

PHYSICAL QUALIFICATIONS REQUIREMENT

Fit=Fit Scores: Fit scores range from 1-5 on each of the four events. The applicant must score an overall final score of 12 to pass the physical agility test.

<i>PUSH UPS (One Minute)</i>							
<i>Age</i>	<i>Fit</i>	<i>Male</i>	<i>Female</i>	<i>Age</i>	<i>Fit</i>	<i>Male</i>	<i>Female</i>
20-29	5	40/more	25/more	40-49	5	34/more	18/more
	4	34-39	20-24		4	28-33	14-17
	3	27-33	14-19		3	21-28	9-13
	2	21-26	9-13		2	15-20	5-8
	1	1-20	1-8		1	1-14	1-4
30-39	5	37/more	23/more	50+	5	30/more	14/more
	4	31-36	18-22		4	24-29	10-13
	3	24-30	12-17		3	17-23	6-9
	2	18-23	7-11		2	11-16	3-5
	1	1-17	1-6		1	1-11	1-2
<i>SIT-UPS (One Minute)</i>							
<i>Age</i>	<i>Fit</i>	<i>Male/Female</i>		<i>Age</i>	<i>Fit</i>	<i>Male/Female</i>	
20-29	5	52/more		40-49	5	47/more	
	4	44-51			4	39-46	
	3	35-43			3	28-38	
	2	24-34			2	17-27	
	1	1-23			1	1-16	
30-39	5	50/more		50+	5	44/more	
	4	42-49			4	36-43	
	3	32-41			3	24-35	
	2	21-31			2	13-23	
	1	1-20			1	1-12	
<i>OBSTACLE COURSE</i>							
<i>Age</i>	<i>Fit</i>	<i>Male</i>	<i>Female</i>	<i>Age</i>	<i>Fit</i>	<i>Male</i>	<i>Female</i>
20-29	5	1:13/less	1:23/less	40-49	5	1:32/less	1:42/less
	4	1:14-1:26	1:24-1:36		4	1:33-1:45	1:43-1:55
	3	1:27-1:33	1:37-1:43		3	1:46-1:52	1:56-2:02
	2	1:34-1:40	1:44-1:50		2	1:53-1:59	2:03-2:09
	1	1:41/more	1:51/more		1	2:00/more	2:10/more
30-39	5	1:22/less	1:32/less	50+	5	1:42/less	1:52/less
	4	1:23-1:135	1:33-1:45		4	1:43-1:55	1:53-2:05
	3	1:36-1:42	1:46-1:52		3	1:56-2:02	2:06-2:12
	2	1:43-1:49	1:53-1:59		2	2:03-2:09	2:13-2:19
	1	1:50/more	1:60/more		1	2:10/more	2:20/more
<i>ONE MILE RUN</i>							
<i>Age</i>	<i>Fit</i>	<i>Male</i>	<i>Female</i>	<i>Age</i>	<i>Fit</i>	<i>Male</i>	<i>Female</i>
20-29	5	6:59/less	8:59/less	40-49	5	8:59/less	10:59/less
	4	7:00-7:59	9:00-9:59		4	9:00-9:59	11:00-11:59
	3	8:00-8:59	10:00-10:59		3	10:00-10:59	12:00-12:59
	2	9:00-9:59	11:00-11:59		2	11:00-11:59	13:00-13:59
	1	10:00/more	12:00/more		1	12:00/more	14:00/more
30-39	5	7:59/less	9:59/less	50+	5	9:59/less	11:59/less
	4	8:00-8:59	10:00-10:59		4	10:00-10:59	12:00-12:59
	3	9:00-9:59	11:00-11:59		3	11:00-11:59	13:00-13:59
	2	10:00-10:59	12:00-12:59		2	12:00-12:59	14:00-14:59
	1	11:00/more	13:00/more		1	13:00/more	15:00/more