

Municipal Police Officers' Education and Training Commission

30th Percentile Age & Gender Adjusted Rankings

Physical Fitness Test Battery

Entry Level Standards

Event	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
300 Meter Run	62.1	75.0	63.0	82.0	77.0	106.7	87.0	n / a	n / a	n / a
Time measured in seconds.										
Bench Press	0.93	0.56	0.83	0.51	0.76	0.47	0.68	0.42	0.63	0.40
Six attempts to complete one repetition = Body Weight X Ratio.										
Sit-ups	35	30	32	22	27	17	21	12	17	4
Total number of repetitions performed in one minute.										
1.5 Mile Run	13:08	15:56	13:48	16:46	14:33	18:26	16:16	20:17	18:39	22:34
Time measured in minutes and seconds.										

Municipal Police Officers' Education and Training Commission

30th Percentile Male Entry Level Standards

Bench Press Conversion Chart

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight
125	116	96	104	84	95	75	85	66	79	59
130	121	101	108	88	99	79	88	69	82	62
135	126	105	112	92	103	83	92	72	85	66
140	130	110	116	96	106	87	95	76	88	69
145	135	115	120	100	110	90	99	79	91	72
150	140	119	125	104	114	94	102	82	95	75
155	144	124	129	109	118	98	105	86	98	78
160	149	128	133	113	122	102	109	89	101	81
165	153	133	137	117	125	105	112	92	104	84
170	158	137	141	121	129	109	116	96	107	87
175	163	142	145	125	133	113	119	99	110	90
180	167	147	149	129	137	117	122	102	113	93
185	172	151	154	133	141	120	126	106	117	97
190	177	156	158	137	144	124	129	109	120	100
195	181	160	162	141	148	128	133	112	123	103
200	186	165	166	145	152	131	136	116	126	106
205	191	170	170	149	156	135	139	119	129	109
210	195	174	174	153	160	139	143	122	132	112
215	200	179	178	158	163	143	146	126	135	115
220	205	183	183	162	167	146	150	129	139	118
225	209	188	187	166	171	150	153	132	142	121
230	214	192	191	170	175	154	156	136	145	124
235	219	197	195	174	179	158	160	139	148	128
240	223	202	199	178	182	161	163	143	151	131
245	228	206	203	182	186	165	167	146	154	134
250	233	211	208	186	190	169	170	149	158	137
255	237	215	212	190	194	173	173	153	161	140
260	242	220	216	194	198	176	177	156	164	143
265	246	224	220	198	201	180	180	159	167	146
270	251	229	224	202	205	184	184	163	170	149
275	256	234	228	207	209	188	187	166	173	152
280	260	238	232	211	213	191	190	169	176	156
285	265	243	237	215	217	195	194	173	180	159
290	270	247	241	219	220	199	197	176	183	162
295	274	252	245	223	224	203	201	179	186	165
300	279	256	249	227	228	206	204	183	189	168
305	284	261	253	231	232	210	207	186	192	171
310	288	266	257	235	236	214	211	189	195	174
315	293	270	261	239	239	218	214	193	198	177
320	298	275	266	243	243	221	218	196	202	180
325	302	279	270	247	247	225	221	199	205	183
330	307	284	274	251	251	229	224	203	208	187
335	312	289	278	256	255	232	228	206	211	190
340	316	293	282	260	258	236	231	209	214	193
345	321	298	286	264	262	240	235	213	217	196
350	326	302	291	268	266	244	238	216	221	199

