

POLICE OFFICER PHYSICAL AGILITY STANDARDS

THE APPLICANT CAN PASS THE PHYSICAL AGILITY WITH 30% BUT NEEDS TO BE ABLE TO PERFORM AT 40% BEFORE GOING TO THE ACADEMY AND WILL BE REQUIRED TO MEET THE 60% TO EXIT THE ACADEMY

30%

	AGE	SIT & REACH	SIT UPS	PUSH UPS	1 1/2 MILE RUN	300 METER
MALE	20 - 29	15.5 or more	35 or more	26 or more	13:09 or less	:61 or less
	30 - 39	14.5 or more	32 or more	20 or more	13:33 or less	:62 or less
	40 - 49	13.3 or more	27 or more	15 or more	14:30 or less	:74 or less
	50 - 59	12.0 or more	21 or more	10 or more	15:54 or less	:85 or less
FEMALE	20 - 29	18.3 or more	30 or more	13 or more	15:45 or less	:73 or less
	30 - 39	17.3 or more	22 or more	9 or more	16:36 or less	:81 or less
	40 - 49	16.5 or more	17 or more	7 or more	17:51 or less	:95 or less
	50 - 59	15.5 or more	12 or more	7 or more	19:50 or less	:95 or less

40%

	AGE	SIT & REACH	SIT UPS	PUSH UPS	1 1/2 MILE RUN	300 METER
MALE	20 - 29	16.5 or more	38 or more	29 or more	12:29 or less	:59 or less
	30 - 39	15.5 or more	35 or more	24 or more	12:53 or less	:60 or less
	40 - 49	14.3 or more	29 or more	18 or more	13:50 or less	:72 or less
	50 - 59	13.3 or more	24 or more	13 or more	15:14 or less	:83 or less
FEMALE	20 - 29	19.3 or more	32 or more	15 or more	15:05 or less	:71 or less
	30 - 39	18.3 or more	25 or more	11 or more	15:56 or less	:79 or less
	40 - 49	17.3 or more	20 or more	9 or more	17:11 or less	:94 or less
	50 - 59	16.8 or more	14 or more	9 or more	19:10 or less	:94 or less

60%

	AGE	1 1/2 MILE RUN	300 METER
MALE	20 - 29	11:27 or less	:54 or less
	30 - 39	11:49 or less	:55 or less
	40 - 49	12:25 or less	:64 or less
	50 - 59	13:53 or less	:74 or less
FEMALE	20 - 29	13:25 or less	:61 or less
	30 - 39	14:33 or less	:71 or less
	40 - 49	15:17 or less	:79 or less
	50 - 59	17:19 or less	:79 or less