



Maplewood Career Center Police Academy

PHYSICAL FITNESS ENROLLMENT MINIMUMS

Effective January 1, 2017

Age & Gender

	Males (<29)	Females (<29)
Sit-ups 1 minute	32	23
Push-ups 1 minute	19	9
1.5 Mile Run	14:34	17:49
	Males (30-39)	Females (30-39)
Sit-ups 1 minute	28	18
Push-ups 1 minute	15	7
1.5 Mile Run	15:13	18:37
	Males (40-49)	Females (40-49)
Sit-ups 1 minute	22	13
Push-ups 1 minute	10	5
1.5 Mile Run	15:58	19:32
	Males (50-59)	Females (50-59)
Sit-ups 1 minute	17	7
Push-ups 1 minute	7	4 (modified)
1.5 Mile Run	17:38	21:31