00	33:20	34:00	35:00	37:30
Min Pts	40	40	40	40	40	40	40	40

Time	Female 3 Mile Run (Altitude)							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
22:30	100	100	100	100	100			
22:40	99	99	99	99	99			
22:50	98	98	98	98	98			
23:00	97	97	97	97	97	100		
23:10	96	96	96	96	96	99		
23:20	95	95	95	95	95	98		
23:30	94	94	94	94	94	97	100	
23:40	93	93	93	93	94	96	99	
23:50	92	92	92	92	93	95	98	
24:00	91	91	91	91	92	95	97	100
24:10	90	90	90	90	91	94	97	99
24:20	89	89	89	90	90	93	96	99
24:30	88	88	88	89	89	92	95	98
24:40	87	87	87	88	88	91	94	97
24:50	86	86	86	87	87	90	93	96
25:00	85	85	85	86	86	89	92	96
25:10	84	84	84	85	85	88	91	95
25:20	83	83	83	84	84	87	90	94
25:30	82	82	82	83	83	86	90	93
25:40	81	81	81	82	82	85	89	93
25:50	80	80	80	81	82	85	88	92
26:00	79	79	79	80	81	84	87	91
26:10	78	78	78	79	80	83	86	90
26:20	77	77	77	78	79	82	85	90
26:30	76	76	76	77	78	81	84	89
26:40	75	75	75	76	77	80	83	88
26:50	74	74	74	75	76	79	83	87
27:00	73	73	73	74	75	78	82	87
27:10	72	72	72	73	74	77	81	86
27:20	71	71	71	72	73	76	80	85
27:30	69	69	70	71	72	75	79	84
27:40	68	68	70	70	71	75	78	84
27:50	67	67	69	70	70	74	77	83
28:00	66	66	68	69	70	73	77	82
28:10	65	65	67	68	69	72	76	81
28:20	64	64	66	67	68	71	75	81
28:30	63	63	65	66	67	70	74	80
28:40	62	62	64	65	66	69	73	79
28:50	61	61	63	64	65	68	72	79
29:00	60	60	62	63	64	67	71	78
29:10	59	59	61	62	63	66	70	77
29:20	58	58	60	61	62	65	70	76
29:30	57	57	59	60	61	65	69	76

Table 1-5.--PFT 3 Mile Run Altitude Compensation Tables
(at or above 4,500 feet mean sea level) (cont.)

Male 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	19:30	19:30	19:30	19:30	19:30	20:00	20:30	21:00
Min	29:10	29:10	29:30	29:50	30:10	30:50	31:30	34:30
Min Pts	40	40	40	40	40	40	40	40
26:40	56	56	57	58	60	63	66	75
26:50	54	54	56	57	59	62	65	74
27:00	53	53	55	56	58	61	65	73
27:10	52	52	54	55	57	60	64	73
27:20	51	51	53	55	56	59	63	72
27:30	50	50	52	54	55	58	62	71
27:40	49	49	51	53	54	58	61	70
27:50	48	48	50	52	53	57	60	70
28:00	47	47	49	51	52	56	59	69
28:10	46	46	48	50	51	55	58	68
28:20	45	45	47	49	50	54	57	67
28:30	44	44	46	48	49	53	56	67
28:40	43	43	45	47	48	52	55	66
28:50	42	42	44	46	48	51	55	65
29:00	41	41	43	45	47	50	54	64
29:10	40	40	42	44	46	49	53	64
29:20			41	43	45	48	52	63
29:30			40	42	44	47	51	62
29:40				41	43	46	50	61
29:50				40	42	46	49	61
30:00					41	45	48	60
30:10					40	44	47	59
30:20						43	46	59
30:30						42	45	58
30:40						41	45	57
30:50						40	44	56
31:00							43	56
31:10							42	55
31:20							41	54
31:30							40	53
31:40								53
31:50								52
32:00								51
32:10								50
32:20								50
32:30								49
32:40								48
32:50								47
33:00								47
33:10								46
33:20								45
33:30								44
33:40								44
33:50								43
34:00								42
34:10								41
34:20								41
34:30								40

Female 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	22:30	22:30	22:30	22:30	22:30	23:00	23:30	24:00
Min	32:20	32:20	32:40	33:00	33:20	34:00	35:00	37:30
Min Pts	40	40	40	40	40	40	40	40
29:40	56	56	58	59	60	64	68	75
29:50	55	55	57	58	59	63	67	74
30:00	54	54	56	57	58	62	66	73
30:10	53	53	55	56	58	61	65	73
30:20	52	52	54	55	57	60	64	72
30:30	51	51	53	54	56	59	63	71
30:40	50	50	52	53	55	58	63	70
30:50	49	49	51	52	54	57	62	70
31:00	48	48	50	51	53	56	61	69
31:10	47	47	49	50	52	55	60	68
31:20	46	46	48	50	51	55	59	67
31:30	45	45	47	49	50	54	58	67
31:40	44	44	46	48	49	53	57	66
31:50	43	43	45	47	48	52	57	65
32:00	42	42	44	46	47	51	56	64
32:10	41	41	43	45	46	50	55	64
32:20	40	40	42	44	46	49	54	63
32:30			41	43	45	48	53	62
32:40			40	42	44	47	52	61
32:50				41	43	46	51	61
33:00				40	42	45	50	60
33:10					41	45	50	59
33:20					40	44	49	59
33:30						43	48	58
33:40						42	47	57
33:50						41	46	56
34:00						40	45	56
34:10							44	55
34:20							43	54
34:30							43	53
34:40							42	53
34:50							41	52
35:00							40	51
35:10								50
35:20								50
35:30								49
35:40								48
35:50								47
36:00								47
36:10								46
36:20								45
36:30								44
36:40								44
36:50								43
37:00								42
37:10								41
37:20								41
37:30								40

Table 1-6.--5 Kilometer Row Scoring Tables.

		Male Rowing				Female Rowing	
		46-50	51+			46-50	51+
Max		20:40	21:10	Max		23:30	24:00
Min		25:40	27:50	Min		28:30	30:40
Min Pts		40	40	Min Pts		40	40
		Male				Female	
Time		46-50	51+	Time		46-50	51+
20:40		100		23:30		100	
20:45		99		23:35		99	
20:50		98		23:40		98	
20:55		97		23:45		97	
21:00		96		23:50		96	
21:05		95		23:55		95	
21:10		94	100	24:00		94	100
21:15		93	99	24:05		93	99
21:20		92	99	24:10		92	99
21:25		91	98	24:15		91	98
21:30		90	97	24:20		90	97
21:35		89	96	24:25		89	96
21:40		88	96	24:30		88	96
21:45		87	95	24:35		87	95
21:50		86	94	24:40		86	94
21:55		85	93	24:45		85	93
22:00		84	93	24:50		84	93
22:05		83	92	24:55		83	92
22:10		82	91	25:00		82	91
22:15		81	90	25:05		81	90
22:20		80	90	25:10		80	90
22:25		79	89	25:15		79	89
22:30		78	88	25:20		78	88
22:35		77	87	25:25		77	87
22:40		76	87	25:30		76	87
22:45		75	86	25:35		75	86
22:50		74	85	25:40		74	85
22:55		73	84	25:45		73	84
23:00		72	84	25:50		72	84
23:05		71	83	25:55		71	83

Table 1-6.--5 Kilometer Row Scoring Tables (cont.)

	Male Rowing			Female Rowing	
	46-50	51+		46-50	51+
Max	20:40	21:10	Max	23:30	24:00
Min	25:40	27:50	Min	28:30	30:40
Min Pts	40	40	Min Pts	40	40
23:10	70	82	26:00	70	82
23:15	69	81	26:05	69	81
23:20	68	81	26:10	68	81
23:25	67	80	26:15	67	80
23:30	66	79	26:20	66	79
23:35	65	78	26:25	65	78
23:40	64	78	26:30	64	78
23:45	63	77	26:35	63	77
23:50	62	76	26:40	62	76
23:55	61	75	26:45	61	75
24:00	60	75	26:50	60	75
24:05	59	74	26:55	59	74
24:10	58	73	27:00	58	73
24:15	57	72	27:05	57	72
24:20	56	72	27:10	56	72
24:25	55	71	27:15	55	71
24:30	54	70	27:20	54	70
24:35	53	69	27:25	53	69
24:40	52	69	27:30	52	69
24:45	51	68	27:35	51	68
24:50	50	67	27:40	50	67
24:55	49	66	27:45	49	66
25:00	48	66	27:50	48	66
25:05	47	65	27:55	47	65
25:10	46	64	28:00	46	64
25:15	45	63	28:05	45	63
25:20	44	63	28:10	44	63
25:25	43	62	28:15	43	62
25:30	42	61	28:20	42	61
25:35	41	60	28:25	41	60
25:40	40	60	28:30	40	60

Table 1-6.--5 Kilometer Row Scoring Tables (cont.)

	Male Rowing			Female Rowing	
	46-50	51+		46-50	51+
Max	20:40	21:10	Max	23:30	24:00
Min	25:40	27:50	Min	28:30	30:40
Min Pts	40	40	Min Pts	40	40
25:45		59	28:35		59
25:50		58	28:40		58
25:55		57	28:45		57
26:00		57	28:50		57
26:05		56	28:55		56
26:10		55	29:00		55
26:15		54	29:05		54
26:20		54	29:10		54
26:25		53	29:15		53
26:30		52	29:20		52
26:35		51	29:25		51
26:40		51	29:30		51
26:45		50	29:35		50
26:50		49	29:40		49
26:55		48	29:45		48
27:00		48	29:50		48
27:05		47	29:55		47
27:10		46	30:00		46
27:15		45	30:05		45
27:20		45	30:10		45
27:25		44	30:15		44
27:30		43	30:20		43
27:35		42	30:25		42
27:40		42	30:30		42
27:45		41	30:35		41
27:50		40	30:40		40

Table 1-7.--5 Kilometer Row at Altitude Scoring Tables.

	Male Rowing	
	46-50	51+
Max	21:20	21:50
Min	26:20	28:30
Min Pts	40	40
	Male	
Time	46-50	51+
21:20	100	
21:25	99	
21:30	98	
21:35	97	
21:40	96	
21:45	95	
21:50	94	100
21:55	93	99
22:00	92	99
22:05	91	98
22:10	90	97
22:15	89	96
22:20	88	96
22:25	87	95
22:30	86	94
22:35	85	93
22:40	84	93
22:45	83	92
22:50	82	91
22:55	81	90
23:00	80	90
23:05	79	89
23:10	78	88
23:15	77	87
23:20	76	87
23:25	75	86
23:30	74	85
23:35	73	84
23:40	72	84
23:45	71	83

	Female Rowing	
	46-50	51+
Max	24:10	24:40
Min	29:10	31:20
Min Pts	40	40
	Female	
Time	46-50	51+
24:10	100	
24:15	99	
24:20	98	
24:25	97	
24:30	96	
24:35	95	
24:40	94	100
24:45	93	99
24:50	92	99
24:55	91	98
25:00	90	97
25:05	89	96
25:10	88	96
25:15	87	95
25:20	86	94
25:25	85	93
25:30	84	93
25:35	83	92
25:40	82	91
25:45	81	90
25:50	80	90
25:55	79	89
26:00	78	88
26:05	77	87
26:10	76	87
26:15	75	86
26:20	74	85
26:25	73	84
26:30	72	84
26:35	71	83

Table 1-7.--5 Kilometer Row at Altitude Scoring Tables (cont.)

