

Sweetwater County Sheriff's Office  
Physical Fitness Standards for Detention/Patrol Officers

A. POLICY

- (1) It is important that officers meet and maintain an adequate level of overall physical fitness. That law enforcement personnel tend to have serious health risk problems in the areas of obesity, lower back disorders, and cardiovascular diseases and disorders in particular is well documented.
- (2) Physical fitness has been long demonstrated to be a bona fide occupational qualification. Job analyses that account for physical fitness in the areas of aerobic capacity, strength, flexibility, and body weight and body composition have demonstrated that such fitness is a definite underlying factor in determining an officer's physiological readiness to perform a variety of critical physical tasks.
- (3) The Sweetwater County Sheriff's office places a high priority on physical fitness. The county is singularly fortunate in having three excellent public recreation and exercise facilities with a broad range of hours. All personnel are encouraged to take advantage of the services they offer by becoming and remaining involved in a regular exercise program, after consulting their family physician.
- (4) Consistent with standards established by the Wyoming Law Enforcement Academy, suggested levels of overall physical fitness for department personnel are defined in three test areas, which are detailed below.
- (5) Entry standards for the W.L.E.A. Peace Officer and-Detention officer Basic Courses have been established as follows: (1) Each student must meet the 40th percentile level in each category assessed; or (2) Accumulate a 50th percentile average of all categories assessed, with a minimum level of the 25th percentile in any category, as specified in the accompanying charts. Due to these standards, applicants for positions who will be required to attend Peace Officer or Detention Officer Basic who cannot perform this minimum will not be hired.

2. GENERAL INFORMATION

- A. The physical fitness exam will be conducted by the Sweetwater County Sheriff's Office at a location to be specified at a later date. Applicants should wear appropriate attire for participation in physical activities, i.e. gym shorts/sweatpants, T-shirt, running shoes and gym socks. The physical agility entrance examination will be administered to all applicants. The exam must be passed in order to be accepted into the Academy. Applicants must meet or exceed the minimum standard for each of the four categories.
- B. What is physical fitness? Physical fitness is a health status pertaining to the individual officer having the physiological readiness to perform maximum physical effort when required. Physical fitness consists of four areas:
  - Aerobic Capacity or cardiovascular endurance pertaining to the heart and vascular system's capacity to transport oxygen. Low aerobic capacity has been proven to be a risk factor for heart disease.
  - Strength pertains to the ability of muscles to generate force. Low strength levels in upper body and abdominal strengths have an important bearing on upper torso and low back disorders.
  - Flexibility pertains to the range of motion of the joints and muscles. Lack of lower back flexibility is a major risk area for lower back disorders.
  - Body weight and body composition pertain to body mass and the ratio of fat to lean tissue. Excessive fat is a handicap for physical movement and is a serious health risk for many diseases.
- C. How will physical fitness be measured? The Physical Fitness Assessment consists of three basic tests. Each test has been proven to have scientific validity. The entry assessment will be conducted in a two hour session at a designated time prior to the start of the oral boards.

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### 3. PHYSICAL FITNESS TESTS

- A. One-Minute Sit-Up Test: This is a measure of the muscular endurance of the abdominal muscles. It is an important area for performing police tasks that may involve the use of force and is an important area for maintaining good posture and minimizing lower back problems. The score is calculated by the number of bent leg sit-ups performed in one minute.

When testing applicants for the One-Minute Sit-Up Test who will be required to attend the W.L.E.A. Peace Officer Basic or Detention Officer Basic Courses, testing personnel designated by the sheriff shall use the following guidelines:

- (1) The applicant shall keep the back straight.
- (2) Testing personnel shall aid the applicant by sitting on (and thus anchoring) the applicant's feet.
- (3) The applicant shall keep the hands positioned on the side of the head and should not interlace the fingers behind the neck.
- (4) The applicant should keep his or her chin tucked in.
- (5) A successful Sit-Up is achieved when the elbows reach the applicant's knees.

