

**OPAT Standards Summary
(Pre-training level of fitness)
As of 3 June 2016**

Level	Long Jump Cutoff	Power Throw Cutoff	Standing Deadlift Cutoff	Interval Run Cutoff
Heavy (Black)	160cm 5'3"	450cm 14'9"	160lbs	43 Shuttles 6-2
Significant (Gray)	140cm 4'7"	400cm 13'1"	140lbs	40 Shuttles 5-8
Moderate (Gold)	120cm 3'11"	350cm 11'6"	120lbs	36 Shuttles 5-4
Unqualified (White)	Any event score below Moderate (Gold) level			

Applicant must meet minimum scores in each event to qualify for that level

As of 3 June 2016; Changes will be published via ALARACT.