



PHYSICAL FITNESS STANDARDS ALLOWANCE LEVELS

Age and Gender Scores

	Males (20-29)			Females (20-29)		
	40%	50%	60%	40%	50%	60%
Sit Ups (1min)	38	40	42	32	35	38
Push Ups (1min)	29	33	37	15	18	21
1.5 Mile Run	12:29	11:58	11:27	15:05	14:15	13:25
	Males (30-39)			Females (30-39)		
	40%	50%	60%	40%	50%	60%
Sit Ups (1min)	35	36	39	25	27	29
Push Ups (1min)	24	27	30	11	14	15
1.5 Mile Run	12:53	12:25	11:49	15:56	15:14	14:33
	Males (40-49)			Females (40-49)		
	40%	50%	60%	40%	50%	60%
Sit Ups (1min)	29	31	34	20	22	24
Push Ups (1min)	18	21	24	9	11	13
1.5 Mile Run	13:50	13:05	12:25	17:11	16:13	15:17
	Males (50-59)			Females (50-59)		
	40%	50%	60%	40%	50%	60%
Sit Ups (1min)	24	26	28	14	17	20
Push Ups (1min)	13	15	19	12*	13*	17*
1.5 Mile Run	15:14	14:33	13:53	19:10	18:05	17:19
	Males (60+)			Females (60+)		
	40%	50%	60%	40%	50%	60%
Sit Ups (1min)	19	20	22	6	8	11
Push Ups (1min)	10	15	18	5*	8*	12*
1.5 Mile Run	17:19	16:19	15:20	20:55	20:08	18:52

*Modified

Fitness Allowance Pay:

40% = \$10.00 50% = \$20.00 60% or > = \$30.00 per pay

Mandatory Testers require a minimum of 40%

Pre-Hire Testers require a minimum of 50%