- B. One-Minute Push-up Test: This test requires the person to push their own weight off the floor and is used to evaluate upper body endurance strength relative to their body weight. Low levels of muscular endurance indicates inefficiency in movement and a low capacity to perform work. The score is calculated by the number of push-ups performed in 1 minute.

When testing applicants for the One-Minute Push-Up Test who will be required to attend the W.L.E.A. Peace Officer Basic or Detention officer Basic Courses, testing personnel designated by the sheriff shall use the following guidelines:

- (1) The applicant shall place the hands flat on the ground about shoulder distance apart.
- (2) The applicant shall keep the back straight.
- (3) A rolled-up towel shall be placed on the ground beneath the applicant's chest; the applicant's chest must reach the towel for each Push-Up.
- (4) A successful Push-Up is achieved when the applicant raises himself or herself off the floor and the elbows lock.
- (5) Male applicants shall execute conventional Push-Ups on their hands and toes, with the back and the legs generally aligned. Female applicants shall execute Push-Ups on their hands and knees with their toes off the ground.

- C. Twelve-Minute Walk/Run (Aerobic): This is a timed run designed to measure heart and vascular systems' capability to transport oxygen. It is an important area for performing police tasks involving stamina and endurance and to minimize the risk of cardiovascular problems.

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4. FITNESS PERFORMANCE REQUIREMENTS CHART

A. Physical fitness performance requirements chart: Male Entry Level (40<sup>th</sup> percentile)

| TEST              | 40 <sup>th</sup> percentile Entry Level - Male |       |       |       |       |       |
|-------------------|--|-------|-------|-------|-------|-------|
| Age               | 20-29  | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 |
| 1 Minute Sit-up   | 38   | 35    | 29    | 24    | 19    | 19    |
| 1 Minute Push-up  | 29   | 24    | 18    | 13    | 10    | 10    |
| 1.5 mile Walk/Run | 12:29  | 12:53 | 13:5  | 15:14 | 17:19 | 19:43 |

B. Physical fitness performance requirements chart: Female Entry Level (40<sup>th</sup> percentile)

| TEST              | 40 <sup>th</sup> percentile Entry Level - Female |       |       |       |       |       |
|-------------------|--|-------|-------|-------|-------|-------|
| Age               | 20-29  | 30-39 | 40-49 | 50-59 | 60-69 | 70-79 |
| 1 Minute Sit-up   | 32   | 25    | 20    | 14    | 6     | 6     |
| 1 Minute Push-up  | 23   | 19    | 13    | 12    | 5     | 5     |
| 1.5 Mile Walk/Run | 15:05  | 15:56 | 17:11 | 19:10 | 20:55 | 23:47 |

Note: The minimum physical requirements are based on the Cooper Institute for Aerobics Research - Physical Fitness Norms for Law Enforcement. For additional information, please visit the Cooper Institute web site at <http://www.cooperinst.org>; or visit the Wyoming Law Enforcement Academy's website at <http://www.wleacademy.com>.

