

APPENDIX B

APPLICANT FITNESS FOR DUTY ASSESSMENT MINIMUM SCORE CHARTS

Push-ups Per Minute

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	22	10
Age 30-39	17	8
Age 40-49	11	6
Age 50-59	9	4

Sit-ups Per Minute

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	33	24
Age 30-39	30	20
Age 40-49	24	14
Age 50-59	19	10

300 Meter Run (Seconds)

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	64	76
Age 30-39	65	85
Age 40-49	81	109
Age 50-59	89	109

1.5 Mile-Run

AGE	MALES	FEMALES
	Minimum Score	Minimum Score
Age 20-29	16:46	21:05
Age 30-39	17:30	21:57
Age 40-49	18:39	23:27
Age 50-59	21:40	26:15

*****Trigger Pull is Pass or Fail

REVISED 5/09