CONNECTICUT POLICE OFFICER STANDARDS & TRAINING

DEPARTMENT OF EMERGENCY SERVICES AND PUBLIC PROTECTION

PHYSICAL PERFORMANCE EXAMINATION | 50%

☐ 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	50% 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 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	06	N/A	N/A	20:13

Fitness Specialist Name: _____ Department: _____
(Please Print)

_____ _____
Certification Date/POST # Fitness Specialist Signature