## AEROBIC FEMALES

| %  | AGE<br>20-29        |                  | AGE<br>30-34        |                  | AGE<br>35-39   |                      |           |
|----|---------------------|------------------|---------------------|------------------|----------------|----------------------|-----------|
|    | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Run | 1.5 Mile<br>Distance |           |
| 99 | 1.78                | 8:33             | 1.66                | 10:05            | 1.63           | 10:26                |           |
| 95 | 1.61                | 10:47            | 1.53                | 11:49            | 1.49           | 12:20                | <b>S</b>  |
| 90 | 1.54                | 11:43            | 1.45                | 12:51            | 1.43           | 13:07                |           |
| 85 | 1.49                | 12:20            | 1.43                | 13:06            | 1.39           | 13:36                |           |
| 80 | 1.45                | 12:51            | 1.38                | 13:43            | 1.35           | 14:07                | <b>E</b>  |
| 75 | 1.41                | 13:22            | 1.35                | 14:08            | 1.32           | 14:33                |           |
| 70 | 1.37                | 13:53            | 1.33                | 14:24            | 1.29           | 14:55                |           |
| 65 | 1.35                | 14:08            | 1.29                | 14:50            | 1.26           | 15:16                |           |
| 60 | 1.33                | 14:24            | 1.27                | 15:08            | 1.24           | 15:33                | <b>G</b>  |
| 55 | 1.31                | 14:35            | 1.26                | 15:20            | 1.22           | 15:46                |           |
| 50 | 1.29                | 14:55            | 1.25                | 15:26            | 1.21           | 15:57                |           |
| 45 | 1.27                | 15:10            | 1.22                | 15:47            | 1.19           | 16:11                |           |
| 40 | 1.25                | 15:26            | 1.21                | 15:57            | 1.17           | 16:28                | <b>F</b>  |
| 35 | 1.22                | 15:48            | 1.17                | 16:23            | 1.14           | 16:41                |           |
| 30 | 1.21                | 15:57            | 1.16                | 16:35            | 1.13           | 17:00                |           |
| 25 | 1.17                | 16:26            | 1.13                | 16:58            | 1.11           | 17:14                |           |
| 20 | 1.16                | 16:33            | 1.11                | 17:14            | 1.08           | 17:37                | <b>P</b>  |
| 15 | 1.13                | 16:58            | 1.09                | 17:29            | 1.05           | 17:55                |           |
| 10 | 1.1                 | 17:21            | 1.05                | 18:00            | 1.03           | 18:16                |           |
| 5  | 1.03                | 18:14            | 1.01                | 18:31            | 0.98           | 18:48                | <b>VP</b> |

## AEROBIC FEMALES

| %  | AGE<br>40-44        |                  | AGE<br>45-49        |                  | AGE<br>50-54   |                      |           |
|----|---------------------|------------------|---------------------|------------------|----------------|----------------------|-----------|
|    | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Run | 1.5 Mile<br>Distance |           |
| 99 | 1.61                | 10:47            | 1.54                | 11:38            | 1.48           | 12:28                |           |
| 95 | 1.45                | 12:51            | 1.39                | 13:36            | 1.33           | 14:20                | <b>S</b>  |
| 90 | 1.41                | 13:22            | 1.35                | 14:09            | 1.29           | 14:55                |           |
| 85 | 1.35                | 14:06            | 1.29                | 14:48            | 1.24           | 15:29                |           |
| 80 | 1.32                | 14:31            | 1.26                | 15:14            | 1.21           | 15:57                | <b>E</b>  |
| 75 | 1.29                | 14:57            | 1.24                | 15:31            | 1.2            | 16:05                |           |
| 70 | 1.25                | 15:76            | 1.21                | 15:57            | 1.17           | 16:27                |           |
| 65 | 1.23                | 15:41            | 1.18                | 16:16            | 1.14           | 15:51                |           |
| 60 | 1.21                | 15:57            | 1.17                | 16:28            | 1.13           | 16:58                | <b>G</b>  |
| 55 | 1.19                | 16:12            | 1.15                | 16:43            | 1.11           | 17:14                |           |
| 50 | 1.17                | 16:27            | 1.13                | 16:56            | 1.1            | 17:24                |           |
| 45 | 1.16                | 16:34            | 1.12                | 17:02            | 1.09           | 17:29                |           |
| 40 | 1.13                | 16:58            | 1.09                | 17:26            | 1.06           | 17:55                | <b>F</b>  |
| 35 | 1.12                | 16:59            | 1.08                | 17:34            | 1.04           | 18:09                |           |
| 30 | 1.1                 | 17:24            | 1.06                | 17:54            | 1.02           | 18:22                |           |
| 25 | 1.09                | 17:29            | 1.05                | 18:00            | 1.01           | 18:31                |           |
| 20 | 1.05                | 18:00            | 1.01                | 18:25            | 0.98           | 18:49                | <b>p</b>  |
| 15 | 1.02                | 18:21            | 0.99                | 18:42            | .97            | 19:02                |           |
| 10 | 1.01                | 18:31            | 0.97                | 19:01            | .93            | 19:30                |           |
| 5  | 0.96                | 19:05            | 0.93                | 19:31            | 0.9            | 19:57                | <b>VP</b> |

