

POLICE OFFICER FITNESS STANDARDS

	<u>Minimum</u>	<u>Exceed</u>	<u>Outstanding</u>
1.5 mile run (<i>time</i>)	16:28	14:36	10:00
300 meter run (<i>time</i>)	71	63	50
Single rep bench press <i>% of body weight</i>	64%	82%	50lbs + body wt
Maximum push ups <i>(Consecutive)</i>	25	28	50
Sit ups <i>(in 60 seconds)</i>	29	35	50
Vertical Jump <i>(inches)</i>	16	18.5	24
<i>Earned leave*:</i>	<i>0</i>	<i>8hrs</i>	<i>12hrs</i>

Testing must be completed within 30 days of your date of employment to be eligible to earn time off.