Municipal Police Officers' Education and Training Commission

30th Percentile Female Entry Level Standards

Bench Press Conversion Chart

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight
75	42	24	38	20	35	16	32	12	30	10
80	45	28	41	23	38	19	34	14	32	13
85	48	31	43	26	40	22	36	17	34	15
90	50	34	46	29	42	25	38	19	36	17
95	53	38	48	32	45	27	40	22	38	20
100	56	41	51	35	47	30	42	24	40	22
105	59	44	54	38	49	33	44	27	42	24
110	62	47	56	41	52	36	46	29	44	27
115	64	51	59	44	54	39	48	32	46	29
120	67	54	61	47	56	41	50	34	48	31
125	70	57	64	50	59	44	53	37	50	34
130	73	61	66	53	61	47	55	39	52	36
135	76	64	69	56	63	50	57	42	54	38
140	78	67	71	59	66	52	59	44	56	41
145	81	71	74	62	68	55	61	47	58	43
150	84	74	77	65	71	58	63	49	60	46
155	87	77	79	68	73	61	65	52	62	48
160	90	80	82	71	75	63	67	54	64	50
165	92	84	84	74	78	66	69	57	66	53
170	95	87	87	77	80	69	71	59	68	55
175	98	90	89	80	82	72	74	61	70	57
180	101	94	92	83	85	75	76	64	72	60
185	104	97	94	86	87	77	78	66	74	62
190	106	100	97	89	89	80	80	69	76	64
195	109	104	99	92	92	83	82	71	78	67
200	112	107	102	95	94	86	84	74	80	69
205	115	110	105	98	96	88	86	76	82	71
210	118	113	107	101	99	91	88	79	84	74
215	120	117	110	104	101	94	90	81	86	76
220	123	120	112	107	103	97	92	84	88	79
225	126	123	115	110	106	100	95	86	90	81
230	129	127	117	113	108	102	97	89	92	83
235	132	130	120	116	110	105	99	91	94	86
240	134	133	122	119	113	108	101	94	96	88
245	137	137	125	122	115	111	103	96	98	90
250	140	140	128	125	118	113	105	99	100	93
255	143	143	130	128	120	116	107	101	102	95
260	146	146	133	131	122	119	109	104	104	97
265	148	150	135	134	125	122	111	106	106	100
270	151	153	138	137	127	124	113	109	108	102
275	154	156	140	140	129	127	116	111	110	105
280	157	160	143	143	132	130	118	113	112	107
285	160	163	145	146	134	133	120	116	114	109
290	162	166	148	149	136	136	122	118	116	112
295	165	170	150	152	139	138	124	121	118	114
300	168	173	153	155	141	141	126	123	120	116

Municipal Police Officers' Education and Training Commission

50th Percentile Age & Gender Adjusted Rankings

Physical Fitness Test Battery

Graduation Standards

Event	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
300 Meter Run	56.0	64.0	57.0	74.0	67.6	86.0	80.0	n / a	n / a	n / a
Time measured in seconds.										
Bench Press	1.06	0.65	0.93	0.57	0.84	0.52	0.75	0.46	0.68	0.45
Six attempts to complete one repetition = Body Weight X Ratio.										
Sit-ups	40	35	36	27	31	22	26	17	20	8
Total number of repetitions performed in one minute.										
1.5 Mile Run	11:58	14:15	12:25	15:14	13:05	16:13	14:33	18:05	16:19	20:08
Time measured in minutes and seconds.										