## AEROBIC FEMALES

| %  | AGE<br>55-59        |                  | AGE<br>60+          |                  |           |
|----|---------------------|------------------|---------------------|------------------|-----------|
|    | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Distance | 1.5 Mile<br>Time |           |
| 99 | 1.51                | 12:02            | 1.55                | 11:36            |           |
| 95 | 1.34                | 14:13            | 1.35                | 14:06            | <b>S</b>  |
| 90 | 1.29                | 14:55            | 1.29                | 14:55            |           |
| 85 | 1.22                | 15:43            | 1.21                | 15:57            |           |
| 80 | 1.19                | 16:09            | 1.18                | 16:20            | <b>E</b>  |
| 75 | 1.18                | 16:16            | 1.17                | 16:27            |           |
| 70 | 1.15                | 16:43            | 1.13                | 16:58            |           |
| 65 | 1.11                | 17:10            | 1.09                | 17:29            |           |
| 60 | 1.1                 | 17:22            | 1.07                | 17:46            | <b>G</b>  |
| 55 | 1.08                | 17:37            | 1.05                | 18:00            |           |
| 50 | 1.06                | 17:50            | 1.03                | 18:16            |           |
| 45 | 1.05                | 18:00            | 1.01                | 18:31            |           |
| 40 | 1:02                | 18:20            | 0.99                | 18:44            | <b>F</b>  |
| 35 | 1.01                | 18:32            | 0.98                | 18:54            |           |
| 30 | 0.99                | 18:41            | 0.97                | 18:59            |           |
| 25 | 0.98                | 18:47            | 0.97                | 19:02            |           |
| 20 | 0.96                | 19:05            | 0.94                | 19:21            | <b>P</b>  |
| 15 | 0.95                | 19:18            | 0.93                | 19:33            |           |
| 10 | 0.91                | 19:47            | 0.89                | 20:04            |           |
| 5  | 0.88                | 20:10            | 0.86                | 20:23            | <b>VP</b> |

# 1 MINUTE SITUP

Females

AGE

|    | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+ |           |
|----|-------|-------|-------|-------|-------|-------|-------|-----|-----------|
| %  |       |       |       |       |       |       |       |     |           |
| 99 | >51   | >42   | >39   | >38   | >34   | >30   | >29   | >28 |           |
| 95 | 51    | 42    | 39    | 38    | 34    | 30    | 29    | 28  | <b>S</b>  |
| 90 | 49    | 40    | 37    | 34    | 31    | 29    | 27    | 26  |           |
| 85 | 45    | 38    | 35    | 32    | 28    | 25    | 22    | 20  |           |
| 80 | 44    | 35    | 32    | 29    | 26    | 24    | 20    | 17  | <b>E</b>  |
| 75 | 42    | 33    | 30    | 28    | 25    | 23    | 19    | 15  |           |
| 70 | 41    | 32    | 29    | 27    | 24    | 22    | 17    | 13  |           |
| 65 | 39    | 30    | 27    | 25    | 23    | 21    | 16    | 12  |           |
| 60 | 38    | 29    | 26    | 24    | 22    | 20    | 15    | 11  | <b>G</b>  |
| 55 | 37    | 28    | 25    | 23    | 20    | 19    | 14    | 10  |           |
| 50 | 35    | 27    | 24    | 22    | 19    | 17    | 12    | 8   |           |
| 45 | 34    | 26    | 23    | 21    | 18    | 16    | 11    | 7   |           |
| 40 | 32    | 25    | 22    | 20    | 17    | 14    | 10    | 6   | <b>F</b>  |
| 35 | 31    | 24    | 21    | 19    | 15    | 13    | 9     | 5   |           |
| 30 | 30    | 22    | 19    | 17    | 14    | 12    | 8     | 4   |           |
| 25 | 28    | 21    | 18    | 16    | 13    | 11    | 7     | 3   |           |
| 20 | 27    | 20    | 17    | 14    | 12    | 10    | 6     | 3   | <b>P</b>  |
| 15 | 24    | 18    | 15    | 13    | 10    | 7     | 4     | 2   |           |
| 10 | 23    | 15    | 12    | 10    | 8     | 6     | 3     | 1   |           |
| 5  | 18    | 11    | 8     | 7     | 6     | 5     | 3     | 1   |           |
| 1  | <18   | <11   | <8    | <7    | <6    | <5    | <3    | <1  | <b>VP</b> |