	Male Rowing			Female Rowing	
	46-50	51+		46-50	51+
Max	21:20	21:50	Max	24:10	24:40
Min	26:20	28:30	Min	29:10	31:20
Min Pts	40	40	Min Pts	40	40
23:50	70	82	26:40	70	82
23:55	69	81	26:45	69	81
24:00	68	81	26:50	68	81
24:05	67	80	26:55	67	80
24:10	66	79	27:00	66	79
24:15	65	78	27:05	65	78
24:20	64	78	27:10	64	78
24:25	63	77	27:15	63	77
24:30	62	76	27:20	62	76
24:35	61	75	27:25	61	75
24:40	60	75	27:30	60	75
24:45	59	74	27:35	59	74
24:50	58	73	27:40	58	73
24:55	57	72	27:45	57	72
25:00	56	72	27:50	56	72
25:05	55	71	27:55	55	71
25:10	54	70	28:00	54	70
25:15	53	69	28:05	53	69
25:20	52	69	28:10	52	69
25:25	51	68	28:15	51	68
25:30	50	67	28:20	50	67
25:35	49	66	28:25	49	66
25:40	48	66	28:30	48	66
25:45	47	65	28:35	47	65
25:50	46	64	28:40	46	64
25:55	45	63	28:45	45	63
26:00	44	63	28:50	44	63
26:05	43	62	28:55	43	62
26:10	42	61	29:00	42	61
26:15	41	60	29:05	41	60
26:20	40	60	29:10	40	60

Table 1-7.--5 Kilometer Row at Altitude Scoring Tables (cont.)

	Male Rowing	
	46-50	51+
Max	21:20	21:50
Min	26:20	28:30
Min Pts	40	40
26:25		59
26:30		58
26:35		57
26:40		57
26:45		56
26:50		55
26:55		54
27:00		54
27:05		53
27:10		52
27:15		51
27:20		51
27:25		50
27:30		49
27:35		48
27:40		48
27:45		47
27:50		46
27:55		45
28:00		45
28:05		44
28:10		43
28:15		42
28:20		42
28:25		41
28:30		40

	Female Rowing	
	46-50	51+
Max	24:10	24:40
Min	29:10	31:20
Min Pts	40	40
29:15		59
29:20		58
29:25		57
29:30		57
29:35		56
29:40		55
29:45		54
29:50		54
29:55		53
30:00		52
30:05		51
30:10		51
30:15		50
30:20		49
30:25		48
30:30		48
30:35		47
30:40		46
30:45		45
30:50		45
30:55		44
31:00		43
31:05		42
31:10		42
31:15		41
31:20		40

Chapter 2

Combat Fitness Test

1. Purpose. The purpose of the CFT is to assess a Marine's physical capacity in a broad spectrum of combat related tasks. The CFT was specifically designed to evaluate strength, stamina, agility, and coordination as well as overall anaerobic capacity. The CFT is a complement to the PFT and measures the functional elements of combat fitness through execution of a series of events that represent every Marine's combat experience, emphasizing our ethos of "every Marine is a rifleman."

2. Requirement

a. Active Component. The CFT is a scored, calendar year annual requirement for all active duty Marines, regardless of age, gender, grade, or duty assignment. It is required to be conducted in between 1 July and 31 December of each year.

b. Reserve Component. The CFT is a scored, calendar year annual requirement for all SMCR/IMA Marines, regardless of age, gender, grade, or duty assignment. CFT accomplishment will remain valid for two years for promotional purposes should operational constraints prevent annual testing. It is required to be conducted in between 1 July and 31 December of each year.

c. Activated Reservists. Activated reserve Marines, to include AR, mobilized or those performing ADOS will comply with the active component CFT requirement. Exceptions and waivers will be administered in accordance with this Bulletin.

d. End of Active Service (EAS)/Retirement. Marines are required to complete a CFT during the annual period preceding their EAS or retirement date, unless otherwise directed. The terminal leave date will not be utilized to determine CFT requirements.

e. EAS/Retirement Final Physical Examination. Completion of the required final physical examination, regardless of when completed, does not exempt a Marine from performing a CFT. A Marine, who elects to complete their final physical examination 7-12 months prior to EAS or retirement, is still required to perform the annual CFT for that period. This policy is also applicable to the reserve component annual requirement.

f. Post-Light/Limited Duty

(1) Marines who did not take a CFT/PCFT for the annual requirement due to physical/medical reasons, will be administered a CFT no less than 30 days and no more than 90 days after return to full duty. Commanders/OICs should be attentive that Marines returning to full duty status following an extended limited duty period will require a progressive training routine in returning to pre-injury/disease fitness levels. If the grace period crosses over into the next semi-annual period, the Marine must take the test that was missed. While NMED will be utilized to categorize the test during the period for which the Marine was unable to take a CFT, the make-up test must be passed or adverse administration actions will result as in a CFT failure in normal circumstances. If MCTIMS will not allow score entry, a local record of CFT score will be kept by the command for inspection purposes.

(2) Pregnant and Postpartum Marines. Marines who are confirmed pregnant by a health care professional are exempt from taking the CFT. After delivery, Marines will participate in an exercise program, as soon as medically authorized, to prepare for the CFT. No earlier than six months after being returned to full duty by the HCP, the Marine has to be prepared to take the PFT. Additional time may be recommended by HCP and granted, if necessary, due to unique medical circumstances.

3. Sequence. The CFT consists of three events: Movement to Contact (MTC), Ammunition Lift (AL) and Maneuver Under Fire (MANUF). No deviation from the above sequence is authorized. All CFT events will be conducted in a single session, not to exceed two hours in duration. Transition between events should afford Marines adequate time to recover, stretch, hydrate and prepare for the next event. Rest between events will be no less than five minutes.

4. Procedures

a. Safety. RM will be utilized in order to ensure CFT participants are not exposed to unnecessary risk. Commanders/OICs will ensure personnel have a current periodic health assessment (PHA) prior to participating in command PFP activities to include physical fitness testing and combat fitness testing in accordance with reference (c).

b. Supervision. The FFI or command physical training representative CPTR will monitor the PFT and maintain the PFT/CFT Performance Worksheet. Marines will be kept advised of their progress as they are performing each event by the FFI or CPTR. Commanders/OICs are responsible for the proper administration of the PFT.

c. Monitor Certification. Monitor certification must be completed via MarineNet through the TSD0PCFT01 certification course before Marines are certified as monitors. Both FFI's and CPTR's must complete this certification course to be able to serve as monitors.

d. Supervision. The FFI or CPTR will monitor the CFT and maintain the PFT/CFT Performance Worksheet. The FFI or CPTR will ensure proper techniques are employed during the AL and MANUF and will call out each repetition for the AL and time-passed (in intervals) for all events. The FFI or CPTR will be posted at the start/finish point of the MTC course and provide Marines their split time and finishing time for the MTC. Prior to the start of the MTC, the FFI will place monitors at various locations to encourage participants and ensure they remain on the course. During the MTC, the FFI or CPTR will position the fastest runners towards the front and ensure participants are not placed too closely together to allow for a safe start. Because of the relative proximity and speed of runners throughout the MTC, the FFI or CPTR will ensure the finish area remains clear.

e. Uniform. The only authorized uniform for the CFT is the Marine pattern (MARPAT) utility uniform and boots. Watch cap, kneepads/elbow pads and gloves may be worn, as required. For the AL event, Marines will wear a green short-sleeve t-shirt so that lock out of the elbows can be observed. The blouse will be worn for the MANUF event. Commanders may authorize Marines to remove blouses for the running of the MTC event.

f. Equipment. The following equipment is required to conduct the CFT:

(1) A timepiece (digital or stopwatch) that accurately measures time to the second.

(2) Calibrated scale.

(3) Engineer tape, chalk or other fielding lining material.

(4) 100 foot measuring tape.

(5) Dummy grenade(s).

(6) M2A1 5.56mm ammunition cans weighing 30 pounds. Contents of can should not move excessively when lifted. Grip tape will be applied to the sides of the can to improve grip. Ammunition cans used expressly for the CFT should be appropriately marked in order to avoid confusion.

(7) Cones, pylons, utility flags, sand bags or other visible markers in order to mark the MANUF course.

g. Performance. CFT monitors are responsible for completing NAVMC 11622. Monitors will ensure CFT performance data is calculated in accordance with Tables 2-3 through 2-7 of this Bulletin. Only a command approved, FFI/CPTR monitored CFT/PCFT satisfies the annual requirement. Only a command approved, FFI/CPTR monitored CFT/PCFT will be recorded as an entry in MCTFS, MOL, or as an item 8b of Section A entry on NAVMC 10835, "USMC Fitness Report." Marines are allowed to take multiple CFT/PCFT's in an attempt to improve their score. However, a failure in any of the CFT/PCFT's taken during the testing period will render a fitness report adverse, have proficiency mark implications, and result in other administrative consequences. Other CFTs/PCFT's taken during the testing period, even if passed, do not replace the CFT/PCFT that was failed. CFTs/PCFTs taken in conjunction with the Remedial Conditioning Program (RCP) do not satisfy annual requirements and will not be used for MCTFS/Performance Evaluation reporting purposes.

5. Events

a. Movement to Contact (MTC)

(1) This is a timed event that can be conducted either indoors or outdoors.

(2) The preparatory command is "Ready" and the execute command is "Go."

(3) The run course will be 880 yards and must be measured for accuracy and set over reasonably level ground. Prior to the conduct of this event, the FFI or CPTR will ensure the running surface is free from hazards or debris that can cause injury to MTC participants.

(4) This event can be conducted on a track or measured surface and should not include numerous sharp turns that would force a participant to slow down excessively to remain on the course. A wide turnaround point will be implemented to prevent Marines from having to stop and turnaround, causing a loss in time on the event.

(5) Running this event on a treadmill is not authorized.

(6) The goal of this event is for Marines to complete the measured course as quickly as possible.

b. Ammunition Lift (AL)

(1) This is a timed event with a two minute time limit. This event can be conducted either indoors or outdoors.

(2) The preparatory command is "Ready" and the execute command is "Go."

(3) The AL is a repetitive lift of a 30-pound ammunition can from shoulder height to overhead.

(4) Prior to the start of the AL, Marines will be paired up by weight (within 10 pounds) and by approximate height in order to facilitate efficient transition to the MANUF.

(5) The partner counting repetitions will be located to the side (approx. 90 degree angle) of the Marine performing the AL in order to observe elbow lockout and prevent injury should the participant drop or return the ammunition can to the deck.

(6) When Marines are conducting the AL within close proximity, participants will conduct the event facing away from each other.

(7) Starting position for the AL is to hold the ammunition can sideways at shoulder height with both hands, handle facing away from the participant. The proper lifting technique is head up, chest elevated and lumbar curve maintained. Feet will remain shoulder-width apart or staggered in a basic-warrior stance position.

(8) The ammunition can must be lifted to a point overhead where the elbows are momentarily locked out. The ammunition can does not have to be lifted directly overhead. Once lock out is achieved, the ammunition can will be lowered to a point where the top of the can is at or below chin level. Once the ammo can is returned to this level, this counts as one repetition. To reach this level Marines may have to widen the distance between elbows.

(9) The top of the ammunition can when held in the starting position (handle facing away from the body) is to remain parallel to the deck throughout the entire movement. This will ensure the ammo lift is an overhead lifting motion than an angled pressing motion, and to ensure safety.

(10) A repetition will be counted when a correct and complete overhead lift is performed. The FFI's or CPTR's will ensure proper repetition counting is conducted.

(11) Marines are encouraged to use their legs to generate upward momentum of the ammunition can, especially when fatigued. There is no penalty if Marines choose not to use their legs. Alteration of stance during the AL is permissible.

(12) Marines are authorized to rest during the AL. The ammunition can may be held in the starting position or placed on the deck. If placed on the deck, the ammunition can will be lowered in a controlled movement and not

thrown or dropped. Once lowered to the deck, no assistance can be provided when returning the ammunition can to the starting position. Proper technique will be utilized when returning to the starting position.

