

FITNESS TEST REQUIREMENTS

Entrance Exam (30% Cooper)	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Bench Press (%bodyweight)	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.4
Sit Ups (1 Min Reps)	35	32	27	21	17	30	22	17	12	4
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

This is a cumulative test and all events must be completed within two (2) hours.

All applicants should be afforded a minimum rest time of five (5) minutes between events.

If an applicant does not fall into one of the listed age categories, special authorization must be obtained from MPOETC before testing can be accomplished.

Applicants are required to pass the Fitness Test with a score at the 30th percentile (chart above) in each event based on their age at the time of testing.

If an applicant is unsuccessful in any event, testing is immediately ended (failure) and no other events can be attempted at that time.