

PHYSICAL FITNESS TEST

Applicants must score at least twelve points on the following chart and at least one point on each test to pass the physical fitness application process. The physical fitness test and benchmarks are as follows:

<u>Test</u>	<u>Points</u>	<u>Standard</u>
a) 300 meter run	1	1:18 - 1:30
	2	1:12 - 1:17
	3	1:06 - 1:11
	4	1:01 - 1:05
	5	1:00 and under
b) Push-ups (no time)	1	14 - 10
	2	15 - 20
	3	21 - 26
	4	27 - 32
	5	33 and up
c) Sit-up (one minute)	1	21 - 15
	2	22 - 26
	3	27 - 31
	4	32 - 36
	5	37 and up
d) 1.5 mile run	1	18:00 - 20:00
	2	16:29 - 18:00
	3	13:31 - 16:28
	4	10:01 - 13:30
	5	under 10:00