



STATE OF CONNECTICUT

Police Officer Standards and Training Council
Connecticut Police Academy



PHYSICAL PERFORMANCE EXAMINATION – 50%

NAME: DEPARTMENT / AGENCY:

DATE: GENDER: Male Female Age: _____ Photo ID #: _____

Start Time	EVENT	50 % TARGET	TRIAL SCORE	INITIALS	P / F	End Time
	1 Sit-ups					
	2 300 Meter Sprint					
	3 Push-ups					
	4 1 ½ Mile Run					

ACCEPTANCE OF SCORES: *I certify that to the best of my knowledge the above scores are correct.*

FITNESS SPECIALIST NAME: DEPARTMENT:
(please print)

FITNESS SPECIALIST SIGNATURE

FITNESS SPECIALIST PRINT NAME

Male Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 50%
20-29	40	56 SECONDS	33	11:58
30-39	36	57 SECONDS	27	12:24
40-49	31	67.6 SECONDS	21	13:12
50-59	26	80 SECONDS	15	14:23
60-69	20	N/A	15	15:56

Female Candidate

AGE	1 MINUTE OF SIT-UPS	300 METER SPRINT	1 MINUTE OF PUSH-UPS	1.5 MILE RUN 50 %
20-29	35	64 SECONDS	18	14:04
30-39	27	74 SECONDS	14	14:34
40-49	22	86 SECONDS	11	15:34
50-59	17	N/A	N/A	17:19