

USCGA PFE STANDARDS

Push-Up Scores			Plank Scores			Run Scores		
WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
48	100	60	4:15	100	4:15	10:00 or less	100	8:30 or less
47	99		4:12	99	4:12			
	98	59	4:09	98	4:09			
46	97	58	4:06	97	4:06			
45	96	57	4:03	96	4:03			
	95		4:00	95	4:00	10:01-11:00	95	8:31-9:00
44	94	56	3:57	94	3:57			
43	93	55	3:54	93	3:54			
42	92	54	3:51	92	3:51			
	91		3:48	91	3:48			
41	90	53	3:45	90	3:45	11:01-11:15	90	9:01-9:15
40	89	52	3:42	89	3:42			
	88	51	3:39	88	3:39			
39	87		3:36	87	3:36			
38	86	50	3:33	86	3:33			
	85	49	3:30	85	3:30	11:16-11:45	85	9:16-9:45
37	84	48	3:27	84	3:27			
36	83	47	3:24	83	3:24			
35	82		3:21	82	3:21			
	81	46	3:18	81	3:18			
34	80	45	3:15	80	3:15	11:46-12:00	80	9:46-10:00
33	79	44	3:12	79	3:12			
	78		3:09	78	3:09			
32	77	43	3:06	77	3:06			
31	76	42	3:03	76	3:03			
	75	41	3:00	75	3:00	12:01-12:30	75	10:01-10:30
30	74		2:57	74	2:57			
29	73	40	2:54	73	2:54			
28	72	39	2:51	72	2:51			
	71	38	2:48	71	2:48			
27	70		2:45	70	2:45	12:31-12:45	70	10:31-10:45
26	69	37	2:42	69	2:42			
	68	36	2:39	68	2:39			
25	67	35	2:36	67	2:36			
24	66		2:33	66	2:33			
	65	34	2:30	65	2:30	12:46-13:30	65	10:46-11:30

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Push-Up Scores			Plank Scores			Run Scores		
WOMEN	Score	MEN	WOMEN	Score	MEN	WOMEN	Score	MEN
23	64	33	2:27	64	2:27			
22	63	32	2:24	63	2:24			
21	62	31	2:21	62	2:21			
	61		2:18	61	2:18			
20	60	30	2:15	60	2:15	13:31-14:00	60	11:31-12:00
19	59	29	2:12	59	2:12			
	58	28	2:09	58	2:09			
18	57		2:06	57	2:06			
17	56	27	2:03	56	2:03			
	55	26	2:00	55	2:00	14:01-14:45	55	12:01-12:45
16	54	25	1:57	54	1:57			
15	53		1:54	53	1:54			
14	52	24	1:51	52	1:51			
	51	23	1:48	51	1:48			
13	50	22	1:45	50	1:45	14:46-15:15	50	12:46-13:15
12	49		1:42	49	1:42			
	48	21	1:39	48	1:39			
11	47	20	1:36	47	1:36			
10	46	19	1:33	46	1:33			
	45	18	1:30	45	1:30	15:16-15:30	45	13:16-13:30
9	44		1:27	44	1:27			
8	43	17	1:24	43	1:24			
7	42	16	1:21	42	1:21			
	41	15	1:18	41	1:18			
6	40		1:15	40	1:15	15:31-16:00	40	13:31-14:00
5	39	14	1:12	39	1:12			
	38	13	1:09	38	1:09			
4	37	12	1:06	37	1:06			
3	36		1:03	36	1:03			
	35	11	1:00	35	1:00			
2	34	10	0:57	34	0:57			
1	33	9	0:54	33	0:54			
	32		0:51	32	0:51			
	31	8	0:48	31	0:48			
	30	7	0:45	30	0:45			
	29	6	0:42	29	0:42			

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[illegible]