Municipal Police Officers' Education and Training Commission

50th Percentile Male Graduation Standards

Bench Press Conversion Chart

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight
125	133	112	116	96	105	85	94	74	85	66
130	138	118	121	101	109	89	98	78	88	69
135	143	123	126	105	113	93	101	82	92	72
140	148	128	130	110	118	98	105	85	95	76
145	154	133	135	115	122	102	109	89	99	79
150	159	138	140	119	126	106	113	93	102	82
155	164	144	144	124	130	110	116	96	105	86
160	170	149	149	128	134	114	120	100	109	89
165	175	154	153	133	139	118	124	104	112	92
170	180	159	158	137	143	122	128	107	116	96
175	186	164	163	142	147	127	131	111	119	99
180	191	170	167	147	151	131	135	115	122	102
185	196	175	172	151	155	135	139	118	126	106
190	201	180	177	156	160	139	143	122	129	109
195	207	185	181	160	164	143	146	126	133	112
200	212	191	186	165	168	147	150	130	136	116
205	217	196	191	170	172	151	154	133	139	119
210	223	201	195	174	176	156	158	137	143	122
215	228	206	200	179	181	160	161	141	146	126
220	233	211	205	183	185	164	165	144	150	129
225	239	217	209	188	189	168	169	148	153	132
230	244	222	214	192	193	172	173	152	156	136
235	249	227	219	197	197	176	176	155	160	139
240	254	232	223	202	202	180	180	159	163	143
245	260	237	228	206	206	184	184	163	167	146
250	265	243	233	211	210	189	188	166	170	149
255	270	248	237	215	214	193	191	170	173	153
260	276	253	242	220	218	197	195	174	177	156
265	281	258	246	224	223	201	199	178	180	159
270	286	264	251	229	227	205	203	181	184	163
275	292	269	256	234	231	209	206	185	187	166
280	297	274	260	238	235	213	210	189	190	169
285	302	279	265	243	239	218	214	192	194	173
290	307	284	270	247	244	222	218	196	197	176
295	313	290	274	252	248	226	221	200	201	179
300	318	295	279	256	252	230	225	203	204	183
305	323	300	284	261	256	234	229	207	207	186
310	329	305	288	266	260	238	233	211	211	189
315	334	311	293	270	265	242	236	214	214	193
320	339	316	298	275	269	246	240	218	218	196
325	345	321	302	279	273	251	244	222	221	199
330	350	326	307	284	277	255	248	225	224	203
335	355	331	312	289	281	259	251	229	228	206
340	360	337	316	293	286	263	255	233	231	209
345	366	342	321	298	290	267	259	237	235	213
350	371	347	326	302	294	271	263	240	238	216

Municipal Police Officers' Education and Training Commission

50th Percentile Female Graduation Standards

Bench Press Conversion Chart

Body Weight	Age 20 to 29		Age 30 to 39		Age 40 to 49		Age 50 to 59		Age 60 +	
	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight	DVR	Free Weight
75	49	32	43	25	39	21	35	15	34	15
80	52	36	46	29	42	24	37	18	36	17
85	55	40	48	32	44	27	39	21	38	20
90	59	44	51	35	47	30	41	24	41	23
95	62	48	54	39	49	33	44	26	43	25
100	65	51	57	42	52	36	46	29	45	28
105	68	55	60	45	55	39	48	32	47	31
110	72	59	63	49	57	42	51	34	50	33
115	75	63	66	52	60	45	53	37	52	36
120	78	67	68	55	62	48	55	40	54	38
125	81	71	71	59	65	51	58	43	56	41
130	85	74	74	62	68	55	60	45	59	44
135	88	78	77	66	70	58	62	48	61	46
140	91	82	80	69	73	61	64	51	63	49
145	94	86	83	72	75	64	67	53	65	52
150	98	90	86	76	78	67	69	56	68	54
155	101	94	88	79	81	70	71	59	70	57
160	104	97	91	82	83	73	74	62	72	60
165	107	101	94	86	86	76	76	64	74	62
170	111	105	97	89	88	79	78	67	77	65
175	114	109	100	92	91	82	81	70	79	68
180	117	113	103	96	94	85	83	72	81	70
185	120	117	105	99	96	88	85	75	83	73
190	124	120	108	103	99	91	87	78	86	76
195	127	124	111	106	101	94	90	81	88	78
200	130	128	114	109	104	97	92	83	90	81
205	133	132	117	113	107	101	94	86	92	84
210	137	136	120	116	109	104	97	89	95	86
215	140	140	123	119	112	107	99	91	97	89
220	143	143	125	123	114	110	101	94	99	92
225	146	147	128	126	117	113	104	97	101	94
230	150	151	131	129	120	116	106	100	104	97
235	153	155	134	133	122	119	108	102	106	100
240	156	159	137	136	125	122	110	105	108	102
245	159	163	140	139	127	125	113	108	110	105
250	163	166	143	143	130	128	115	110	113	107
255	166	170	145	146	133	131	117	113	115	110
260	169	174	148	150	135	134	120	116	117	113
265	172	178	151	153	138	137	122	119	119	115
270	176	182	154	156	140	140	124	121	122	118
275	179	186	157	160	143	143	127	124	124	121
280	182	189	160	163	146	146	129	127	126	123
285	185	193	162	166	148	150	131	129	128	126
290	189	197	165	170	151	153	133	132	131	129
295	192	201	168	173	153	156	136	135	133	131
300	195	205	171	176	156	159	138	138	135	134