

State of Connecticut

Police Officer Standards and Training Council Connecticut Police Academy



PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME:		DEPARTMENT/AGE	NCY:	_ DATE:
ATE (OF BIRTH:GEND	ER: Male 📗 Female 🗌	Age: Photo ID#	t:
Time Start	EVENT	10% TARGET TRIA	AL SCORE INITIAL	LS P/F Time
	1. Sit-ups			
	2. 300 Meter			
	3. Push ups			
	4. 1.5 Mile Run			
TNES		DE	PARTMENT:	
Iale C	FITNESS SPECIA	LIST SIGNATURE	CANDIDATE SIG	 iNATURE
Age	1 Minute of Sit-ups	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 40%
20-2 9	38	59 Seconds	29	12:38
	35	59 Seconds	24	13:04
30-3 9	, 33			
	•	72 Seconds (1:12)	18	13:49
10-4 9	29	72 Seconds (1:12) 83 Seconds (1:23)	18 13	13:49 15:03
30-39 40-49 50-59 60-69	29 24			
10-49 50-59 50-69 emale	29 24 19 • Candidate	83 Seconds (1:23) N/A	13 10	15:03 16:46
10-49 50-59 50-69 emale	29 24 19 2 Candidate 2 1 Minute of sit-ups	83 Seconds (1:23) N/A 300 Meter Sprint	13 10 1 Minute of Push-ups	15:03 16:46 1.5 Mile Run 40%
0-49 0-59 0-69 male Age	29 24 19 2 Candidate 2 1 Minute of sit-ups 32	83 Seconds (1:23) N/A 300 Meter Sprint 71 Seconds (1:14)	13 10 1 Minute of Push-ups	15:03 16:46 1.5 Mile Run 40% 14:50
10-49 50-59 50-69 emale Age 20-29	29 24 19 2 Candidate 2 1 Minute of sit-ups 32 25	83 Seconds (1:23) N/A 300 Meter Sprint 71 Seconds (1:14) 79 Seconds (1:19)	13 10 1 Minute of Push-ups 15 11	15:03 16:46 1.5 Mile Run 40% 14:50 15:38
10-49 50-59 50-69 emale	29 24 19 26 Candidate 27 28 29 29 29 29 29 29 29 29 29 29 29 29 20 20 20	83 Seconds (1:23) N/A 300 Meter Sprint 71 Seconds (1:14)	13 10 1 Minute of Push-ups	15:03 16:46 1.5 Mile Run 40% 14:50