# 1 MINUTE MODIFIED PUSHUP

Females

AGE

| %  | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+ |           |
|----|-------|-------|-------|-------|-------|-------|-------|-----|-----------|
| 99 | >70   | >56   | >58   | >60   | >50   | >31   | >25   | >20 |           |
| 95 | 45    | 39    | 36    | 33    | 30    | 28    | 24    | 20  | <b>S</b>  |
| 90 | 42    | 36    | 32    | 28    | 26    | 25    | 21    | 17  |           |
| 85 | 39    | 33    | 29    | 26    | 24    | 23    | 19    | 15  |           |
| 80 | 36    | 31    | 27    | 24    | 22    | 21    | 18    | 14  | <b>E</b>  |
| 75 | 34    | 29    | 25    | 21    | 21    | 20    | 17    | 13  |           |
| 70 | 32    | 28    | 24    | 20    | 20    | 19    | 16    | 12  |           |
| 65 | 31    | 26    | 22    | 19    | 19    | 18    | 15    | 11  |           |
| 60 | 30    | 24    | 21    | 18    | 18    | 17    | 14    | 10  | <b>G</b>  |
| 55 | 29    | 23    | 20    | 17    | 16    | 15    | 13    | 9   |           |
| 50 | 26    | 21    | 18    | 15    | 14    | 13    | 10    | 8   |           |
| 45 | 25    | 20    | 17    | 14    | 13    | 12    | 9     | 6   |           |
| 40 | 23    | 19    | 16    | 13    | 12    | 11    | 8     | 5   | <b>F</b>  |
| 35 | 22    | 17    | 14    | 11    | 11    | 10    | 7     | 4   |           |
| 30 | 20    | 15    | 12    | 10    | 10    | 9     | 6     | 3   |           |
| 25 | 19    | 14    | 11    | 9     | 9     | 8     | 5     | 2   |           |
| 20 | 17    | 11    | 8     | 6     | 6     | 6     | 4     | 2   | <b>P</b>  |
| 15 | 15    | 9     | 6     | 4     | 4     | 4     | 2     | 1   |           |
| 10 | 12    | 8     | 5     | 2     | 2     | 1     | 1     | 0   |           |
| 5  | 9     | 4     | 2     | 1     | 1     | 0     | 0     | 0   |           |
| <9 | <4    | <2    | <1    | <1    | <1    | 0     | 0     | 0   | <b>VP</b> |



