



State of Connecticut

Police Officer Standards and Training Council Connecticut Police Academy



PHYSICAL PERFORMANCE EXAMINATION – 40%

NAME: _____ DEPARTMENT/AGENCY: _____ DATE: _____
 DATE OF BIRTH: _____ GENDER: Male Female Age: _____ Photo ID#: _____

Time Start	EVENT	40% TARGET	TRIAL SCORE	INITIALS	P/F	Time End
	1. Sit-ups					
	2. 300 Meter					
	3. Push ups					
	4. 1.5 Mile Run					

Acceptance of Scores; I certify that to the best of my knowledge the above scores are correct.

FITNESS SPECIALIST NAME: _____ DEPARTMENT: _____
 (Please Print)

 FITNESS SPECIALIST SIGNATURE

 CANDIDATE SIGNATURE

Male Candidate

Age	1 Minute of Sit-ups	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 40%
20-29	38	59 Seconds	29	12:38
30-39	35	59 Seconds	24	13:04
40-49	29	72 Seconds (1:12)	18	13:49
50-59	24	83 Seconds (1:23)	13	15:03
60-69	19	N/A	10	16:46

Female Candidate

Age	1 Minute of sit-ups	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 40%
20-29	32	71 Seconds (1:14)	15	14:50
30-39	25	79 Seconds (1:19)	11	15:38
40-49	20	94 Seconds (1:34)	9	16:21
50-59	14	N/A	7	18:07
60-69	06	N/A	N/A	20:06

PRE-CERTIFICATION DAY ONE MID-TERM FINAL RE-TAKE