

U.S. Marine Corp Men's Physical Fitness Test

Men's Classification Scores			
Age	3rd Class	2nd Class	1st Class
17-26	135	175	225
27-39	110	150	200
40-45	88	125	175
46+	65	100	150

Men's Minimum Acceptable Performance Standards for Each Event						
Age	Pull-ups	Sit-ups	3 mile run	Subtotal Points	Req. Add. Points	Passing Score
17-26	3	50	28:00	105	30	135
27-39	3	45	29:00	94	16	110
40-45	3	45	30:00	88	0	88
46+	3	40	33:00	65	0	65

Men's Points Table

Pts.	Pull Ups	Sit Ups	3 mi. Run	Pts.	Pull Ups	Sit Ups	3 mi. Run	Pts.	Pull Ups	Sit Ups	3 mi. Run	Pts.	Pull Ups	Sit Ups	3 mi. Run
100	20	100	18:00	75	15	75	22:10	50	10	50	26:20	25	5	25	30:30
99		99	18:10	74		74	22:20	49		49	26:30	24		24	30:40
98		98	18:20	73		73	22:30	48		48	26:40	23		23	30:50
97		97	18:30	72		72	22:40	47		47	26:50	22		22	31:00
96		96	18:40	71		71	22:50	46		46	27:00	21		21	31:10
95	19	95	18:50	70	14	70	23:00	45	9	45	27:10	20	4	20	31:20
94		94	19:00	69		69	23:10	44		44	27:20	19		19	31:30
93		93	19:10	68		68	23:20	43		43	27:30	18		18	31:40
92		92	19:20	67		67	23:30	42		42	27:40	17		17	31:50
91		91	19:30	66		66	23:40	41		41	27:50	16		16	32:00
90	18	90	19:40	65	13	65	23:50	40	8	40	28:00	15	3	15	32:10
89		89	19:50	64		64	24:00	39		39	28:10	14		14	32:20
88		88	20:00	63		63	24:10	38		38	28:20	13		13	32:30
87		87	20:10	62		62	24:20	37		37	28:30	12		12	32:40
86		86	20:20	61		61	24:30	36		36	28:40	11		11	32:50
85	17	85	20:30	60	12	60	24:40	35	7	35	28:50	10	2	10	33:00
84		84	20:40	59		59	24:50	34		34	29:00	9		9	33:10
83		83	20:50	58		58	25:00	33		33	29:10	8		8	33:20
82		82	21:00	57		57	25:10	32		32	29:20	7		7	33:30
81		81	21:10	56		56	25:20	31		31	29:30	6		6	33:40
80	16	80	21:20	55	11	55	25:30	30	6	30	29:40	5	1	5	33:50
79		79	21:30	54		54	25:40	29		29	29:50	4		4	34:00
78		78	21:40	53		53	25:50	28		28	30:00	3		3	34:30
77		77	21:50	52		52	26:00	27		27	30:10	2		2	35:00
76		76	22:00	51		51	26:10	26		26	30:20	1		1	36:00

U.S. Marine Corp Women's Physical Fitness Test

Women's Classification Scores			
Age	3rd Class	2nd Class	1st Class
17-26	135	175	225
27-39	110	150	200
40-45	88	125	175
46+	65	100	150

Women's Minimum Acceptable Performance Standards for Each Event						
Age	Fixed Arm Hang (sec)	Sit-ups	3 mile run	Subtotal Points	Req. Add. Points	Passing Score
17-26	15	50	31:00	105	30	135
27-39	15	45	32:00	94	16	110
40-45	15	45	33:00	88	0	88
46+	15	40	36:00	65	0	65

Women's Points Table

Pts.	Arm Hang	Sit Ups	3.0 mi. Run	Pts.	Arm Hang	Sit Ups	3.0 mi. Run	Pts.	Arm Hang	Sit Ups	3.0 mi. Run	Pts.	Arm Hang	Sit Ups	3.0 mi. Run
100	70	100	21:00	75		75	25:10	50	45	50	29:20	25	25	25	33:30
99		99	21:10	74	57	74	25:20	49		49	29:30	24	24	24	33:40
98	69	98	21:20	73		73	25:30	48	44	48	29:40	23	23	23	33:50
97		97	21:30	72	56	72	25:40	47		47	29:50	22	22	22	34:00
96	68	96	21:40	71		71	25:50	46	43	46	30:00	21	21	21	34:10
95		95	21:50	70	55	70	26:00	45		45	30:10	20	20	20	34:20
94	67	94	22:00	69		69	26:10	44	42	44	30:20	19	19	19	34:30
93		93	22:10	68	54	68	26:20	43		43	30:30	18	18	18	34:40
92	66	92	22:20	67		67	26:30	42	41	42	30:40	17	17	17	34:50
91		91	22:30	66	53	66	26:40	41		41	30:50	16	16	16	35:00
90	65	90	22:40	65		65	26:50	40	40	40	31:00	15	15	15	35:10
89		89	22:50	64	52	64	27:00	39	39	39	31:10	14	14	14	35:20
88	64	88	23:00	63		63	27:10	38	38	38	31:20	13	13	13	35:30
87		87	23:10	62	51	62	27:20	37	37	37	31:30	12	12	12	35:40
86	63	86	23:20	61		61	27:30	36	36	36	31:40	11	11	11	35:50
85		85	23:30	60	50	60	27:40	35	35	35	31:50	10	10	10	36:00
84	62	84	23:40	59		59	27:50	34	34	34	32:00	9	9	9	36:10
83		83	23:50	58	49	58	28:00	33	33	33	32:10	8	8	8	36:20
82	61	82	24:00	57		57	28:10	32	32	32	32:20	7	7	7	36:30
81		81	24:10	56	48	56	28:20	31	31	31	32:30	6	6	6	36:40
80	60	80	24:20	55		55	28:30	30	30	30	32:40	5	5	5	36:50
79		79	24:30	54	47	54	28:40	29	29	29	32:50	4	4	4	37:00
78	59	78	24:40	53		53	28:50	28	28	28	33:00	3	3	3	37:10
77		77	24:50	52	46	52	29:00	27	27	27	33:10	2	2	2	37:20
76	58	76	25:00	51		51	29:10	26	26	26	33:20	1	1	1	37:30