## AEROBIC MALES

| %  | AGE<br>20-29        |                  | AGE<br>30-34        |                  | AGE<br>35-39   |                      |    |
|----|---------------------|------------------|---------------------|------------------|----------------|----------------------|----|
|    | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Run | 1.5 Mile<br>Distance |    |
| 99 | 1.94                | 7:29             | 1.89                | 7:11             | 1.87           | 7:27                 |    |
| 95 | 1.81                | 8:13             | 1.77                | 8:44             | 1.74           | 9:07                 | S  |
| 90 | 1.74                | 9:09             | 1.71                | 9:30             | 1.68           | 9:53                 |    |
| 85 | 1.69                | 9:45             | 1.65                | 10:16            | 1.61           | 10:47                |    |
| 80 | 1.65                | 10:16            | 1.61                | 10:47            | 1.57           | 11:15                | E  |
| 75 | 1.62                | 10:42            | 1.57                | 11:18            | 1.55           | 11:34                |    |
| 70 | 1.61                | 10:47            | 1.55                | 11:34            | 1.51           | 12:04                |    |
| 65 | 1.57                | 11:18            | 1.53                | 11:49            | 1.49           | 12:20                |    |
| 60 | 1.54                | 11:41            | 1.49                | 12:20            | 1.45           | 12:47                | G  |
| 55 | 1.53                | 11:49            | 1.47                | 12:38            | 1.44           | 13:00                |    |
| 50 | 1.5                 | 12:18            | 1.45                | 12:51            | 1.41           | 13:22                |    |
| 45 | 1.49                | 12:20            | 1.41                | 13:22            | 1.38           | 13:45                |    |
| 40 | 1.45                | 12:51            | 1.39                | 13:36            | 1.36           | 14:03                | F  |
| 35 | 1.43                | 13:06            | 1.37                | 13:53            | 1.33           | 14:20                |    |
| 30 | 1.41                | 13:22            | 1.35                | 14:08            | 1.32           | 14:32                |    |
| 25 | 1.37                | 13:53            | 1.33                | 14:24            | 1.29           | 14:55                |    |
| 20 | 1.34                | 14:13            | 1.29                | 14:52            | 1.26           | 15:17                | P  |
| 15 | 1.33                | 14:24            | 1.25                | 15:20            | 1.23           | 15:39                |    |
| 10 | 1.27                | 15:10            | 1.21                | 15:52            | 1.19           | 16:10                |    |
| 5  | 1.19                | 16:12            | 1.17                | 16:27            | 1.13           | 17:10                |    |
| 1  | 1.06                | 17:48            | 1.13                | 18:00            | 1.05           | 18:26                | VP |

## AEROBIC MALES

| %  | AGE<br>40-44        |                  | AGE<br>45-49        |                  | AGE<br>50-54   |                      |           |
|----|---------------------|------------------|---------------------|------------------|----------------|----------------------|-----------|
|    | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Run | 1.5 Mile<br>Distance |           |
| 99 | 1.85                | 7:42             | 1.81                | 8:08             | 1.77           | 8:44                 |           |
| 95 | 1.71                | 9:30             | 1.66                | 10:05            | 1.62           | 10:40                | <b>S</b>  |
| 90 | 1.65                | 10:16            | 1.61                | 10:47            | 1.57           | 11:18                |           |
| 85 | 1.57                | 11:18            | 1.53                | 11:49            | 1.49           | 12:20                |           |
| 80 | 1.54                | 11:44            | 1.49                | 12:18            | 1.45           | 12:51                | <b>E</b>  |
| 75 | 1.53                | 11:49            | 1.47                | 12:36            | 1.41           | 13:22                |           |
| 70 | 1.47                | 12:34            | 1.42                | 13:10            | 1.38           | 13:45                |           |
| 65 | 1.45                | 12:51            | 1.4                 | 13:27            | 1.35           | 14:03                |           |
| 60 | 1.42                | 13:14            | 1.37                | 13:49            | 1.33           | 14:24                | <b>G</b>  |
| 55 | 1.41                | 13:22            | 1.36                | 14:01            | 1.31           | 14:40                |           |
| 50 | 1.37                | 13:53            | 1.33                | 14:24            | 1.29           | 14:55                |           |
| 45 | 1.35                | 14:08            | 1.3                 | 14:43            | 1.26           | 15:08                |           |
| 40 | 1.33                | 14:29            | 1.29                | 14:58            | 1.25           | 15:26                | <b>F</b>  |
| 35 | 1.3                 | 14:47            | 1.26                | 15:20            | 1.22           | 15:53                |           |
| 30 | 1.29                | 14:56            | 1.25                | 15:27            | 1.21           | 15:57                |           |
| 25 | 1.25                | 15:26            | 1.21                | 15:55            | 1.17           | 16:23                |           |
| 20 | 1.23                | 15:41            | 1.19                | 16:12            | 1.15           | 16:43                | <b>p</b>  |
| 15 | 1.21                | 15:57            | 1.17                | 16:28            | 1.13           | 16:58                |           |
| 10 | 1.17                | 16:28            | 1.13                | 16:59            | 1.09           | 17:29                |           |
| 5  | 1.1                 | 17:23            | 1.05                | 17:57            | 1.01           | 18:31                |           |
| 1  | 0.98                | 18:51            | 0.95                | 19:14            | 0.92           | 19:36                | <b>VP</b> |