(13) The FFI or CPTR will monitor the event ensuring elbows are locked out and the ammunition can is lowered to a point at or just below the chin.

(14) The goal of this event is to complete as many correct and complete repetitions as possible in the 2-minute time limit.

c. Maneuver Under Fire (MANUF)

(1) The MANUF is a timed event to be conducted outdoors or an indoor turf field at least 100 yards in length in accordance with Figure 2-1. The MANUF course should be constructed on a smooth and level grass surface, preferably a football or soccer field. Prior to the conduct of this event, the FFI/CPTR will ensure the running surface is free from hazards or debris that can cause injury to participants.

(2) The MANUF is a 300 yard shuttle run that includes a variety of combat-related tasks, to include crawls, buddy drags/carries, ammunition re-supply, grenade throw, and agility running. See Figures 2-1 and 2-2 for MANUF layout.

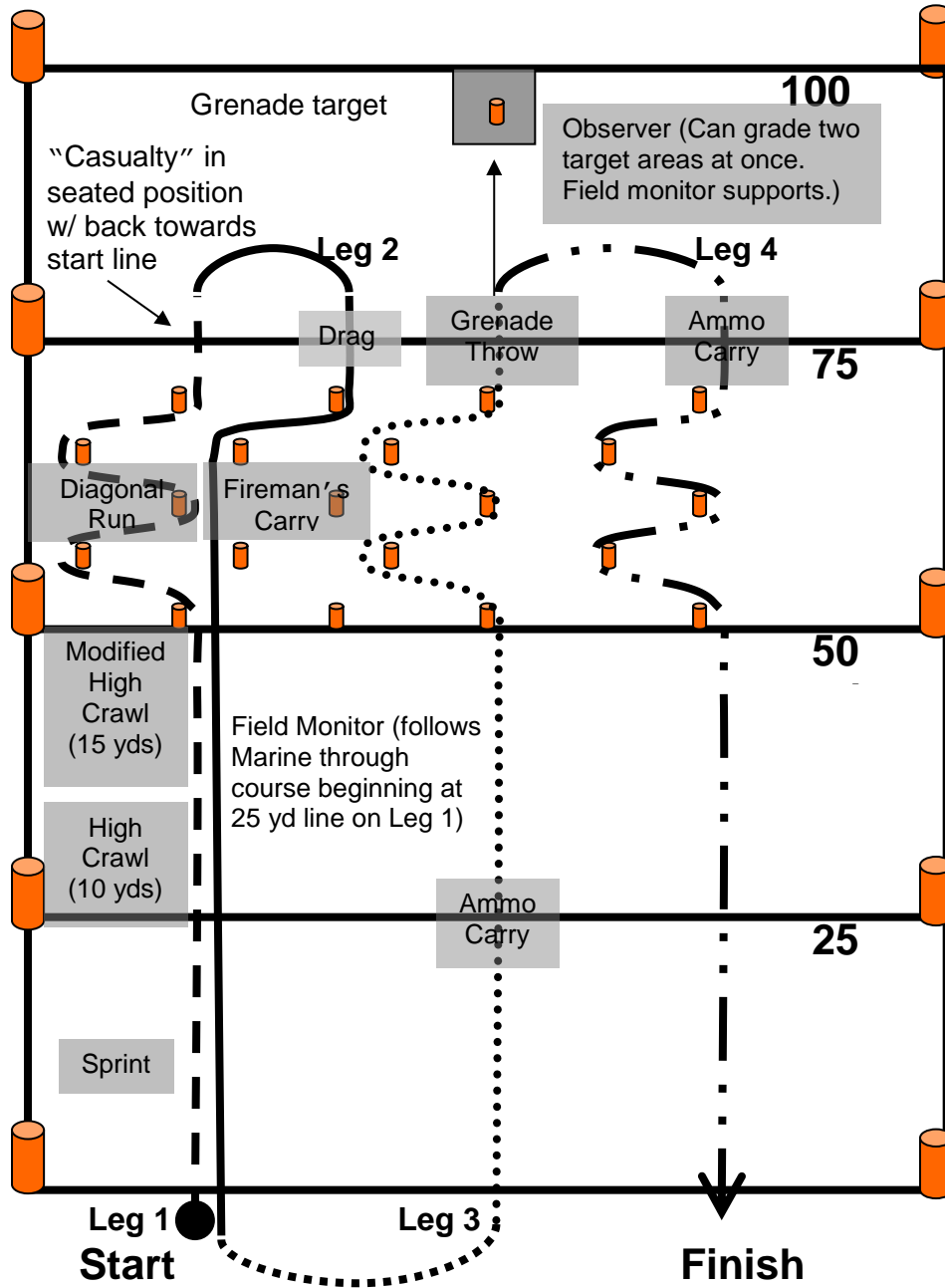


Figure 2-1.--Maneuver Under Fire Layout.

(Diagram not to scale -- All events occur within same lane)

Lane Marking

(Lane shown is left most lane)

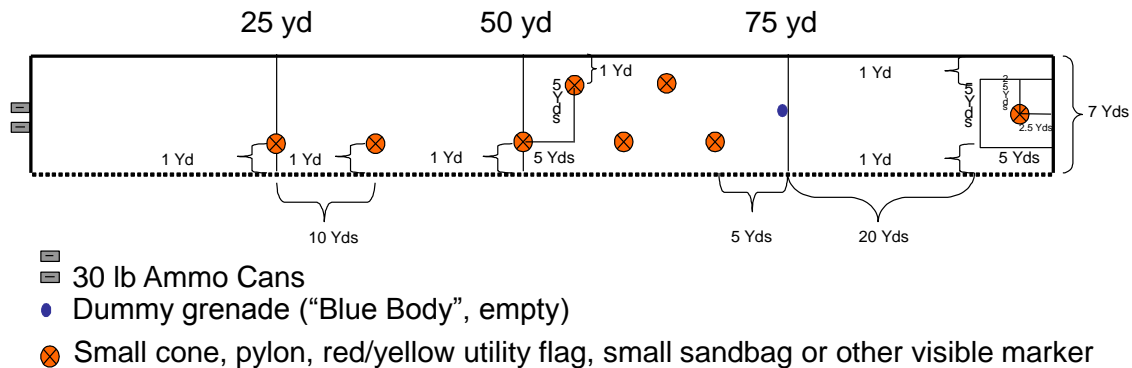


Figure 2-2.--Maneuver Under Fire Lane Marking.

(3) The number of monitors required is dependent upon the amount of lanes necessary to facilitate maximum throughput of a single running.

(4) The FFI or CPTR is the primary MANUF monitor. Each lane will have one field monitor positioned at the 25 yard line. One grenade pit observer will verify 2 lanes. The rank requirement for MANUF monitors is NCO or above. Grenade pit observers can be any rank. Monitors may rotate as necessary and are authorized to participate in the CFT. Mass starts for the MANUF is not necessary and individual field monitors can start Marines in their individual lanes upon approval of the FFI or CPTR.

For example, if eight MANUF lanes are established, thirteen monitors/observers are required: One primary MANUF monitor, eight field monitors and four grenade pit observers.

(5) Prior to execution, the primary monitor will partner Marines by weight (within 10 pounds) and approximate height (within six inches) and assign a lane.

(6) Prior to execution, the primary monitor will ensure partnered pairs are assigned lanes based upon MTC times (from fastest to slowest). Marines with the fastest MTC times will execute the MANUF first in order to ensure a uniform pace that facilitates overall supervision and safety of participants. The Marine from the partnered pair not executing the MANUF first will serve as the simulated casualty (SC).

(7) Prior to execution, the primary monitor will direct designated SCs to proceed to the 75 yard line; sit up facing away with legs straight; one yard inboard from the right lateral limit of the assigned lane.

(8) Prior to execution, a dummy grenade will be placed on the deck in the center of each lane at the 75 yard line.

(9) Prior to execution, the primary monitor will ensure MANUF participants confirm their lane and SC location.

(10) Marines will start the MANUF while lying in the prone; chest on the ground; one yard inboard from the right lateral limit of the designated lane; on line with the SC located at the 75 yard line. Staggering placement of the legs is permitted.

(11) The preparatory command is "Ready" and the execute command is "Go." On the command "Go" Marines will rise and sprint to the 25 yard line.

(12) Upon reaching the 25 yard line, Marines will decelerate and execute a forward facing clockwise turn ("J" hook) around the marker placed one yard inboard from the right lateral limit of the lane. Once the forward facing turn has been executed, Marines will assume a high crawl position.

(13) With their chest on or behind the 25 yard line following the "J" hook, Marines will drop and execute a high crawl for 10 yards. The high crawl is characterized by the Marine maintaining contact with the ground with elbows, knees and torso.

(14) After high crawling 10 yards to the 35 yard line, Marines will then execute a modified high crawl for 15 yards to the 50 yard line. The modified high crawl is characterized by the Marine maintaining six (6) points of contact (hands, knees, and feet) with the ground.

(15) After reaching the 50 yard line, Marines will rise and negotiate a network of cones (utility flags/other markers) for 25 yards until reaching the 75 yard line. The SC will be seated at the 75 yard line with legs straight and forearms clasped together.

(16) Upon reaching the SC from the rear, Marines will prepare to conduct a casualty drag by reaching underneath and through the arms of the SC and obtaining a solid grasp on both forearms. Marines will then lift and drag the SC 10 yards through the first two cones at the 65 yard line. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and the natural curve of the lumbar spine maintained. Field monitors may verbally guide Marines dragging the SC through the nearest two cones.

(17) The SC must keep knees straight and toes off the deck when being dragged. The SC may not assist the Marine being tested while being dragged.

(18) Once the feet of the SC have passed the second cone, the field monitor will direct "Casualty Stand." Once the SC is standing, Marines will lift the SC into the Fireman's Carry position. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and buttocks down. The Marine will ensure the SC is placed high on the shoulders. The SC will place the palm of one hand in the small of the back of the Marine doing the carry for support. Marines will then transport the SC 65 yards straight back to the start line without negotiating the remainder of the cone network. Stopping to rest and/or readjust is permitted.

(19) Once the SC is passed through the start line, Marines will place the SC safely on the deck and lift two ammunition cans weighing 30 pounds each. Marines will utilize proper lifting techniques by keeping the head up, chest elevated and buttocks down. The Marine will transport the two 30 pound ammunition cans back to the 75 yard line, negotiating the cone network while en route.

(20) Upon reaching the 75 yard line, Marines will place the ammunition cans next to the dummy grenade while utilizing a good lowering technique by bending at the knees.

(21) Marines will pick up the dummy grenade from the deck and engage the grenade target from the standing position. After the grenade is thrown, Marines will immediately drop to the deck and execute five push-ups. The quality of the push-ups will be graded in accordance with push-up/pull-up hybrid test standards. The grenade pit observer will signal to the field monitor both verbally and via hand signal whether the grenade throw was a hit or miss.

(22) To be counted as a hit, grenade throws must land directly in the grenade pit or strike the line marking the area. If the grenade lands in the grenade pit area, but rolls out, the throw is considered a hit. The field monitor will report the results of the grenade throw to the Marine after completion of the MANUF. Five seconds will be deducted from the overall MANUF time for hits and five seconds will be added to the overall MANUF time for misses.

(23) After conducting five properly executed push-ups, Marines will pick up the ammunition cans, utilizing proper lifting techniques by keeping the head up, chest elevated and buttocks down. After negotiating the cone network, Marines will transport the ammunition cans back to the start line. The primary monitor will ensure a five yard buffer zone is maintained between the start/finish line and any personnel/equipment.

(24) The primary monitor will sound off as event time elapses. The field monitor will provide grenade throw results. Marines will provide MANUF times and grenade throw results at the conclusion of the event. Scores will be calculated as follows:

For example, a Marine with an overall MANUF time of 2:42 and had a hit on the grenade throw portion would report "2:42 with a hit." The Marine recording will mark the overall time for this Marine as 2:37.

