



State of Connecticut

Police Officer Standards and Training Council Connecticut Police Academy



PINNIE # _____/COLOR: _____

PHYSICAL PERFORMANCE EXAMINATION – 50%

PRE-CERTIFICATION DAY ONE MID-TERM FINAL RE-TAKE

NAME: _____ DEPARTMENT/AGENCY: _____ DATE: _____

PHOTO ID# _____ GENDER: Male Female Age: _____ DATE OF BIRTH: _____

Time Start	EVENT	50% TARGET	TRIAL SCORE	INITIALS	P/F	Time End
	1. Sit-ups					
	2. 300 Meter					
	3. Push ups					
	4. 1.5 Mile Run					

Acceptance of Scores:

I certify that to the best of my knowledge the above scores are correct. _____

CANDIDATE SIGNATURE

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
60-69	08	N/A	N/A	20:13

FITNESS SPECIALIST NAME: _____ DEPARTMENT: _____

(Please Print)

Certification Date/POST #

FITNESS SPECIALIST SIGNATURE