



SEA CADETS

CHOOSE ADVENTURE

ACTION MEMO #2

October 13, 2023

FOR: Sea Cadet Volunteers, Cadets and Parents

FROM: Andrew Lennon, Executive Director, U.S. Naval Sea Cadet Corps

**SUBJECT: Physical Readiness Test (PRT) additional level added
Effective 15 OCT 2023**

Reference: PRT Manual

1. Purpose. To introduce new physical readiness levels to aid cadets and units in achieving physical fitness.

2. Discussion.

Physical readiness levels are now identified by number, and a new standard has been created between failure (level 1) and satisfactory (level 3).

Progressing (level 2) acknowledges a level of fitness that while unsatisfactory is close enough that a cadet could improve and reach satisfactory (level 3) in a reasonable amount of time.

The standards for satisfactory (level 3), good (level 4), and excellent (level 5) have not changed.

Level 2 establishes a reasonable benchmark for new cadets.

3. Summary of Changes. Please see the updated PRT levels, attached.

4. Action. Units will use the new PRT levels when evaluating cadets.

5. Cancellation. This memo will be canceled when incorporated into the applicable references.

Attachment: USNSCC PRT Levels



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Summary of Changes to PRT Policy

PRT scoring terminology will be changed to use level of performance rather than descriptors:

- Level 1: Cadet's performance is well below Sea Cadet expectations, and cadet would require significant intervention and additional time to improve.
- Level 2: Considered entry-level standard (first 6-12 months)
 - Regardless of rank, cadets are automatically assigned to a remedial/fitness training program at this level. The minimum requirement for advancement to Seaman Apprentice
 - Minimum level required to attend and pass RT.
 - Not a qualifying level for AT
- Level 3: Cadet expectations after the first year in the program.
 - Cadet may attend AT
 - Required for advancement to Seaman and above
- Level 4: Cadet qualifies for the PT Ribbon
- Level 5: Cadet qualifies for the "E" appurtenance

USNSCC Physical Readiness Test (PRT) Standards – Updated 15 OCT 2023

Plank				
Female & Male				
Age	Level 2	Level 3	Level 4	Level 5
10	45 sec.	1:00	1:40	2:10
11	50 sec.	1:05	1:45	2:20
12	55 sec.	1:10	1:50	2:30
13	1:05	1:15	1:55	2:40
14	1:10	1:20	2:00	2:50
15	1:15	1:25	2:05	3:00
16	1:20	1:30	2:10	3:10
17/18	1:20	1:30	2:10	3:10

Push-Ups									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10*	7	9	13	20	10	10	12	14	22
11	6	7	11	19	11	11	14	15	27
12	4	5	10	20	12	11	15	18	31
13	6	7	11	21	13	13	20	24	39
14	6	7	10	20	14	16	20	24	40
15	9	10	15	20	15	22	25	30	42
16	9	10	12	24	16	24	25	30	44
17/18	9	10	16	25	17/18	28	30	37	53

* The requirement for push-ups for 10-year-old females is higher than for 11-year-old females.

1-Mile Run									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10	14:00	13:00	11:22	9:19	10	12:50	11:40	9:48	7:57
11	13:40	12:42	11:17	9:02	11	12:35	11:25	9:20	7:32
12	13:20	12:24	11:05	8:23	12	11:35	10:22	8:40	7:11
13	12:55	12:15	10:23	8:13	13	10:55	9:45	8:06	6:50
14	12:30	12:00	10:06	7:59	14	10:40	9:30	7:44	6:26
15	12:20	11:45	9:58	8:08	15	10:25	9:15	7:30	6:20
16	12:30	12:15	10:31	8:23	16	10:00	9:00	7:10	6:08
17/18	12:30	12:15	10:22	8:15	17/18	9:45	8:45	7:04	6:06