

Municipal Police Officers' Education and Training Commission

**30th Percentile Age & Gender Adjusted Rankings**

Physical Fitness Test Battery

Entry Level Standards

Event	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
300 Meter Run	62.1	75.0	63.0	82.0	77.0	106.7	87.0	n / a	n / a	n / a
Time measured in seconds.										
Bench Press	0.93	0.56	0.83	0.51	0.76	0.47	0.68	0.42	0.63	0.40
Six attempts to complete one repetition = Body Weight X Ratio.										
Sit-ups	35	30	32	22	27	17	21	12	17	4
Total number of repetitions performed in one minute.										
1.5 Mile Run	13:08	15:56	13:48	16:46	14:33	18:26	16:16	20:17	18:39	22:34
Time measured in minutes and seconds.										