

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