



Fitness Standards

Males (<29)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	32	40
Pushups (1 min.)	19	33
1.5-mile run	14:34	11:58

Female (<29)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	23	35
Pushups (1 min.)	9	18
1.5-mile run	17:49	14:07

Male (30-39)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	28	36
Pushups (1 min.)	15	27
1.5-mile run	15:13	12:25

Female (30-39)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	18	27
Pushups (1 min.)	7	14
1.5-mile run	18:37	14:34

Male (40-49)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	22	31
Pushups (1 min.)	10	21
1.5-mile run	15:58	13:11

Female (40-49)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	13	22
Pushups (1 min.)	5	11
1.5-mile run	19:32	15:24

Male (50-59)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	17	26
Pushups (1 min.)	7	15
1.5-mile run	17:38	14:16

Female (50-59)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	7	17
Pushups (1 min.)	4	13
1.5-mile run	21:31	17:13

Male (60+)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	13	20
Pushups (1 min.)	5	15
1.5-mile run	20:12	15:56

Female (60+)		
	Hiring Standard	Academy graduation standards
Sit-ups (1 min)	2	8
Pushups (1 min.)	1	8
1.5-mile run	23:32	18:52