Source: MCO 6100.13A with Admin Change 5
Last verified October 21, 2026

MARINE CORPS PFT AND CFT QUICK REFERENCE

Events, passing standards, classes, and the minimum result for each event by age group.

PFT EVENTS

- **Pull-ups or push-ups:** push-ups max out at 70 points
- **Plank:** one table for all ages and both sexes
- **3-mile run**, or 5,000-meter row for ages 46 and over or when authorized

CFT EVENTS

- Movement to Contact, Ammunition Lift, Maneuver Under Fire

PASSING AND CLASS (PFT AND CFT)

- Meet the minimum in every event and score at least 150
- **1st class:** 235 to 300 **2nd:** 200 to 234 **3rd:** 150 to 199
- **Combat arms PMOS:** scored on the men's table for their age; 210 PFT points required

MINIMUM RESULT IN EACH EVENT, BY AGE GROUP

Men

Event	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Pull-ups	4	5	5	5	5	5	4	3
Push-ups	42	40	39	36	34	30	25	20
Plank	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10
3-mile run	27:40	27:40	28:00	28:20	28:40	29:20	30:00	33:00
5,000-m row	23:30	23:50	24:10	24:30	24:50	25:10	25:35	26:00
CFT: Movement to Contact	3:45	3:45	3:48	3:51	3:58	4:11	4:28	5:07
CFT: Ammunition Lift	62	67	67	67	67	66	65	16
CFT: Maneuver Under Fire	3:17	3:18	3:22	3:30	3:42	3:59	4:14	6:09

Women

Event	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+
Pull-ups	1	3	4	3	3	2	2	2
Push-ups	19	18	18	16	14	12	11	10
Plank	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10
3-mile run	30:50	30:50	31:10	31:30	31:50	32:30	33:30	36:00
5,000-m row	26:30	26:50	27:10	27:30	27:50	28:10	28:35	29:00
CFT: Movement to Contact	4:36	4:41	4:45	4:46	4:55	4:58	5:26	5:52
CFT: Ammunition Lift	30	30	30	30	30	28	26	6
CFT: Maneuver Under Fire	4:53	4:34	4:40	4:44	4:56	5:01	5:06	6:33

Score your PFT
militaryfitness.org/marine-corps-pft-calculator/

Score your CFT
militaryfitness.org/marine-corps-cft-calculator/

Veteran career resources
hireaveteran.org/

MilitaryFitness.org is an independent resource. It is not affiliated with or endorsed by the Department of Defense or any branch of the U.S. Armed Forces. Your official score is the one your unit records. Always confirm standards with your unit and your branch's official sources. MilitaryFitness.org is a project of Salute Veterans Inc., a 501(c)(3) nonprofit.