(25) The goal of this event is for Marines to complete the measured course as quickly as possible.

6. Performance. The minimum performance requirements for Marines to pass the CFT are contained in Table 2-1. Marines must meet or exceed the minimum performance requirements for each event.

Table 2-1.--CFT Minimum Performance Requirements.

COMBAT FITNESS TEST MINIMUM SCORE								
MALE								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
MTC	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
AL	62	67	67	67	67	66	65	16
MANUF	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
FEMALE								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
MTC	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
AL	30	30	30	30	30	28	26	6
MANUF	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33

7. Classification. The elements that comprise the CFT are the same for all Marines, regardless of gender or age. Marines must achieve the minimum performance requirement for all three events to successfully pass the CFT. Failure to meet the minimum requirement in any one event constitutes a failure of the entire test.

Table 2-2.--CFT Classifications.

CFT Class	
1st	235 to 300
2d	200 to 234
3d	120 to 199

8. Score. The CFT is a scored event. The 17-20 year old age group will be used to score all recruits on CFT performance, regardless of age. Age groups specific to an individual's age will be used to score officer candidates, Basic and Warrant Officer Course students, and Midshipmen from the Naval Academy and Naval Reserve Officer Training Corps on CFT performance. Calculating a cumulative score for a completed CFT can be derived from Tables 2-3 through 2-7.

9. Altitude Considerations. Units located at altitudes of 4,500 feet or more above sea level will provide Marines a 30-day acclimatization period prior to conducting a CFT. Marines scheduled to report to commands at altitude in June or December will complete their CFTs prior to detaching. Calculating a cumulative score for a completed CFT at altitude can be derived from Tables 2-6 (MTC) and 2-7 (MANUF). There is no altitude compensation for the Ammo lift.

Table 2-3.--Movement to Contact Scoring Tables.

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
2:38		100						
2:39		99	100					
2:40	100	98	99					
2:41	99	97	98					
2:42	98	96	97	100				
2:43	97	96	97	99				
2:44	96	95	96	98				
2:45	95	94	95	97	100			
2:46	94	93	94	97	99			
2:47	94	92	93	96	98			
2:48	93	91	92	95	98			
2:49	92	90	91	94	97			
2:50	91	89	90	93	96			
2:51	90	88	90	92	95			
2:52	89	87	89	91	94	100		
2:53	88	87	88	90	93	99		
2:54	87	86	87	90	93	98		
2:55	86	85	86	89	92	98		
2:56	85	84	85	88	91	97		
2:57	84	83	84	87	90	96		
2:58	83	82	83	86	89	95		
2:59	82	81	83	85	88	95		
3:00	82	80	82	84	88	94		
3:01	81	79	81	83	87	93	100	
3:02	80	79	80	83	86	92	99	
3:03	79	78	79	82	85	92	99	
3:04	78	77	78	81	84	91	98	
3:05	77	76	77	80	84	90	97	100
3:06	76	75	77	79	83	89	97	99
3:07	75	74	76	78	82	89	96	99
3:08	74	73	75	77	81	88	95	98
3:09	73	72	74	77	80	87	94	98
3:10	72	71	73	76	79	86	94	97
3:11	71	70	72	75	79	86	93	97
3:12	70	70	71	74	78	85	92	96
3:13	70	69	70	73	77	84	92	96
3:14	69	68	70	72	76	83	91	95
3:15	68	67	69	71	75	83	90	95
3:16	67	66	68	70	75	82	90	94
3:17	66	65	67	70	74	81	89	94
3:18	65	64	66	69	73	80	88	93
3:19	64	63	65	68	72	79	88	93
3:20	63	62	64	67	71	79	87	92
3:21	62	61	63	66	70	78	86	92
3:22	61	61	63	65	70	77	86	91

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
3:10			100					
3:11			99					
3:12			99	100				
3:13		100	98	99				
3:14		99	97	99				
3:15		99	97	98				
3:16		98	96	97				
3:17		97	96	97				
3:18		97	95	96	100			
3:19	100	96	94	96	99			
3:20	99	95	94	95	99			
3:21	98	95	93	94	98			
3:22	98	94	92	94	98			
3:23	97	93	92	93	97			
3:24	96	93	91	92	96			
3:25	95	92	91	92	96	100		
3:26	95	91	90	91	95	99		
3:27	94	90	89	90	94	99		
3:28	93	90	89	90	94	98		
3:29	92	89	88	89	93	97		
3:30	91	88	87	89	93	97		
3:31	91	88	87	88	92	96		
3:32	90	87	86	87	91	95		
3:33	89	86	85	87	91	95		
3:34	88	86	85	86	90	94		
3:35	88	85	84	85	89	94		
3:36	87	84	84	85	89	93		
3:37	86	84	83	84	88	92		
3:38	85	83	82	83	88	92		
3:39	84	82	82	83	87	91	100	
3:40	84	82	81	82	86	90	99	
3:41	83	81	80	81	86	90	99	
3:42	82	80	80	81	85	89	98	
3:43	81	80	79	80	85	88	98	
3:44	81	79	79	80	84	88	97	
3:45	80	78	78	79	83	87	97	
3:46	79	78	77	78	83	86	96	
3:47	78	77	77	78	82	86	96	
3:48	77	76	76	77	81	85	95	
3:49	77	75	75	76	81	85	94	
3:50	76	75	75	76	80	84	94	
3:51	75	74	74	75	80	83	93	
3:52	74	73	73	74	79	83	93	
3:53	74	73	73	74	78	82	92	
3:54	73	72	72	73	78	81	92	

Table 2-3.--Movement to Contact Scoring Tables (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
3:23	60	60	62	64	69	76	85	91
3:24	59	59	61	63	68	76	84	90
3:25	58	58	60	63	67	75	83	90
3:26	58	57	59	62	66	74	83	89
3:27	57	56	58	61	65	73	82	89
3:28	56	55	57	60	65	73	81	88
3:29	55	54	57	59	64	72	81	88
3:30	54	53	56	58	63	71	80	87
3:31	53	53	55	57	62	70	79	87
3:32	52	52	54	57	61	70	79	86
3:33	51	51	53	56	61	69	78	86
3:34	50	50	52	55	60	68	77	85
3:35	49	49	51	54	59	67	77	85
3:36	48	48	50	53	58	67	76	85
3:37	47	47	50	52	57	66	75	84
3:38	46	46	49	51	56	65	74	84
3:39	46	45	48	50	56	64	74	83
3:40	45	44	47	50	55	64	73	83
3:41	44	44	46	49	54	63	72	82
3:42	43	43	45	48	53	62	72	82
3:43	42	42	44	47	52	61	71	81
3:44	41	41	43	46	52	61	70	81
3:45	40	40	43	45	51	60	70	80
3:46			42	44	50	59	69	80
3:47			41	43	49	58	68	79
3:48			40	43	48	57	68	79
3:49				42	47	57	67	78
3:50				41	47	56	66	78
3:51				40	46	55	66	77
3:52					45	54	65	77
3:53					44	54	64	76
3:54					43	53	63	76
3:55					42	52	63	75
3:56					42	51	62	75
3:57					41	51	61	74
3:58					40	50	61	74
3:59						49	60	73
4:00						48	59	73
4:01						48	59	72
4:02						47	58	72
4:03						46	57	71
4:04						45	57	71
4:05						45	56	70
4:06						44	55	70
4:07						43	54	70
4:08						42	54	69
4:09						42	53	69
4:10						41	52	68
4:11						40	52	68
4:12							51	67

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
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Min Pts	40	40	40	40	40	40	40	40
3:55	72	71	72	73	77	81	91	100
3:56	71	71	71	72	76	80	90	99
3:57	70	70	70	71	76	79	90	99
3:58	70	69	70	71	75	79	89	98
3:59	69	69	69	70	75	78	89	98
4:00	68	68	68	69	74	77	88	97
4:01	67	67	68	69	73	77	88	97
4:02	66	67	67	68	73	76	87	96
4:03	66	66	67	67	72	75	87	96
4:04	65	65	66	67	72	75	86	95
4:05	64	65	65	66	71	74	85	95
4:06	63	64	65	66	70	74	85	94
4:07	63	63	64	65	70	73	84	94
4:08	62	63	63	64	69	72	84	93
4:09	61	62	63	64	68	72	83	93
4:10	60	61	62	63	68	71	83	92
4:11	59	60	61	62	67	70	82	92
4:12	59	60	61	62	67	70	81	91
4:13	58	59	60	61	66	69	81	91
4:14	57	58	60	60	65	68	80	90
4:15	56	58	59	60	65	68	80	90
4:16	56	57	58	59	64	67	79	89
4:17	55	56	58	59	64	66	79	89
4:18	54	56	57	58	63	66	78	88
4:19	53	55	56	57	62	65	78	88
4:20	52	54	56	57	62	65	77	87
4:21	52	54	55	56	61	64	76	87
4:22	51	53	55	55	60	63	76	86
4:23	50	52	54	55	60	63	75	86
4:24	49	52	53	54	59	62	75	85
4:25	49	51	53	53	59	61	74	85
4:26	48	50	52	53	58	61	74	84
4:27	47	50	51	52	57	60	73	84
4:28	46	49	51	51	57	59	73	83
4:29	45	48	50	51	56	59	72	83
4:30	45	48	49	50	55	58	71	82
4:31	44	47	49	50	55	57	71	82
4:32	43	46	48	49	54	57	70	81
4:33	42	45	48	48	54	56	70	81
4:34	42	45	47	48	53	55	69	80
4:35	41	44	46	47	52	55	69	79
4:36	40	43	46	46	52	54	68	79
4:37		43	45	46	51	54	67	78
4:38		42	44	45	51	53	67	78
4:39		41	44	44	50	52	66	77
4:40		41	43	44	49	52	66	77
4:41		40	43	43	49	51	65	76
4:42			42	43	48	50	65	76
4:43			41	42	47	50	64	75
4:44			41	41	47	49	64	75

Table 2-3.--Movement to Contact Scoring Tables (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
4:13							50	67
4:14							50	66
4:15							49	66
4:16							48	65
4:17							48	65
4:18							47	64
4:19							46	64
4:20							46	63
4:21							45	63
4:22							44	62
4:23							43	62
4:24							43	61
4:25							42	61
4:26							41	60
4:27							41	60
4:28							40	59
4:29								59
4:30								58
4:31								58
4:32								57
4:33								57
4:34								56
4:35								56
4:36								55
4:37								55
4:38								55
4:39								54
4:40								54
4:41								53
4:42								53
4:43								52
4:44								52
4:45								51
4:46								51
4:47								50
4:48								50
4:49								49
4:50								49
4:51								48
4:52								48
4:53								47
4:54								47
4:55								46
4:56								46
4:57								45
4:58								45
4:59								44
5:00								44
5:01								43

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
4:45			40	41	46	48	63	74
4:46				40	46	48	62	74
4:47					45	47	62	73
4:48					44	46	61	73
4:49					44	46	61	72
4:50					43	45	60	72
4:51					42	45	60	71
4:52					42	44	59	71
4:53					41	43	59	70
4:54					41	43	58	70
4:55					40	42	57	69
4:56						41	57	69
4:57						41	56	68
4:58						40	56	68
4:59							55	67
5:00							55	67
5:01							54	66
5:02							53	66
5:03							53	65
5:04							52	65
5:05							52	64
5:06							51	64
5:07							51	63
5:08							50	63
5:09							50	62
5:10							49	62
5:11							48	61
5:12							48	61
5:13							47	60
5:14							47	59
5:15							46	59
5:16							46	58
5:17							45	58
5:18							44	57
5:19							44	57
5:20							43	56
5:21							43	56
5:22							42	55
5:23							42	55
5:24							41	54
5:25							41	54
5:26							40	53
5:27								53
5:28								52
5:29								52
5:30								51
5:31								51
5:32								50
5:33								50

Table 2-3.--Movement to Contact Scoring Tables (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:40	2:38	2:39	2:42	2:45	2:52	3:01	3:05
Min	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
Min Pts	40	40	40	40	40	40	40	40
5:02								43
5:03								42
5:04								42
5:05								41
5:06								41
5:07								40

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:19	3:13	3:10	3:12	3:18	3:25	3:39	3:55
Min	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
Min Pts	40	40	40	40	40	40	40	40
5:34								49
5:35								49
5:36								48
5:37								48
5:38								47
5:39								47
5:40								46
5:41								46
5:42								45
5:43								45
5:44								44
5:45								44
5:46								43
5:47								43
5:48								42
5:49								42
5:50								41
5:51								41
5:52								40

Table 2-4.--Ammo Can Lift Scoring Tables.

