



PHYSICAL AGILITY/STRENGTH AND ENDURANCE TEST REQUIREMENTS

Test	Males			Females		
	Ages 20-29	Ages 30-39	Ages 40-44	Ages 20-29	Ages 30-39	Ages 40-44
One Minute Sit-Ups	40 Minimum	36 Minimum	31 Minimum	35 Minimum	27 Minimum	22 Minimum
One Minute Push-Ups	33 Minimum	27 Minimum	21 Minimum	18 Minimum	14 Minimum	11 Minimum
1.5 Mile Run (minutes/seconds)	11:58 Maximum	12:25 Maximum	13:05 Maximum	14:15 Maximum	15:14 Maximum	16:13 Maximum
300 Meter Run (seconds)	56 Maximum	57 Maximum	67.6 Maximum	64 Maximum	74 Maximum	86 Maximum

All applicants will be given instructions and a demonstration on how to perform sit-ups and push-ups. Applicants must pass all test categories to be eligible for hire. Applicants that fail one category will not be allowed to continue onto the next category.

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