

SPARTAN AWARD

(Minimum 300/300 criteria for PFT and CFT)

Name: _____ Platoon: _____

PFT Date: 20140922 Verifier: _____ (Rank LName)

Pull Ups 25

-5pts for each additional pull up past 100pts (20 for males, 8 for Females)

Crunches 150

-1 pt for each additional crunch past 100pts, within the 2min time limit (100 for males and females)

Run 17:28

-1pt for every 10 seconds past 100pts (18:00 for males, 21:00 for females)

PFT TOTAL (with excess points): 378

CFT Date: 20140922 Verifier: _____ (Rank LName)

MTC 2:28

-1pt for every second past 100pts (age and gender dependent)

Ammo Lift 135

-1pt for every rep past 100pts (age and gender dependent)

MUF 1:57

-1pt for every second past 100pts (age and gender dependent)

CFT TOTAL (with excess points): 390

TOTAL SPARTAN AWARD POINTS: 768 2nd Place: 690, 3rd Place: 688

Notes:

-It is not required to have a traditional score of 300 on the PFT or CFT to be eligible for the Spartan Award, only that the total score (given all additional points) adds up to more than 300 for each test.

-MLIs/Platoon Commanders must observe the scores if tested for the Spartan Award independent from unit training , or the scores can be composed from scoring sheets kept on file with the S-3 from the most recent PFT/CFT.