









# ACFT GRADING SCALES

		POINTS	17-21	22-26	27-31	32-36	37-41	42-46	47-51	52-56	57-61	62+	
<b>MDL</b> (lbs.) 	Female	100	210	230	230	230	210	210	190	190	170	170	
		60	120	120	120	120	120	120	120	120	120	120	120
	Male	100	340	340	340	340	340	340	340	330	290	250	230
		60	140	140	140	140	140	140	140	140	140	140	140
<b>SPT</b> (meters) 	Female	100	8.4	8.5	8.7	8.6	8.2	8.1	7.8	7.4	6.6	6.6	
		60	3.9	4.0	4.2	4.1	4.1	3.9	3.7	3.5	3.4	3.4	
	Male	100	12.6	13.0	13.1	12.9	12.8	12.3	11.6	10.6	9.9	9.0	
		60	6.0	6.3	6.5	6.5	6.4	6.2	6.0	5.7	5.3	4.9	
<b>HRP</b> (reps) 	Female	100	53	50	48	47	41	36	35	30	24	24	
		60	10	10	10	10	10	10	10	10	10	10	
	Male	100	57	61	62	60	59	56	55	51	46	43	
		60	10	10	10	10	10	10	10	10	10	10	
<b>SDC</b> (m:ss) 	Female	100	1:55	1:55	1:55	1:59	2:02	2:09	2:11	2:18	2:26	2:26	
		60	3:15	3:15	3:15	3:22	3:27	3:42	3:51	4:03	4:48	4:48	
	Male	100	1:29	1:30	1:30	1:33	1:36	1:40	1:45	1:52	1:58	2:09	
		60	2:28	2:31	2:32	2:36	2:41	2:45	2:53	3:00	3:12	3:16	
<b>PLK</b> (m:ss) 	Female	100	3:40	3:35	3:30	3:25	3:20	3:20	3:20	3:20	3:20	3:20	
		60	1:30	1:25	1:20	1:15	1:10	1:10	1:10	1:10	1:10	1:10	
	Male	100	3:40	3:35	3:30	3:25	3:20	3:20	3:20	3:20	3:20	3:20	
		60	1:30	1:25	1:20	1:15	1:10	1:10	1:10	1:10	1:10	1:10	
<b>2MR</b> (mm:ss) 	Female	100	15:29	15:00	15:00	15:18	15:30	15:49	15:58	16:29	17:18	17:18	
		60	23:22	23:15	23:13	23:19	23:23	23:42	24:00	24:24	24:48	25:00	
	Male	100	13:22	13:27	13:31	13:42	13:58	14:05	14:30	15:09	15:28	15:28	
		60	22:00	22:00	22:00	22:00	22:11	22:32	22:55	23:20	23:36	23:36	

\*The full ACFT grading scales are available at <https://www.army.mil/acft/>