

POLICE PHYSICAL AGILITY TESTING

The Physical Agility Test is broken down into three events: One minute of pushups; One minute of sit ups; and a 1.5 mile run. Each event is further broken down into age groups (20 to 29 years of age or 30 to 39 years of age) as well as by gender (male and female).

On the following chart, the minimum number of repetitions for both the pushups as well as for the sit ups for each group is indicated. The maximum number of minutes and seconds allowed for the 1.5 mile run for each group is also noted.

ONE MINUTE PUSH UPS

	20 – 29 years	30 – 39 years
MALE	26	20
FEMALE	13	9

ONE MINUTE SIT UPS

	20 – 29 years	30 – 39 years
MALE	35	32
FEMALE	30	22

1.5 MILE RUN

	20 – 29 years	30 – 39 years
MALE	13:08	13:48
FEMALE	15:56	16:46