## AEROBIC MALES

| %  | AGE<br>55-59        |                  | AGE<br>60+          |                  |           |
|----|---------------------|------------------|---------------------|------------------|-----------|
|    | 12 Min.<br>Distance | 1.5 Mile<br>Time | 12 Min.<br>Distance | 1.5 Mile<br>Time |           |
| 99 | 1.74                | 9:07             | 1.71                | 9:30             |           |
| 95 | 1.59                | 11:00            | 1.57                | 11:20            | <b>S</b>  |
| 90 | 1.53                | 11:49            | 1.49                | 12:20            |           |
| 85 | 1.45                | 12:51            | 1.41                | 13:22            |           |
| 80 | 1.41                | 13:22            | 1.37                | 13:53            | <b>E</b>  |
| 75 | 1.35                | 13:53            | 1.3                 | 14:24            |           |
| 70 | 1.33                | 14:19            | 1.29                | 14:53            |           |
| 65 | 1.3                 | 14:41            | 1.26                | 15:19            |           |
| 60 | 1.28                | 14:57            | 1.24                | 15:29            | <b>G</b>  |
| 55 | 1.26                | 15:18            | 1.21                | 15:55            |           |
| 50 | 1.24                | 15:31            | 1.19                | 16:07            |           |
| 45 | 1.21                | 15:47            | 1.17                | 16:27            |           |
| 40 | 1.2                 | 16:05            | 1.15                | 16:43            | <b>F</b>  |
| 35 | 1.17                | 16:26            | 1.13                | 16:58            |           |
| 30 | 1.16                | 16:36            | 1.11                | 17:14            |           |
| 25 | 1.12                | 16:58            | 1.08                | 17:32            |           |
| 20 | 1.1                 | 17:22            | 1.05                | 18:00            | <b>P</b>  |
| 15 | 1.07                | 17:45            | 1.01                | 18:31            |           |
| 10 | 1.02                | 18:22            | 0.95                | 19:15            |           |
| 5  | 0.95                | 19:18            | 0.89                | 20:04            |           |
| 1  | 0.87                | 20:17            | 0.82                | 20:57            | <b>VP</b> |

