

Below you will find the minimum physical fitness requirements for the Police Academy.

A cadet must meet the 15% minimums listed below to enter the

	Males (<29)		Females (<29)	
	<u>15%</u>	<u>50%</u>	<u>15%</u>	<u>50%</u>
	32	40	23	35
	19	33	9	18
	14:34	11:58	17:49	14:07
	Males (30-39)		Females (30-39)	
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	<u>15%</u>	<u>50%</u>	<u>15%</u>	<u>50%</u>
	28	36	18	27
	15	27	7	14
	15:13	12:25	18:37	14:34
	Males (40-49)		Females (40-49)	
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	<u>15%</u>	<u>50%</u>	<u>15%</u>	<u>50%</u>
	22	31	13	22
	10	21	5	11
	15:58	13:11	19:32	15:24
	Males (50-59)		Females (50-59)	
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	<u>15%</u>	<u>50%</u>	<u>15%</u>	<u>50%</u>
	17	26	7	17
	7	15	4 (modified)	13 (modified)
	17:38	14:16	21:31	17:13