

Performance		Points	Males: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:11	9:23	7:20	7:08	6:58
Outstanding	Low	90	77	3:06	9:38	7:30	7:38	7:28
Excellent	High	85	73	2:56	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	2:47	10:30	7:50	8:23	8:13
Excellent	Low	75	67	2:37	10:52	8:00	8:53	8:43
Good	High	70	60	2:17	11:23	8:20	9:38	9:28
Good	Medium	65	51	1:58	12:15	8:40	10:38	10:28
Good	Low	60	44	1:38	12:53	9:00	11:38	11:28
Satisfactory	High	55	41	1:28	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:18	13:45	9:20	12:23	12:13
Probationary		45	34	1:09	14:00	9:30	13:08	12:58

Navy Prt Operating Guide

John Sherman Porter



Navy Prt Operating Guide:

Naval Military Personnel Manual United States. Naval Military Personnel Command,1990 *Naval Military Personnel Manual* United States. Bureau of Naval Personnel,1991 **Manuals Combined: USN/USMC Commander's Quick Reference Legal Handbook 2015, 2012 and 2009 Editions And The USMC Senior Enlisted Leader Smart Packet (2016)** , Sample text NCIS REPORTING AND MILITARY JUSTICE INVESTIGATIONS REFERENCES a MCM RCM 303 b JAGMAN Chapter II c SECNAVINST 5430 107 series d SECNAVINST 1752 4A series e DODI 6495 02 COMMAND INQUIRY Suspected offenses may come to command attention in a variety of ways e g shore patrol civil law enforcement or phone call etc The commanding officer CO must conduct some form of inquiry into reported offenses that may be tried by court martial per reference a The degree of inquiry will depend on the nature validity and seriousness of the complaint See reference b MANDATORY REFERRAL TO NCIS Reference c mandates that certain incidents be referred to NCIS whether occurring on or off base and regardless of civilian investigation involvement These incidents include Actual suspected or alleged major criminal offenses punishable under the Uniform Code of Military Justice UCMJ by more than 1 year of confinement Non combat deaths when the cause of death is not medically attributable to disease or natural causes Fires or explosions of unknown origin affecting Department of the Navy DON property or property under DON control Theft or loss of ordnance or controlled substances Disappearance of a command member All instances of suspected fraud against the government within DON e g theft of government property bribery false claims for pay etc actual or suspected acts of espionage terrorism sabotage assassination and actual suspected or attempted defection of DON personnel Internal security incidents such as loss compromise or suspected compromise of classified information and national security cases and Suspected sex related offenses as defined under Articles 120 and 125 of the UCMJ WHEN NCIS DECLINES TO INVESTIGATE NCIS may at its discretion decline to conduct or continue any investigation but shall expeditiously inform the effected command A command may then request assistance from the local base security department or appropriate authority or pursue a command investigation pursuant to reference a **Command Fitness Coordinator Orientation Manual** ,1991 **Manual of Wireless Telegraphy for the Use of Naval Electricians** S. S. Robison,1906 **Manual of Wireless Telegraphy for the Use of Naval Electricians** Samuel Shelburne Robison,1911 **The Bluejackets' Manual** Thomas J. Cutler,2002 In 1902 when Lt Ridley McLean first wrote this sailor s bible he described it as a manual for every person in the naval service One hundred years later it continues to serve as a primer for newly enlisted sailors and as a basic reference for all naval personnel from seaman to admiral New technology is artfully blended with ancient heritage facts and figures are augmented by helpful advice and the mysterious language of the sea is preserved and deciphered in a volume that has served the United States Navy for an entire century Updated throughout the book provides the latest Navy ratings uniforms ships aircraft and weapons as well as current Navy policies on hazing fraternization education and physical fitness and a completely new

chapter explaining the Navy's mission in terms of its rich heritage **Army-Navy-Air Force Register and Defense Times**
,1954 *Winter Annual Meeting* American Society of Mechanical Engineers,1980 **The United States Army and Navy**
Journal and Gazette of the Regular and Volunteer Forces ,1890 **The 2004 Guide to the Evaluation of**
Educational Experiences in the Armed Services American Council on Education,American Council on Education
Staff,2004 For more than a half century the Guide to the Evaluation of Education Experiences in the Armed Services has
been the standard reference work for recognizing learning acquired in military life Since 1942 ACE and has worked
cooperatively with the US Department of Defense the Armed Services and the US Coast Guard in helping hundreds of
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for 1924- and Citizens' Manual of Philadelphia ... ,1930 *Naval Engineers Journal* ,1977 **Moody's Manual of**
Investments John Sherman Porter,1939 American government securities 1928 53 in 5 annual vols v 1 Railroad securities
1952 53 Transportation v 2 Industrial securities v 3 Public utility securities v 4 Government securities 1928 54 v 5 Banks
insurance companies investment trusts real estate finance and credit companies 1928 54 **Army and Navy Journal** ,1948
South Carolina Legislative Manual South Carolina. General Assembly,1992 **Bulletin Year Book ... and Citizens'**
Manual of Philadelphia ,1931 *Legislative Manual - General Assembly of South Carolina* South Carolina. General
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