# 1 MINUTE SITUP

Males

AGE

|    | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+ |           |
|----|-------|-------|-------|-------|-------|-------|-------|-----|-----------|
| %  |       |       |       |       |       |       |       |     |           |
| 99 | >55   | >51   | >49   | >47   | >45   | >43   | >41   | >39 |           |
| 95 | 55    | 51    | 49    | 47    | 45    | 43    | 41    | 39  | <b>S</b>  |
| 90 | 51    | 48    | 46    | 43    | 41    | 39    | 37    | 35  |           |
| 85 | 49    | 45    | 42    | 40    | 38    | 36    | 33    | 31  |           |
| 80 | 47    | 43    | 41    | 39    | 37    | 35    | 32    | 30  | <b>E</b>  |
| 75 | 46    | 42    | 39    | 37    | 35    | 33    | 30    | 28  |           |
| 70 | 45    | 41    | 38    | 36    | 33    | 31    | 28    | 26  |           |
| 65 | 44    | 40    | 37    | 35    | 32    | 30    | 27    | 24  |           |
| 60 | 42    | 39    | 36    | 34    | 31    | 28    | 25    | 22  | <b>G</b>  |
| 55 | 41    | 37    | 34    | 32    | 29    | 27    | 24    | 21  |           |
| 50 | 40    | 36    | 33    | 31    | 28    | 26    | 23    | 20  |           |
| 45 | 39    | 35    | 32    | 30    | 27    | 25    | 22    | 19  |           |
| 40 | 38    | 34    | 31    | 29    | 26    | 24    | 21    | 18  | <b>F</b>  |
| 35 | 37    | 33    | 30    | 28    | 25    | 22    | 19    | 17  |           |
| 30 | 35    | 32    | 29    | 27    | 24    | 21    | 18    | 16  |           |
| 25 | 34    | 31    | 28    | 26    | 23    | 20    | 17    | 15  |           |
| 20 | 33    | 30    | 27    | 24    | 21    | 19    | 16    | 14  | <b>P</b>  |
| 15 | 32    | 28    | 25    | 22    | 19    | 17    | 15    | 13  |           |
| 10 | 30    | 26    | 23    | 20    | 17    | 15    | 13    | 10  |           |
| 5  | 27    | 23    | 20    | 17    | 14    | 12    | 9     | 7   |           |
| 1  | <27   | <23   | <20   | <17   | <14   | <12   | <9    | <7  | <b>VP</b> |

# 1 MINUTE PUSHUP

Males

AGE

| %  | 20-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+ |           |
|----|-------|-------|-------|-------|-------|-------|-------|-----|-----------|
| 99 | >100  | >86   | >75   | >64   | >57   | >51   | >45   | >39 |           |
| 95 | 62    | 52    | 46    | 40    | 40    | 39    | 33    | 28  | <b>S</b>  |
| 90 | 57    | 46    | 41    | 36    | 33    | 30    | 28    | 26  |           |
| 85 | 51    | 41    | 37    | 34    | 31    | 28    | 26    | 24  |           |
| 80 | 47    | 39    | 34    | 30    | 27    | 25    | 24    | 23  | <b>E</b>  |
| 75 | 44    | 36    | 32    | 29    | 26    | 24    | 23    | 22  |           |
| 70 | 41    | 34    | 30    | 26    | 23    | 21    | 21    | 21  |           |
| 65 | 39    | 31    | 218   | 25    | 22    | 20    | 20    | 20  |           |
| 60 | 37    | 30    | 27    | 24    | 21    | 19    | 19    | 18  | <b>G</b>  |
| 55 | 35    | 29    | 25    | 22    | 19    | 17    | 17    | 16  |           |
| 50 | 33    | 27    | 24    | 21    | 18    | 15    | 15    | 15  |           |
| 45 | 31    | 25    | 22    | 19    | 16    | 14    | 13    | 12  |           |
| 40 | 29    | 24    | 21    | 18    | 15    | 13    | 11    | 10  | <b>F</b>  |
| 35 | 27    | 21    | 18    | 16    | 13    | 11    | 10    | 9   |           |
| 30 | 26    | 20    | 17    | 15    | 12    | 10    | 9     | 8   |           |
| 25 | 24    | 19    | 16    | 13    | 11    | 9     | 8     | 7   |           |
| 20 | 22    | 17    | 14    | 11    | 9     | 8     | 7     | 6   | <b>P</b>  |
| 15 | 19    | 15    | 12    | 10    | 8     | 7     | 6     | 5   |           |
| 10 | 18    | 13    | 11    | 9     | 7     | 6     | 5     | 4   |           |
| 5  | 13    | 9     | 7     | 5     | 4     | 3     | 3     | 2   |           |
| 1  | <13   | <9    | <7    | <5    | <4    | <3    | <3    | <2  | <b>VP</b> |