CONNECTICUT POLICE OFFICER STANDARDS & TRAINING

DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

PHYSICAL PERFORMANCE EXAMINATION – 40%

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

Name: _____ Department/Agency: _____ Date: _____

D.O.B: _____ Gender: ☐ Male ☐ Female Age: _____ Photo ID#: _____

Time Start	Event	40% Target	Trial Score	Initials	P/F	Time End
	Sit- Ups					
	300 Meter					
	Push-Ups					
	1.5 Mile Run					

Acceptance of Scores:

I certify 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 40%
20-29	38	59 Seconds	29	12:38
30-39	35	59 Seconds	24	13:04
40-49	29	72 Seconds (1:12)	18	13:49
50-59	24	83 Seconds (1:23)	13	15:03
60-69	19	N/A	10	16:46

Female Candidate

Age	1 Minute of Sit-Ups	300 Meter Sprint	1 Minute of Push-Ups	1.5 Mile Run 40%
20-29	32	71 Seconds (1:14)	15	14:50
30-39	25	79 Seconds (1:19)	11	15:38
40-49	20	94 Seconds (1:34)	9	16:21
50-59	14	N/A	7	18:07
60-69	06	N/A	N/A	20:06

Fitness Specialist Name: _____ **Department:** _____

(Please Print)

_____ _____

Certification Date/POST # Fitness Specialist Signature