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40
120				100				
119				99				
118				98				
117				97				
116			100	95				
115		100	99	94				
114		99	98	93				
113		98	96	92				
112		96	95	91				
111		95	94	90				
110		94	93	89	100			
109		93	91	88	99			
108		91	90	86	97			
107		90	89	85	96			
106	100	89	88	84	94	100		
105	99	88	87	83	93	99		
104	97	86	85	82	92	97		
103	96	85	84	81	90	96		
102	95	84	83	80	89	94		
101	93	83	82	78	87	93		
100	92	81	80	77	86	91	100	
99	90	80	79	76	85	90	98	
98	89	79	78	75	83	88	97	
97	88	78	77	74	82	87	95	
96	86	76	76	73	80	85	93	
95	85	75	74	72	79	84	91	100
94	84	74	73	71	78	82	90	99
93	82	73	72	69	76	81	88	98
92	81	71	71	68	75	79	86	98
91	80	70	69	67	73	78	85	97
90	78	69	68	66	72	76	83	96
89	77	68	67	65	71	75	81	95
88	75	66	66	64	69	73	79	95
87	74	65	64	63	68	72	78	94
86	73	64	63	62	67	70	76	93
85	71	63	62	60	65	69	74	92
84	70	61	61	59	64	67	73	92
83	69	60	60	58	62	66	71	91
82	67	59	58	57	61	64	69	90
81	66	58	57	56	60	63	67	89
80	65	56	56	55	58	61	66	89
79	63	55	55	54	57	60	64	88
78	62	54	53	52	55	58	62	87
77	60	53	52	51	54	57	61	86

Female	Female ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	66	74	75	72	70	62	53	44
Min	30	30	30	30	30	28	26	6
Min Pts	40	40	40	40	40	40	40	40
75			100					
74		100	99					
73		99	97					
72		97	96	100				
71		96	95	99				
70		95	93	97	100			
69		93	92	96	99			
68		92	91	94	97			
67		90	89	93	96			
66	100	89	88	91	94			
65	98	88	87	90	93			
64	97	86	85	89	91			
63	95	85	84	87	90			
62	93	84	83	86	88	100		
61	92	82	81	84	87	98		
60	90	81	80	83	85	96		
59	88	80	79	81	84	95		
58	87	78	77	80	82	93		
57	85	77	76	79	81	91		
56	83	75	75	77	79	89		
55	82	74	73	76	78	88		
54	80	73	72	74	76	86		
53	78	71	71	73	75	84	100	
52	77	70	69	71	73	82	98	
51	75	69	68	70	72	81	96	
50	73	67	67	69	70	79	93	
49	72	66	65	67	69	77	91	
48	70	65	64	66	67	75	89	
47	68	63	63	64	66	74	87	
46	67	62	61	63	64	72	84	
45	65	60	60	61	63	70	82	
44	63	59	59	60	61	68	80	100
43	62	58	57	59	60	66	78	98
42	60	56	56	57	58	65	76	97
41	58	55	55	56	57	63	73	95
40	57	54	53	54	55	61	71	94
39	55	52	52	53	54	59	69	92
38	53	51	51	51	52	58	67	91
37	52	50	49	50	51	56	64	89
36	50	48	48	49	49	54	62	87
35	48	47	47	47	48	52	60	86
34	47	45	45	46	46	51	58	84
33	45	44	44	44	45	49	56	83
32	43	43	43	43	43	47	53	81

Table 2-4.--Ammo Can Lift Scoring Tables (cont.)

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40
76	59	51	51	50	53	55	59	86
75	58	50	50	49	51	54	57	85
74	56	49	49	48	50	52	55	84
73	55	48	47	47	48	51	54	83
72	54	46	46	46	47	49	52	83
71	52	45	45	45	46	48	50	82
70	51	44	44	43	44	46	49	81
69	50	43	42	42	43	45	47	80
68	48	41	41	41	41	43	45	79
67	47	40	40	40	40	42	43	79
66	45					40	42	78
65	44						40	77
64	43							76
63	41							76
62	40							75
61								74
60								73
59								73
58								72
57								71
56								70
55								70
54								69
53								68
52								67
51								67
50								66
49								65
48								64
47								64
46								63
45								62
44								61
43								61
42								60
41								59
40								58
39								57
38								57
37								56
36								55
35								54
34								54

Female	Female ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	66	74	75	72	70	62	53	44
Min	30	30	30	30	30	28	26	6
Min Pts	40	40	40	40	40	40	40	40
31	42	41	41	41	42	45	51	79
30	40	40	40	40	40	44	49	78
29						42	47	76
28						40	44	75
27							42	73
26							40	72
25								70
24								68
23								67
22								65
21								64
20								62
19								61
18								59
17								57
16								56
15								54
14								53
13								51
12								49
11								48
10								46
9								45
8								43
7								42
6								40

Table 2-4.--Ammo Can Lift Scoring Tables (cont.)

Male	Male ACL							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	106	115	116	120	110	106	100	95
Min	62	67	67	67	67	66	65	16
Min Pts	40	40	40	40	40	40	40	40
33								53
32								52
31								51
30								51
29								50
28								49
27								48
26								48
25								47
24								46
23								45
22								45
21								44
20								43
19								42
18								42
17								41
16								40

Table 2-5.--Maneuver Under Fire Scoring Tables.

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:04		100						
2:05		99	100					
2:06		98	99					
2:07	100	98	98					
2:08	99	97	98					
2:09	98	96	97					
2:10	97	95	96	100				
2:11	97	94	95	99				
2:12	96	94	95	99				
2:13	95	93	94	98				
2:14	94	92	93	97				
2:15	93	91	92	96				
2:16	92	90	91	96	100			
2:17	91	89	91	95	99			
2:18	91	89	90	94	99			
2:19	90	88	89	93	98			
2:20	89	87	88	93	97			
2:21	88	86	88	92	97			
2:22	87	85	87	91	96			
2:23	86	85	86	90	95	100		
2:24	85	84	85	90	94	99		
2:25	85	83	84	89	94	99		
2:26	84	82	84	88	93	98		
2:27	83	81	83	87	92	98		
2:28	82	81	82	87	92	97		
2:29	81	80	81	86	91	96		
2:30	80	79	81	85	90	96		
2:31	79	78	80	84	90	95		
2:32	79	77	79	84	89	94		
2:33	78	76	78	83	88	94		
2:34	77	76	77	82	87	93		
2:35	76	75	77	81	87	93		
2:36	75	74	76	81	86	92		
2:37	74	73	75	80	85	91		
2:38	73	72	74	79	85	91		
2:39	73	72	74	78	84	90		
2:40	72	71	73	78	83	89	100	
2:41	71	70	72	77	83	89	99	
2:42	70	69	71	76	82	88	99	
2:43	69	68	70	75	81	88	98	
2:44	68	68	70	75	80	87	97	
2:45	67	67	69	74	80	86	97	
2:46	67	66	68	73	79	86	96	
2:47	66	65	67	72	78	85	96	

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:42			100					
2:43			99					
2:44			99					
2:45		100	98					
2:46		99	98					
2:47		99	97					
2:48		98	97					
2:49		98	96	100				
2:50		97	96	99				
2:51		97	95	99				
2:52		96	95	98				
2:53		96	94	98	100			
2:54		95	94	97	100			
2:55	100	94	93	97	99			
2:56	99	94	93	96	99			
2:57	99	93	92	96	98	100		
2:58	98	93	92	95	98	100		
2:59	98	92	91	95	97	99		
3:00	97	92	91	94	97	99		
3:01	97	91	90	94	96	98		
3:02	96	91	90	93	96	98		
3:03	96	90	89	93	95	97		
3:04	95	90	89	92	95	97		
3:05	95	89	88	92	94	96		
3:06	94	88	88	91	94	96		
3:07	94	88	87	91	93	95		
3:08	93	87	87	90	93	95		
3:09	93	87	86	90	92	94		
3:10	92	86	86	89	92	94		
3:11	92	86	85	89	91	93		
3:12	91	85	85	88	91	93		
3:13	91	85	84	87	90	92		
3:14	90	84	84	87	90	92		
3:15	90	83	83	86	89	91		
3:16	89	83	83	86	89	91		
3:17	89	82	82	85	88	90		
3:18	88	82	82	85	88	90		
3:19	88	81	81	84	87	89		
3:20	87	81	81	84	87	89		
3:21	87	80	80	83	86	88		
3:22	86	80	80	83	86	88		
3:23	86	79	79	82	85	87		
3:24	85	79	79	82	85	87		
3:25	85	78	78	81	84	86		

Table 2-5.--Maneuver Under Fire Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
2:48	65	64	66	72	78	84	95	
2:49	64	64	66	71	77	84	94	
2:50	63	63	65	70	76	83	94	
2:51	62	62	64	69	76	83	93	
2:52	61	61	63	69	75	82	92	100
2:53	61	60	63	68	74	81	92	99
2:54	60	59	62	67	73	81	91	99
2:55	59	59	61	66	73	80	90	99
2:56	58	58	60	66	72	79	90	98
2:57	57	57	59	65	71	79	89	98
2:58	56	56	59	64	71	78	89	98
2:59	55	55	58	63	70	78	88	98
3:00	55	55	57	63	69	77	87	97
3:01	54	54	56	62	69	76	87	97
3:02	53	53	56	61	68	76	86	97
3:03	52	52	55	60	67	75	85	96
3:04	51	51	54	60	67	74	85	96
3:05	50	51	53	59	66	74	84	96
3:06	49	50	52	58	65	73	83	95
3:07	49	49	52	57	64	73	83	95
3:08	48	48	51	57	64	72	82	95
3:09	47	47	50	56	63	71	81	95
3:10	46	46	49	55	62	71	81	94
3:11	45	46	49	54	62	70	80	94
3:12	44	45	48	54	61	69	80	94
3:13	43	44	47	53	60	69	79	93
3:14	43	43	46	52	60	68	78	93
3:15	42	42	45	51	59	68	78	93
3:16	41	42	45	51	58	67	77	92
3:17	40	41	44	50	57	66	76	92
3:18		40	43	49	57	66	76	92
3:19			42	48	56	65	75	92
3:20			42	48	55	64	74	91
3:21			41	47	55	64	74	91
3:22			40	46	54	63	73	91
3:23				45	53	63	73	90
3:24				45	53	62	72	90
3:25				44	52	61	71	90
3:26				43	51	61	71	89
3:27				42	50	60	70	89
3:28				42	50	59	69	89
3:29				41	49	59	69	89
3:30				40	48	58	68	88
3:31					48	58	67	88
3:32					47	57	67	88
3:33					46	56	66	87

