



UNITED STATES MARINE CORPS
HEADQUARTERS BATTALION
TRAINING AND EDUCATION COMMAND
2006 HAWKINS AVENUE
QUANTICO, VIRGINIA 22134

IN REPLY REFER TO
3502
S-3
30 SEP 21

From: Operations Officer, Headquarters Battalion
To: Company Commanders

Subj: PHYSICAL FITNESS TEST SCHEDULE FOR FISCAL YEAR 2022

Ref: (a) MCO 6100.13
(b) MCBUL 6100 Marine Corps Physical Fitness and Combat Fitness Tests
(c) MARADMIN 404/21 Forthcoming Changes to the Physical Fitness Test

1. Per reference (a), the Battalion S-3 established a schedule to administer Physical Fitness Tests (PFTs) for the annual requirement. The schedule below identifies the time, place and lead company for each of the nine battalion-sponsored PFTs throughout Fiscal Year 2022.

| DATE | TIME | EVENT | LOCATION | LEAD CO |
|--------------|------|-------|------------------------|-----------|
| 5 Apr 2022 | 0630 | PFT | Yale Hall Pull Up Bars | HQ CO |
| 12 Apr 2022 | 0630 | PFT | Yale Hall Pull Up Bars | MR CO |
| 19 Apr 2022 | 0630 | PFT | Yale Hall Pull Up Bars | CD&S CO |
| 26 Apr 2022 | 0630 | PFT | Yale Hall Pull Up Bars | HQ CO |
| 3 May 2022 | 0630 | PFT | Yale Hall Pull Up Bars | MR CO |
| 10 May 2022 | 0630 | PFT | Yale Hall Pull Up Bars | CD&S CO |
| 17 May 2022 | 0630 | PFT | Yale Hall Pull Up Bars | HQ CO |
| 24 May 2022 | 0630 | PFT | Yale Hall Pull Up Bars | MR CO |
| 31 May 2022 | 0630 | PFT | Yale Hall Pull Up Bars | CD&S CO |
| 7 June 2022 | 0630 | PFT | Yale Hall Pull Up Bars | ALL HANDS |
| 14 June 2022 | 0630 | PFT | Yale Hall Pull Up Bars | ALL HANDS |
| 21 June 2022 | 0630 | PFT | Yale Hall Pull Up Bars | ALL HANDS |
| 28 June 2022 | 0630 | PFT | Yale Hall Pull Up Bars | ALL HANDS |

2. In reference to the above table, the lead company will provide the support for PFTs from April through May, and all companies will provide support for the remaining PFTs from 7 June to 28 June.

3. In accordance with MCO 6100.13 , all participants taking the PFT must have a current Periodic Health Assessment (PHA) prior to taking the PFT. The PHA must be completed within 364 calendar days from the date the PFT is conducted. A document printed from a Marine or Navy system of record (i.e. MOL, MRRS) which shows the Marine's name and PHA completion date must be provided prior to beginning the PFT.

4. The Battalion S-3 has road guard vests, cones, stop watches, and a large timer display to assist with the conduct of a PFT. The lead company's representative must sign for this gear prior to each PFT being conducted.

5. From April through early June, the lead company will provide monitors and a scribe. Per MCO 6100.13A w. ch2 Page 2-5 , there must be a minimum of one monitor for every seven Marines conducting the crunches portion of the PFT. Starting 5 April 2022, each company will provide one clerk to maintain a

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roster for their respective unit. From January through March, each company will conduct their own internal PFTs as they see fit. Each company will distribute their PFT schedule to all of their Marines, ensuring the Bn-S3 has a copy.

6. Per MARADMIN 404/21, Marines may choose between the crunch or the plank in FY22. Starting FY23 the plank will replace the crunch and will be the only option for the abdominal portion of the physical fitness test.

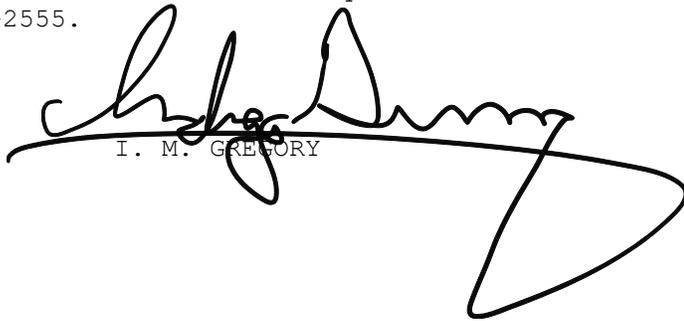
7. In addition to battalion-sponsored events, battalion appointed Command Physical Training Representatives (CPT) are authorized to administer and supervise additional PFTs for individuals or groups of Marines. Copies of PHA completion must be submitted along with the NAVMC 11622 form. Scores will not be certified in the Marine Corps Training Information Management System (MCTIMS) if all supporting documents are not submitted.

8. Companies must maintain accountability of when all light and limited duty personnel are eligible to run the PFT outside of the PFT season. Personnel returning to full duty after a period of light or limited duty are required to complete the required semi-annual PFT. Per reference (b), Marines who did not take a PFT or Partial PFT due to physical/medical reasons, will be administered a PFT no less than 30 days and no more than 90 days after return to full duty. The companies will provide make-up PFTs in July, August, and September, if necessary.

9. Per MCO 6100.13A, the following administrative actions are required as a result of a PFT/CFT/PPFT/PCFT failure. This list is not exhaustive, see the order for further details.

- a. Page 11 6105 Entry (CO, HQ Bn);
- b. Adverse Fitness Report (RS/RO);
- c. Adverse JEPES Occasion; and,
- d. Promotion Restriction (CO, HQ Bn).

10. The point of contact for this matter is the Headquarters Battalion Operations Section at (703) 784-2555.


I. M. GREGORY