

SAPD ACADEMY FITNESS STANDARDS

MEN (by age bracket)

SIT-UPS (in 1 minute)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	47	45	43	41	39	37	35	33	30
40	45	43	41	39	36	34	31	29	26
30	41	39	37	35	32	30	27	24	21
20	37	35	33	31	28	25	22	20	18
10	32	30	28	25	22	20	17	15	13

PUSH-UPS (in 1 minute)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	47	43	39	35	30	28	25	24	23
40	41	38	34	30	26	24	21	19	17
30	35	32	29	26	22	20	18	16	14
20	27	24	21	19	16	14	12	10	8
10	19	17	15	13	10	9	7	5	4

1 MILE RUN (minutes:seconds)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	6:46	6:58	7:11	7:21	7:48	8:06	8:32	8:58	9:33
40	7:19	7:26	7:34	7:46	8:17	8:36	9:04	9:33	10:15
30	7:47	7:52	7:58	8:16	8:56	9:18	9:46	10:15	11:27
20	8:35	8:45	8:56	9:11	9:52	10:17	10:52	11:27	13:32
10	9:42	9:55	10:08	10:23	11:08	11:38	12:35	13:32	14:00

200 METER SPRINT (in seconds)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	34	35	36	37	41	44	47	50	52
40	36	37	38	39	43	46	49	52	54
30	38	39	40	42	48	52	55	58	64
20	40	41	42	46	54	56	60	64	74
10	46	48	50	52	62	66	70	74	84

BODY WEIGHT HANG (in seconds, no age brackets)

POINTS	Time
50	90
40	80
30	70
20	60
10	50

SAPD ACADEMY FITNESS STANDARDS

WOMEN (by age bracket)

SIT-UPS (in 1 minute)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	43	39	35	32	29	27	24	22	20
40	40	36	32	30	27	25	22	19	15
30	35	32	28	26	23	21	19	15	11
20	27	26	24	22	19	16	12	9	5
10	21	20	18	16	13	10	7	5	2

PUSH-UPS (in 1 minute)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	28	26	23	19	15	13	11	9	8
40	24	21	18	16	14	11	9	7	6
30	19	17	14	13	11	10	8	6	5
20	14	12	10	9	8	7	6	5	3
10	9	8	7	6	5	4	3	2	1

1 MILE RUN (minutes:seconds)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	7:59	8:07	8:16	8:35	9:18	9:42	10:02	10:23	11:10
40	8:36	8:48	9:00	9:10	9:54	10:28	10:49	11:10	12:25
30	9:13	9:25	9:38	9:53	10:39	11:10	11:47	12:25	13:50
20	10:13	10:25	10:38	10:54	11:47	12:24	13:07	13:50	15:41
10	11:46	12:05	12:24	12:43	13:44	14:25	15:03	15:41	16:00

200 METER SPRINT (in seconds)

POINTS	19-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
50	40	42	44	46	50	52	54	56	58
40	42	43	46	48	53	56	58	60	62
30	44	46	48	51	56	58	61	64	67
20	50	52	54	61	74	77	80	83	85
10	58	60	62	70	79	82	84	86	90

BODY WEIGHT HANG (in seconds, no age brackets)

POINTS	Time
50	90
40	80
30	70
20	60
10	50