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
3:26	84	77	78	81	84	86		
3:27	84	77	77	80	83	85		
3:28	83	76	77	80	83	85		
3:29	83	76	76	79	82	85		
3:30	82	75	76	79	82	84		
3:31	82	75	75	78	81	84		
3:32	81	74	75	78	81	83		
3:33	81	74	74	77	80	83		
3:34	80	73	74	77	80	82		
3:35	80	72	73	76	80	82	100	
3:36	79	72	73	75	79	81	99	
3:37	79	71	72	75	79	81	99	
3:38	78	71	72	74	78	80	98	
3:39	78	70	71	74	78	80	97	
3:40	77	70	71	73	77	79	97	
3:41	77	69	70	73	77	79	96	
3:42	76	69	69	72	76	78	95	
3:43	76	68	69	72	76	78	95	
3:44	75	68	68	71	75	77	94	100
3:45	75	67	68	71	75	77	93	99
3:46	74	66	67	70	74	76	93	99
3:47	74	66	67	70	74	76	92	99
3:48	73	65	66	69	73	75	91	98
3:49	73	65	66	69	73	75	91	98
3:50	72	64	65	68	72	74	90	98
3:51	72	64	65	68	72	74	89	97
3:52	71	63	64	67	71	73	89	97
3:53	71	63	64	67	71	73	88	96
3:54	70	62	63	66	70	72	87	96
3:55	69	61	63	66	70	72	87	96
3:56	69	61	62	65	69	71	86	95
3:57	68	60	62	65	69	71	85	95
3:58	68	60	61	64	68	70	85	95
3:59	67	59	61	63	68	70	84	94
4:00	67	59	60	63	67	70	84	94
4:01	66	58	60	62	67	69	83	94
4:02	66	58	59	62	66	69	82	93
4:03	65	57	59	61	66	68	82	93
4:04	65	57	58	61	65	68	81	93
4:05	64	56	58	60	65	67	80	92
4:06	64	55	57	60	64	67	80	92
4:07	63	55	57	59	64	66	79	92
4:08	63	54	56	59	63	66	78	91
4:09	62	54	56	58	63	65	78	91
4:10	62	53	55	58	62	65	77	91
4:11	61	53	55	57	62	64	76	90

Table 2-5.--Maneuver Under Fire Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
3:34					46	56	66	87
3:35					45	55	65	87
3:36					44	54	64	86
3:37					43	54	64	86
3:38					43	53	63	86
3:39					42	53	62	86
3:40					41	52	62	85
3:41					41	51	61	85
3:42					40	51	60	85
3:43						50	60	84
3:44						49	59	84
3:45						49	59	84
3:46						48	58	83
3:47						48	57	83
3:48						47	57	83
3:49						46	56	83
3:50						46	55	82
3:51						45	55	82
3:52						44	54	82
3:53						44	53	81
3:54						43	53	81
3:55						43	52	81
3:56						42	51	80
3:57						41	51	80
3:58						41	50	80
3:59						40	50	79
4:00							49	79
4:01							48	79
4:02							48	79
4:03							47	78
4:04							46	78
4:05							46	78
4:06							45	77
4:07							44	77
4:08							44	77
4:09							43	76
4:10							43	76
4:11							42	76
4:12							41	76
4:13							41	75
4:14							40	75
4:15								75
4:16								74
4:17								74
4:18								74
4:19								73

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
4:12	61	52	54	57	61	64	76	90
4:13	60	52	54	56	61	63	75	89
4:14	60	51	53	56	60	63	74	89
4:15	59	50	53	55	60	62	74	89
4:16	59	50	52	55	60	62	73	88
4:17	58	49	52	54	59	61	72	88
4:18	58	49	51	54	59	61	72	88
4:19	57	48	51	53	58	60	71	87
4:20	57	48	50	53	58	60	70	87
4:21	56	47	50	52	57	59	70	87
4:22	56	47	49	51	57	59	69	86
4:23	55	46	49	51	56	58	68	86
4:24	55	46	48	50	56	58	68	86
4:25	54	45	48	50	55	57	67	85
4:26	54	44	47	49	55	57	66	85
4:27	53	44	47	49	54	56	66	85
4:28	53	43	46	48	54	56	65	84
4:29	52	43	46	48	53	55	64	84
4:30	52	42	45	47	53	55	64	84
4:31	51	42	45	47	52	55	63	83
4:32	51	41	44	46	52	54	62	83
4:33	50	41	44	46	51	54	62	82
4:34	50	40	43	45	51	53	61	82
4:35	49		43	45	50	53	60	82
4:36	49		42	44	50	52	60	81
4:37	48		42	44	49	52	59	81
4:38	48		41	43	49	51	58	81
4:39	47		41	43	48	51	58	80
4:40	47		40	42	48	50	57	80
4:41	46			42	47	50	56	80
4:42	46			41	47	49	56	79
4:43	45			41	46	49	55	79
4:44	45			40	46	48	55	79
4:45	44				45	48	54	78
4:46	44				45	47	53	78
4:47	43				44	47	53	78
4:48	43				44	46	52	77
4:49	42				43	46	51	77
4:50	42				43	45	51	76
4:51	41				42	45	50	76
4:52	41				42	44	49	76
4:53	40				41	44	49	75
4:54					41	43	48	75
4:55					40	43	47	75
4:56					40	42	47	74
4:57						42	46	74

Table 2-5.--Maneuver Under Fire Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
4:20								73
4:21								73
4:22								73
4:23								72
4:24								72
4:25								72
4:26								71
4:27								71
4:28								71
4:29								70
4:30								70
4:31								70
4:32								70
4:33								69
4:34								69
4:35								69
4:36								68
4:37								68
4:38								68
4:39								67
4:40								67
4:41								67
4:42								67
4:43								66
4:44								66
4:45								66
4:46								65
4:47								65
4:48								65
4:49								64
4:50								64
4:51								64
4:52								64
4:53								63
4:54								63
4:55								63
4:56								62
4:57								62
4:58								62
4:59								61
5:00								61
5:01								61
5:02								61
5:03								60
5:04								60
5:05								60
5:06								59

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
4:58						41	45	74
4:59						41	45	73
5:00						40	44	73
5:01						40	43	73
5:02							43	72
5:03							42	72
5:04							41	72
5:05							41	71
5:06							40	71
5:07								71
5:08								70
5:09								70
5:10								69
5:11								69
5:12								69
5:13								68
5:14								68
5:15								68
5:16								67
5:17								67
5:18								67
5:19								66
5:20								66
5:21								66
5:22								65
5:23								65
5:24								65
5:25								64
5:26								64
5:27								64
5:28								63
5:29								63
5:30								62
5:31								62
5:32								62
5:33								61
5:34								61
5:35								61
5:36								60
5:37								60
5:38								60
5:39								59
5:40								59
5:41								59
5:42								58
5:43								58
5:44								58

Table 2-5.--Maneuver Under Fire Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
5:07								59
5:08								59
5:09								58
5:10								58
5:11								58
5:12								57
5:13								57
5:14								57
5:15								57
5:16								56
5:17								56
5:18								56
5:19								55
5:20								55
5:21								55
5:22								54
5:23								54
5:24								54
5:25								54
5:26								53
5:27								53
5:28								53
5:29								52
5:30								52
5:31								52
5:32								51
5:33								51
5:34								51
5:35								51
5:36								50
5:37								50
5:38								50
5:39								49
5:40								49
5:41								49
5:42								48
5:43								48
5:44								48
5:45								48
5:46								47
5:47								47
5:48								47
5:49								46
5:50								46
5:51								46
5:52								45

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
5:45								57
5:46								57
5:47								56
5:48								56
5:49								56
5:50								55
5:51								55
5:52								55
5:53								54
5:54								54
5:55								54
5:56								53
5:57								53
5:58								53
5:59								52
6:00								52
6:01								52
6:02								51
6:03								51
6:04								51
6:05								50
6:06								50
6:07								49
6:08								49
6:09								49
6:10								48
6:11								48
6:12								48
6:13								47
6:14								47
6:15								47
6:16								46
6:17								46
6:18								46
6:19								45
6:20								45
6:21								45
6:22								44
6:23								44
6:24								44
6:25								43
6:26								43
6:27								42
6:28								42
6:29								42
6:30								41

Table 2-5.--Maneuver Under Fire Scoring Tables (cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:07	2:04	2:05	2:10	2:16	2:23	2:40	2:52
Min	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09
Min Pts	40	40	40	40	40	40	40	40
5:53								45
5:54								45
5:55								45
5:56								44
5:57								44
5:58								44
5:59								43
6:00								43
6:01								43
6:02								42
6:03								42
6:04								42
6:05								42
6:06								41
6:07								41
6:08								41
6:09								40
6:10								

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:55	2:45	2:42	2:49	2:53	2:57	3:35	3:44
Min	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33
Min Pts	40	40	40	40	40	40	40	40
6:31								41
6:32								41
6:33								40
6:34								
6:35								
6:36								
6:37								
6:38								
6:39								
6:40								
6:41								
6:42								
6:43								
6:44								
6:45								
6:46								
6:47								
6:48								

Table 2-6.--Movement to Contact at Altitude Scoring Tables
(at or above 4,500 feet mean sea level).

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40

	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:38								
2:39								
2:40								
2:41								
2:42								
2:43								
2:44		100						
2:45		99	100					
2:46	100	98	99					
2:47	99	97	98					
2:48	98	96	97	100				
2:49	97	96	97	99				
2:50	96	95	96	98				
2:51	95	94	95	97	100			
2:52	94	93	94	97	99			
2:53	94	92	93	96	98			
2:54	93	91	92	95	98			
2:55	92	90	91	94	97			
2:56	91	89	90	93	96			
2:57	90	88	90	92	95			
2:58	89	87	89	91	94	100		
2:59	88	87	88	90	93	99		
3:00	87	86	87	90	93	98		
3:01	86	85	86	89	92	98		
3:02	85	84	85	88	91	97		
3:03	84	83	84	87	90	96		
3:04	83	82	83	86	89	95		
3:05	82	81	83	85	88	95		
3:06	82	80	82	84	88	94		
3:07	81	79	81	83	87	93	100	
3:08	80	79	80	83	86	92	99	
3:09	79	78	79	82	85	92	99	
3:10	78	77	78	81	84	91	98	
3:11	77	76	77	80	84	90	97	100
3:12	76	75	77	79	83	89	97	99
3:13	75	74	76	78	82	89	96	99
3:14	74	73	75	77	81	88	95	98
3:15	73	72	74	77	80	87	94	98
3:16	72	71	73	76	79	86	94	97
3:17	71	70	72	75	79	86	93	97
3:18	70	70	71	74	78	85	92	96
3:19	70	69	70	73	77	84	92	96
3:20	69	68	70	72	76	83	91	95
3:21	68	67	69	71	75	83	90	95
3:22	67	66	68	70	75	82	90	94
3:23	66	65	67	70	74	81	89	94

	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
3:10								
3:11								
3:12								
3:13								
3:14								
3:15								
3:16			100					
3:17			99					
3:18			99	100				
3:19		100	98	99				
3:20		99	97	99				
3:21		99	97	98				
3:22		98	96	97				
3:23		97	96	97				
3:24		97	95	96	100			
3:25	100	96	94	96	99			
3:26	99	95	94	95	99			
3:27	98	95	93	94	98			
3:28	98	94	92	94	98			
3:29	97	93	92	93	97			
3:30	96	93	91	92	96			
3:31	95	92	91	92	96	100		
3:32	95	91	90	91	95	99		
3:33	94	90	89	90	94	99		
3:34	93	90	89	90	94	98		
3:35	92	89	88	89	93	97		
3:36	91	88	87	89	93	97		
3:37	91	88	87	88	92	96		
3:38	90	87	86	87	91	95		
3:39	89	86	85	87	91	95		
3:40	88	86	85	86	90	94		
3:41	88	85	84	85	89	94		
3:42	87	84	84	85	89	93		
3:43	86	84	83	84	88	92		
3:44	85	83	82	83	88	92		
3:45	84	82	82	83	87	91	100	
3:46	84	82	81	82	86	90	99	
3:47	83	81	80	81	86	90	99	
3:48	82	80	80	81	85	89	98	
3:49	81	80	79	80	85	88	98	
3:50	81	79	79	80	84	88	97	
3:51	80	78	78	79	83	87	97	
3:52	79	78	77	78	83	86	96	
3:53	78	77	77	78	82	86	96	
3:54	77	76	76	77	81	85	95	
3:55	77	75	75	76	81	85	94	

