

# Cadet Entrance Testing

## ENTRANCE FITNESS TEST REQUIREMENTS

Entrance Exam (30% Cooper)	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Bench Press (% body weight)	0.93	0.83	0.76	0.68	0.63	0.56	0.51	0.47	0.42	0.4
Sit Ups (1 Min Reps)	35	32	27	21	17	30	22	17	12	4
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10

### **Testing Order:**

300 Meter Run  
Bench Press  
Sit Ups  
1.5 Mile Run

This is a cumulative test. Each event is pass/fail; thus, if one event is failed, the entire test is failed. There is no “averaging” of scores. Applicants for the police academy will need to pass each event at the 30<sup>th</sup> percentile to be considered for acceptance into the police academy. These scores are based on The Cooper Institute data. If an applicant does not fall into one of the age categories, the applicant will be required to receive a score closest to their actual age.