

Physical Fitness Standards for Police Officer Candidates

Age/Sex	Test		
Male	Sit-Up	Push-Up	1.5 Mile Run
20-29	38	29	12:38
30-39	35	24	12:58
40-49	29	18	13:50
50-59	24	13	15:06
60+	19	10	16:46
Female			
20-29	32	15	14:50
30-39	25	11	15:43
40-49	20	9	16:31
50-59	14	0	18:18
60+	6	0	20:16