Table 2-6.--Movement to Contact at Altitude Scoring Tables
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40
3:24	65	64	66	69	73	80	88	93
3:25	64	63	65	68	72	79	88	93
3:26	63	62	64	67	71	79	87	92
3:27	62	61	63	66	70	78	86	92
3:28	61	61	63	65	70	77	86	91
3:29	60	60	62	64	69	76	85	91
3:30	59	59	61	63	68	76	84	90
3:31	58	58	60	63	67	75	83	90
3:32	58	57	59	62	66	74	83	89
3:33	57	56	58	61	65	73	82	89
3:34	56	55	57	60	65	73	81	88
3:35	55	54	57	59	64	72	81	88
3:36	54	53	56	58	63	71	80	87
3:37	53	53	55	57	62	70	79	87
3:38	52	52	54	57	61	70	79	86
3:39	51	51	53	56	61	69	78	86
3:40	50	50	52	55	60	68	77	85
3:41	49	49	51	54	59	67	77	85
3:42	48	48	50	53	58	67	76	84
3:43	47	47	50	52	57	66	75	84
3:44	46	46	49	51	56	65	74	83
3:45	46	45	48	50	56	64	74	83
3:46	45	44	47	50	55	64	73	82
3:47	44	44	46	49	54	63	72	82
3:48	43	43	45	48	53	62	72	81
3:49	42	42	44	47	52	61	71	81
3:50	41	41	43	46	52	61	70	80
3:51	40	40	43	45	51	60	70	80
3:52			42	44	50	59	69	79
3:53			41	43	49	58	68	79
3:54			40	43	48	57	68	78
3:55				42	47	57	67	78
3:56				41	47	56	66	77
3:57				40	46	55	66	77
3:58					45	54	65	76
3:59					44	54	64	76
4:00					43	53	63	75
4:01					42	52	63	75
4:02					42	51	62	74
4:03					41	51	61	74
4:04					40	50	61	73
4:05						49	60	73
4:06						48	59	72
4:07						48	59	72
4:08						47	58	71
4:09						46	57	71
4:10						45	57	70
4:11						45	56	70

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40
3:56	76	75	75	76	80	84	94	
3:57	75	74	74	75	80	83	93	
3:58	74	73	73	74	79	83	93	
3:59	74	73	73	74	78	82	92	
4:00	73	72	72	73	78	81	92	
4:01	72	71	72	73	77	81	91	100
4:02	71	71	71	72	76	80	90	99
4:03	70	70	70	71	76	79	90	99
4:04	70	69	70	71	75	79	89	98
4:05	69	69	69	70	75	78	89	98
4:06	68	68	68	69	74	77	88	97
4:07	67	67	68	69	73	77	88	97
4:08	66	67	67	68	73	76	87	96
4:09	66	66	67	67	72	75	87	96
4:10	65	65	66	67	72	75	86	95
4:11	64	65	65	66	71	74	85	95
4:12	63	64	65	66	70	74	85	94
4:13	63	63	64	65	70	73	84	94
4:14	62	63	63	64	69	72	84	93
4:15	61	62	63	64	68	72	83	93
4:16	60	61	62	63	68	71	83	92
4:17	59	60	61	62	67	70	82	92
4:18	59	60	61	62	67	70	81	91
4:19	58	59	60	61	66	69	81	91
4:20	57	58	60	60	65	68	80	90
4:21	56	58	59	60	65	68	80	90
4:22	56	57	58	59	64	67	79	89
4:23	55	56	58	59	64	66	79	89
4:24	54	56	57	58	63	66	78	88
4:25	53	55	56	57	62	65	78	88
4:26	52	54	56	57	62	65	77	87
4:27	52	54	55	56	61	64	76	87
4:28	51	53	55	55	60	63	76	86
4:29	50	52	54	55	60	63	75	86
4:30	49	52	53	54	59	62	75	85
4:31	49	51	53	53	59	61	74	85
4:32	48	50	52	53	58	61	74	84
4:33	47	50	51	52	57	60	73	84
4:34	46	49	51	51	57	59	73	83
4:35	45	48	50	51	56	59	72	83
4:36	45	48	49	50	55	58	71	82
4:37	44	47	49	50	55	57	71	82
4:38	43	46	48	49	54	57	70	81
4:39	42	45	48	48	54	56	70	81
4:40	42	45	47	48	53	55	69	80
4:41	41	44	46	47	52	55	69	79
4:42	40	43	46	46	52	54	68	79
4:43		43	45	46	51	54	67	78

Table 2-6.--Movement to Contact at Altitude Scoring Tables
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40
4:12						44	55	70
4:13						43	54	69
4:14						42	54	69
4:15						42	53	68
4:16						41	52	68
4:17						40	52	67
4:18							51	67
4:19							50	66
4:20							50	66
4:21							49	65
4:22							48	65
4:23							48	64
4:24							47	64
4:25							46	63
4:26							46	63
4:27							45	62
4:28							44	62
4:29							43	61
4:30							43	61
4:31							42	60
4:32							41	60
4:33							41	59
4:34							40	59
4:35								58
4:36								58
4:37								57
4:38								57
4:39								56
4:40								56
4:41								55
4:42								55
4:43								54
4:44								54
4:45								53
4:46								53
4:47								52
4:48								52
4:49								51
4:50								51
4:51								50
4:52								50
4:53								49
4:54								49
4:55								48
4:56								48
4:57								47
4:58								47

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40
4:44		42	44	45	51	53	67	78
4:45		41	44	44	50	52	66	77
4:46		41	43	44	49	52	66	77
4:47		40	43	43	49	51	65	76
4:48			42	43	48	50	65	76
4:49			41	42	47	50	64	75
4:50			41	41	47	49	64	75
4:51			40	41	46	48	63	74
4:52				40	46	48	62	74
4:53					45	47	62	73
4:54					44	46	61	73
4:55					44	46	61	72
4:56					43	45	60	72
4:57					42	45	60	71
4:58					42	44	59	71
4:59					41	43	59	70
5:00					41	43	58	70
5:01					40	42	57	69
5:02						41	57	69
5:03						41	56	68
5:04						40	56	68
5:05							55	67
5:06							55	67
5:07							54	66
5:08							53	66
5:09							53	65
5:10							52	65
5:11							52	64
5:12							51	64
5:13							51	63
5:14							50	63
5:15							50	62
5:16							49	62
5:17							48	61
5:18							48	61
5:19							47	60
5:20							47	59
5:21							46	59
5:22							46	58
5:23							45	58
5:24							44	57
5:25							44	57
5:26							43	56
5:27							43	56
5:28							42	55
5:29							42	55
5:30							41	54

Table 2-6.--Movement to Contact at Altitude Scoring Tables
(at or above 4,500 feet mean sea level) (cont.)

Male	Male MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:46	2:44	2:45	2:48	2:51	2:58	3:07	3:11
Min	3:51	3:51	3:54	3:57	4:04	4:17	4:34	5:11
Min Pts	40	40	40	40	40	40	40	40
4:59								46
5:00								46
5:01								45
5:02								45
5:03								44
5:04								44
5:05								43
5:06								43
5:07								42
5:08								42
5:09								41
5:10								41
5:11								40
5:12								
5:13								
5:14								
5:15								
5:16								
5:17								
5:18								
5:19								

Female	Female MTC							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:25	3:19	3:16	3:18	3:24	3:31	3:45	4:01
Min	4:42	4:47	4:51	4:52	5:01	5:04	5:32	5:58
Min Pts	40	40	40	40	40	40	40	40
5:31							41	54
5:32							40	53
5:33								53
5:34								52
5:35								52
5:36								51
5:37								51
5:38								50
5:39								50
5:40								49
5:41								49
5:42								48
5:43								48
5:44								47
5:45								47
5:46								46
5:47								46
5:48								45
5:49								45
5:50								44
5:51								44
5:52								43
5:53								43
5:54								42
5:55								42
5:56								41
5:57								41
5:58								40
5:59								
6:00								
6:01								
6:02								

Table 2-7.--Maneuver Under Fire (at or above 4,500 feet mean sea level).

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:04								
2:05								
2:06								
2:07								
2:08								
2:09								
2:10								
2:11								
2:12		100						
2:13		99	100					
2:14		98	99					
2:15	100	98	98					
2:16	99	97	98					
2:17	98	96	97					
2:18	97	95	96	100				
2:19	97	94	95	99				
2:20	96	94	95	99				
2:21	95	93	94	98				
2:22	94	92	93	97				
2:23	93	91	92	96				
2:24	92	90	91	96	100			
2:25	91	89	91	95	99			
2:26	91	89	90	94	99			
2:27	90	88	89	93	98			
2:28	89	87	88	93	97			
2:29	88	86	88	92	97			
2:30	87	85	87	91	96			
2:31	86	85	86	90	95	100		
2:32	85	84	85	90	94	99		
2:33	85	83	84	89	94	99		
2:34	84	82	84	88	93	98		
2:35	83	81	83	87	92	98		
2:36	82	81	82	87	92	97		
2:37	81	80	81	86	91	96		
2:38	80	79	81	85	90	96		
2:39	79	78	80	84	90	95		
2:40	79	77	79	84	89	94		
2:41	78	76	78	83	88	94		
2:42	77	76	77	82	87	93		
2:43	76	75	77	81	87	93		
2:44	75	74	76	81	86	92		
2:45	74	73	75	80	85	91		
2:46	73	72	74	79	85	91		
2:47	73	72	74	78	84	90		
2:48	72	71	73	78	83	89	100	
2:49	71	70	72	77	83	89	99	
2:50	70	69	71	76	82	88	99	
2:51	69	68	70	75	81	88	98	

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
2:42								
2:43								
2:44								
2:45								
2:46								
2:47								
2:48								
2:49								
2:50			100					
2:51			99					
2:52			99					
2:53		100	98					
2:54		99	98					
2:55		99	97					
2:56		98	97					
2:57		98	96	100				
2:58		97	96	99				
2:59		97	95	99				
3:00		96	95	98				
3:01		96	94	98	100			
3:02		95	94	97	100			
3:03	100	94	93	97	99			
3:04	99	94	93	96	99			
3:05	99	93	92	96	98	100		
3:06	98	93	92	95	98	100		
3:07	98	92	91	95	97	99		
3:08	97	92	91	94	97	99		
3:09	97	91	90	94	96	98		
3:10	96	91	90	93	96	98		
3:11	96	90	89	93	95	97		
3:12	95	90	89	92	95	97		
3:13	95	89	88	92	94	96		
3:14	94	88	88	91	94	96		
3:15	94	88	87	91	93	95		
3:16	93	87	87	90	93	95		
3:17	93	87	86	90	92	94		
3:18	92	86	86	89	92	94		
3:19	92	86	85	89	91	93		
3:20	91	85	85	88	91	93		
3:21	91	85	84	87	90	92		
3:22	90	84	84	87	90	92		
3:23	90	83	83	86	89	91		
3:24	89	83	83	86	89	91		
3:25	89	82	82	85	88	90		
3:26	88	82	82	85	88	90		
3:27	88	81	81	84	87	89		
3:28	87	81	81	84	87	89		
3:29	87	80	80	83	86	88		

Table 2-7.--Maneuver Under Fire (at or above 4,500 feet mean sea level)
(cont.)

