

### Assessment standards testing

Each applicant is required to pass all four of the components of the Physical Agility Test. This fitness evaluation ensures that all applicants are sufficiently fit to participate in the physically rigorous elements of policing without incurring injury.

The charts below reflect MPOETC fitness standards.

#### Male standards

Event	Age 18-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit-ups (1 minute - reps)	35	32	27	21	17
300-meter run (time - sec)	62.1	63	77	87	87
Push-ups (1 minute - reps)	26	20	15	10	8
1.5-mile run (time)	13:16	13:46	14:34	15:58	17:38

#### Female standards

Event	Age 18-29	Age 30-39	Age 40-49	Age 50-59	Age 60+
Sit-ups (1 minute - reps)	30	22	17	12	4
300-meter run (time - sec)	75	82	106.7	106.7	106.7
Push-ups (1 minute - reps)	13	9	7	7	7
1.5-mile run (time)	15:52	16:38	17:22	18:59	21:20

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

Testing Order:

- Sit-ups
- 300-meter run
- Push-ups
- 1.5-mile run

All Applicants:

- Are given a minimum rest time of five (5) minutes between events
- Are required to pass the Entrance Fitness Test in each event based on their biological (birth) gender and age at the time of testing