



GROVE CITY DIVISION OF POLICE

2012 Police Officer Selection

Physical Fitness Requirements

Age and Gender Minimum Scores* 40 th Percentile		
Sit-ups (1Min.) Push-ups (1min) 1.5 Mile Run	Males (<29) 38 29 12:29	Females (<29) 32 15 15:05
Sit-ups (1min.) Push-ups (1min) 1.5 Mile Run	Males (30-39) 35 24 12:53	Females (30-39) 25 11 15:56
Sit-ups (1min) Push-ups (1min) 1.5 Mile Run	Males (40-49) 29 18 13:50	Females(40-49) 20 9 17:11
Sit-ups (1min) Push-ups (1min) 1.5 Mile Run	Males (50-59) 24 13 15:14	Females (50-59) 14 12*Modified 19:10

*based on The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002 pp 108-123