Male	Male MANUF								Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+		17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00	Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17	Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40	Min Pts	40	40	40	40	40	40	40	40
2:52	68	68	70	75	80	87	97		3:30	86	80	80	83	86	88		
2:53	67	67	69	74	80	86	97		3:31	86	79	79	82	85	87		
2:54	67	66	68	73	79	86	96		3:32	85	79	79	82	85	87		
2:55	66	65	67	72	78	85	96		3:33	85	78	78	81	84	86		
2:56	65	64	66	72	78	84	95		3:34	84	77	78	81	84	86		
2:57	64	64	66	71	77	84	94		3:35	84	77	77	80	83	85		
2:58	63	63	65	70	76	83	94		3:36	83	76	77	80	83	85		
2:59	62	62	64	69	76	83	93		3:37	83	76	76	79	82	85		
3:00	61	61	63	69	75	82	92	100	3:38	82	75	76	79	82	84		
3:01	61	60	63	68	74	81	92	99	3:39	82	75	75	78	81	84		
3:02	60	59	62	67	73	81	91	99	3:40	81	74	75	78	81	83		
3:03	59	59	61	66	73	80	90	99	3:41	81	74	74	77	80	83		
3:04	58	58	60	66	72	79	90	98	3:42	80	73	74	77	80	82		
3:05	57	57	59	65	71	79	89	98	3:43	80	72	73	76	80	82	100	
3:06	56	56	59	64	71	78	89	98	3:44	79	72	73	75	79	81	99	
3:07	55	55	58	63	70	78	88	98	3:45	79	71	72	75	79	81	99	
3:08	55	55	57	63	69	77	87	97	3:46	78	71	72	74	78	80	98	
3:09	54	54	56	62	69	76	87	97	3:47	78	70	71	74	78	80	97	
3:10	53	53	56	61	68	76	86	97	3:48	77	70	71	73	77	79	97	
3:11	52	52	55	60	67	75	85	96	3:49	77	69	70	73	77	79	96	
3:12	51	51	54	60	67	74	85	96	3:50	76	69	69	72	76	78	95	
3:13	50	51	53	59	66	74	84	96	3:51	76	68	69	72	76	78	95	
3:14	49	50	52	58	65	73	83	95	3:52	75	68	68	71	75	77	94	100
3:15	49	49	52	57	64	73	83	95	3:53	75	67	68	71	75	77	93	99
3:16	48	48	51	57	64	72	82	95	3:54	74	66	67	70	74	76	93	99
3:17	47	47	50	56	63	71	81	95	3:55	74	66	67	70	74	76	92	99
3:18	46	46	49	55	62	71	81	94	3:56	73	65	66	69	73	75	91	98
3:19	45	46	49	54	62	70	80	94	3:57	73	65	66	69	73	75	91	98
3:20	44	45	48	54	61	69	80	94	3:58	72	64	65	68	72	74	90	98
3:21	43	44	47	53	60	69	79	93	3:59	72	64	65	68	72	74	89	97
3:22	43	43	46	52	60	68	78	93	4:00	71	63	64	67	71	73	89	97
3:23	42	42	45	51	59	68	78	93	4:01	71	63	64	67	71	73	88	96
3:24	41	42	45	51	58	67	77	92	4:02	70	62	63	66	70	72	87	96
3:25	40	41	44	50	57	66	76	92	4:03	69	61	63	66	70	72	87	96
3:26		40	43	49	57	66	76	92	4:04	69	61	62	65	69	71	86	95
3:27			42	48	56	65	75	92	4:05	68	60	62	65	69	71	85	95
3:28			42	48	55	64	74	91	4:06	68	60	61	64	68	70	85	95
3:29			41	47	55	64	74	91	4:07	67	59	61	63	68	70	84	94
3:30			40	46	54	63	73	91	4:08	67	59	60	63	67	70	84	94
3:31				45	53	63	73	90	4:09	66	58	60	62	67	69	83	94
3:32				45	53	62	72	90	4:10	66	58	59	62	66	69	82	93
3:33				44	52	61	71	90	4:11	65	57	59	61	66	68	82	93
3:34				43	51	61	71	89	4:12	65	57	58	61	65	68	81	93
3:35				42	50	60	70	89	4:13	64	56	58	60	65	67	80	92
3:36				42	50	59	69	89	4:14	64	55	57	60	64	67	80	92
3:37				41	49	59	69	89	4:15	63	55	57	59	64	66	79	92
3:38				40	48	58	68	88	4:16	63	54	56	59	63	66	78	91
3:39					48	58	67	88	4:17	62	54	56	58	63	65	78	91

Table 2-7.--Maneuver Under Fire (at or above 4,500 feet mean sea level)
(cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
3:40					47	57	67	88
3:41					46	56	66	87
3:42					46	56	66	87
3:43					45	55	65	87
3:44					44	54	64	86
3:45					43	54	64	86
3:46					43	53	63	86
3:47					42	53	62	86
3:48					41	52	62	85
3:49					41	51	61	85
3:50					40	51	60	85
3:51						50	60	84
3:52						49	59	84
3:53						49	59	84
3:54						48	58	83
3:55						48	57	83
3:56						47	57	83
3:57						46	56	83
3:58						46	55	82
3:59						45	55	82
4:00						44	54	82
4:01						44	53	81
4:02						43	53	81
4:03						43	52	81
4:04						42	51	80
4:05						41	51	80
4:06						41	50	80
4:07						40	50	79
4:08							49	79
4:09							48	79
4:10							48	79
4:11							47	78
4:12							46	78
4:13							46	78
4:14							45	77
4:15							44	77
4:16							44	77
4:17							43	76
4:18							43	76
4:19							42	76
4:20							41	76
4:21							41	75
4:22							40	75
4:23								75
4:24								74
4:25								74
4:26								74
4:27								73

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
4:18	62	53	55	58	62	65	77	91
4:19	61	53	55	57	62	64	76	90
4:20	61	52	54	57	61	64	76	90
4:21	60	52	54	56	61	63	75	89
4:22	60	51	53	56	60	63	74	89
4:23	59	50	53	55	60	62	74	89
4:24	59	50	52	55	60	62	73	88
4:25	58	49	52	54	59	61	72	88
4:26	58	49	51	54	59	61	72	88
4:27	57	48	51	53	58	60	71	87
4:28	57	48	50	53	58	60	70	87
4:29	56	47	50	52	57	59	70	87
4:30	56	47	49	51	57	59	69	86
4:31	55	46	49	51	56	58	68	86
4:32	55	46	48	50	56	58	68	86
4:33	54	45	48	50	55	57	67	85
4:34	54	44	47	49	55	57	66	85
4:35	53	44	47	49	54	56	66	85
4:36	53	43	46	48	54	56	65	84
4:37	52	43	46	48	53	55	64	84
4:38	52	42	45	47	53	55	64	84
4:39	51	42	45	47	52	55	63	83
4:40	51	41	44	46	52	54	62	83
4:41	50	41	44	46	51	54	62	82
4:42	50	40	43	45	51	53	61	82
4:43	49		43	45	50	53	60	82
4:44	49		42	44	50	52	60	81
4:45	48		42	44	49	52	59	81
4:46	48		41	43	49	51	58	81
4:47	47		41	43	48	51	58	80
4:48	47		40	42	48	50	57	80
4:49	46			42	47	50	56	80
4:50	46			41	47	49	56	79
4:51	45			41	46	49	55	79
4:52	45			40	46	48	55	79
4:53	44				45	48	54	78
4:54	44				45	47	53	78
4:55	43				44	47	53	78
4:56	43				44	46	52	77
4:57	42				43	46	51	77
4:58	42				43	45	51	76
4:59	41				42	45	50	76
5:00	41				42	44	49	76
5:01	40				41	44	49	75
5:02					41	43	48	75
5:03					40	43	47	75
5:04					40	42	47	74
5:05						42	46	74

Table 2-7.--Maneuver Under Fire (at or above 4,500 feet mean sea level)
(cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
4:28								73
4:29								73
4:30								73
4:31								72
4:32								72
4:33								72
4:34								71
4:35								71
4:36								71
4:37								70
4:38								70
4:39								70
4:40								70
4:41								69
4:42								69
4:43								69
4:44								68
4:45								68
4:46								68
4:47								67
4:48								67
4:49								67
4:50								67
4:51								66
4:52								66
4:53								66
4:54								65
4:55								65
4:56								65
4:57								64
4:58								64
4:59								64
5:00								64
5:01								63
5:02								63
5:03								63
5:04								62
5:05								62
5:06								62
5:07								61
5:08								61
5:09								61
5:10								61
5:11								60
5:12								60
5:13								60
5:14								59
5:15								59

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
5:06						41	45	74
5:07						41	45	73
5:08						40	44	73
5:09						40	43	73
5:10							43	72
5:11							42	72
5:12							41	72
5:13							41	71
5:14							40	71
5:15								71
5:16								70
5:17								70
5:18								69
5:19								69
5:20								69
5:21								68
5:22								68
5:23								68
5:24								67
5:25								67
5:26								67
5:27								66
5:28								66
5:29								66
5:30								65
5:31								65
5:32								65
5:33								64
5:34								64
5:35								64
5:36								63
5:37								63
5:38								62
5:39								62
5:40								62
5:41								61
5:42								61
5:43								61
5:44								60
5:45								60
5:46								60
5:47								59
5:48								59
5:49								59
5:50								58
5:51								58
5:52								58
5:53								57

Table 2-7.--Maneuver Under Fire (at or above 4,500 feet mean sea level)
(cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
5:16								59
5:17								58
5:18								58
5:19								58
5:20								57
5:21								57
5:22								57
5:23								57
5:24								56
5:25								56
5:26								56
5:27								55
5:28								55
5:29								55
5:30								54
5:31								54
5:32								54
5:33								54
5:34								53
5:35								53
5:36								53
5:37								52
5:38								52
5:39								52
5:40								51
5:41								51
5:42								51
5:43								51
5:44								50
5:45								50
5:46								50
5:47								49
5:48								49
5:49								49
5:50								48
5:51								48
5:52								48
5:53								48
5:54								47
5:55								47
5:56								47
5:57								46
5:58								46
5:59								46
6:00								45
6:01								45
6:02								45
6:03								45

Female	Female MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	3:03	2:53	2:50	2:57	3:01	3:05	3:43	3:52
Min	5:01	4:42	4:48	4:52	5:04	5:09	5:14	6:41
Min Pts	40	40	40	40	40	40	40	40
5:54								57
5:55								56
5:56								56
5:57								56
5:58								55
5:59								55
6:00								55
6:01								54
6:02								54
6:03								54
6:04								53
6:05								53
6:06								53
6:07								52
6:08								52
6:09								52
6:10								51
6:11								51
6:12								51
6:13								50
6:14								50
6:15								49
6:16								49
6:17								49
6:18								48
6:19								48
6:20								48
6:21								47
6:22								47
6:23								47
6:24								46
6:25								46
6:26								46
6:27								45
6:28								45
6:29								45
6:30								44
6:31								44
6:32								44
6:33								43
6:34								43
6:35								42
6:36								42
6:37								42
6:38								41
6:39								41
6:40								41
6:41								40

Table 2-7.--Maneuver Under Fire (at or above 4,500 feet mean sea level)
(cont.)

Male	Male MANUF							
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Max	2:15	2:12	2:13	2:18	2:24	2:31	2:48	3:00
Min	3:25	3:26	3:30	3:38	3:50	4:07	4:22	6:17
Min Pts	40	40	40	40	40	40	40	40
6:03								45
6:04								44
6:05								44
6:06								44
6:07								43
6:08								43
6:09								43
6:10								42
6:11								42
6:12								42
6:13								42
6:14								41
6:15								41
6:16								41
6:17								40