

Police Officer Recruit Physical Fitness Minimum Standards

The physical test will consist of the following:

Applicant Age:	20-29	30-39	40-49	50-59
1.5 Mile Run: (Timed)	40% - 99%	40% - 99%	40% - 99%	40% - 99%
Male:	12:38 – 8:35	13:04 – 8:49	13:49 – 9:10	15:03 – 9:34
Female:	14:50 – 9:29	15:38 – 9:51	16:21 – 10:09	18:07 – 11:22
Sit –ups (1 Min.)	40% - 99%	40% - 99%	40% - 99%	40% - 99%
Male	38 – 55	35 – 51	29 – 47	24 – 43
Female	32 – 51	25 – 42	20 – 38	14 – 30
Push-ups	40% - 99%	40% - 99%	40% - 99%	40% - 99%
Male	29 – 100	24 – 86	18 – 64	13 – 51
Female	15 - 53	11 - 48	9 - 23	N/A

The minimum standard to pass is 40% in each category. Additional assessments will be conducted to measure your overall level of fitness. You are expected to perform at your best level and improve your fitness during the hiring process and throughout the academy.