

NJROTC PHYSICAL FITNESS STANDARDS

Cadet Age Group	FEMALE				MALE			
	<=14	15	16	>=17	<=14	15	16	>=17
CURL-UPS (Time Limit - 2 minutes)								
Outstanding	86	86	86	86	88	88	88	88
Excellent	67	67	67	67	72	72	72	72
Good	52	52	52	52	60	60	60	60
Satisfactory	40	40	40	40	45	45	45	45
PUSH-UPS (Time Limit - 2 minutes)								
Outstanding	31	33	35	36	48	53	58	63
Excellent	26	28	30	31	44	49	53	57
Good	19	21	23	24	39	43	47	51
Satisfactory	13	15	17	18	26	30	34	38
1 MILE RUN (Time required in minutes and seconds)								
Outstanding	8:00	8:08	8:23	8:15	6:26	6:20	6:10	6:06
Excellent	8:50	8:55	9:11	9:15	7:05	6:50	6:40	6:32
Good	9:27	9:23	9:48	9:51	8:05	7:50	7:30	7:20
Satisfactory	11:10	11:00	11:44	11:20	9:20	9:00	8:40	8:30

REQUIRED POINTS FOR PHYSICAL FITNESS RIBBON

Cadet Age Group	FEMALE				MALE			
	<=14	15	16	>=17	<=14	15	16	>=17
Outstanding	227	230	233	235	261	267	273	278
Excellent	197	200	203	205	234	242	247	253
Good	169	172	175	177	208	215	222	227
Satisfactory	142	145	148	150	169	176	183	189

NJROTC PHYSICAL READINESS POINT TABLE

Column A:	Points for Events				Column C:	Push-Ups Performed		
Column B:	Curl-Ups Performed				Column D:	1 Mile Run Time		
	A	B	C	D	A	B	C	D
	POINTS	CURLUPS	PUSHUPS	RUN	POINTS	CURLUPS	PUSHUPS	RUN
	100	100	67	5:10	50	50	17	10:50
	99	99	66	5:20	49	49	16	10:55
	98	98	65	5:30	48	48	15	11:00
	97	97	64	5:40	47	47	14	11:05
	96	96	63	5:50	46	46	13	11:10
	95	95	62	6:00	45	45	12	11:15
	94	94	61	6:10	44	44	11	11:20
	93	93	60	6:15	43	43	10	11:25
	92	92	59	6:20	42	42		11:30
	91	91	58	6:30	41	41		11:35
	90	90	57	6:35	40	40	9	11:40
	89	89	56	6:40	39	39		11:45
	88	88	55	6:50	38	38		11:50
	87	87	54	6:55	37	37		11:55
	86	86	53	7:00	36	36		12:00
	85	85	52	7:05	35	35	8	12:05

	84	84	51	7:10	34	34		12:10
	83	83	50	7:20	33	33		12:15
	82	82	49	7:30	32	32		12:20
	81	81	48	7:35	31	31		12:25
	80	80	47	7:40	30	30	7	12:30
	79	79	46	7:50	29	29		12:35
	78	78	45	7:55	28	28		12:40
	77	77	44	8:00	27	27		12:45
	76	76	43	8:05	26	26		12:50
	75	75	42	8:10	25	25	6	12:55
	74	74	41	8:20	24	24		13:00
	73	73	40	8:30	23	23		13:05
	72	72	39	8:35	22	22		13:10
	71	71	38	8:40	21	21		13:15
	70	70	37	8:50	20	20	5	13:20
	69	69	36	8:55	19	19		13:25
	68	68	35	9:00	18	18		13:30
	67	67	34	9:10	17	17		13:35
	66	66	33	9:15	16	16		13:40
	65	65	32	9:20	15	15	4	13:45
	64	64	31	9:30	14	14		13:50
	63	63	30	9:35	13	13		13:55
	62	62	29	9:40	12	12		14:00
	61	61	28	9:45	11	11		14:05
	60	60	27	9:50	10	10	3	14:10
	59	59	26	10:00	9	9		14:15
	58	58	25	10:10	8	8		14:20
	57	57	24	10:15	7	7		14:25
	56	56	23	10:20	6	6		14:30
	55	55	22	10:25	5	5	2	14:35
	54	54	21	10:30	4	4		14:40
	53	53	20	10:35	3	3		14:45
	52	52	19	10:40	2	2		14:50
	51	51	18	10:45	1	1	1	14:55