



DEPARTMENT OF THE ARMY
 VIRGINIA TECH ARMY ROTC
 222 MILITARY BUILDING (0207)
 BLACKSBURG, VIRGINIA 24061



REPLY TO
 ATTENTION OF:

ATOE-DVA-VP

19 May 2006

MEMORANDUM FOR Virginia Tech Army Reserve Officer Training Course Cadets

SUBJECT: Army Physical Fitness Test

1. The Army Physical Fitness Test (APFT) will be given within the first month of the semester. Passing the APFT and maintaining height and weight standards are paramount to the success of an Army ROTC Cadet and Army Officer. All cadets must pass all events before the end of their sophomore year and maintain a passing score thereafter.

2. We highly encourage you to start training for the physical fitness test as soon as possible and strive to exceed the minimum standards. Below is an abbreviated version of the physical fitness-scoring chart. The battalion goal is 80 points in each event with a total score of 280+.

Physical fitness scale for ages 17-21

Point Scale	Event					
	Number of Push-up in 2 minutes		Number of Sit-up in 2 minutes		2 Mile Run Time (minutes: seconds)	
	Male	Female	Male	Female	Male	Female
100	71	42	78	78	13:00	15:36
90	64	36	72	72	13:42	16:24
80	57	31	66	66	14:24	17:12
70	49	25	59	59	15:12	18:06
60	42	19	53	53	15:54	18:54
50	35	13	47	47	16:36	19:42
40	27	8	41	41	17:18	20:30

Minimum points for Passing→

3. If you earn a scholarship, you must receive at least 60 points on EVERY event to activate your scholarship. The physical fitness test score is also part of you Army ROTC grade. Once your scholarship is activated you are required to maintain a minimum of 60 points in each event to retain your scholarship benefits (exceptions are considered for injuries). Those who fail to meet these standards within the first semester will have their offer rescinded.

4. POC this memorandum is the undersigned at (540) 231-4804.

C. PATRICK HOGEBROOM IV
 MAJ, EN
 Recruiting Operations Officer