

HAMILTON COUNTY SHERIFF'S OFFICE

The Sheriff's Office physical fitness assessment is a Three Event Assessment which is based on the Cooper Age and Gender Base Standards for Law Enforcement Personnel. The physical fitness assessment is based on the number of push-ups and sits ups completed within one (1) minute coupled with a timed 300 meter run. In order to pass the physical fitness assessment a minimum of one (1) point in each of the three (3) events must be obtained and a total minimum cumulative score of nine (9) points must be achieved.

PUSH UP REQUIREMENTS												
TIME LIMIT IS ONE MINUTE												
Age Range for Males							Age Range for Females					
Score	20-29	30-39	40-49	50-59	60 +		Score	20-29	30-39	40-49	50-59	60 +
0	< 24	< 19	< 12	< 8	< 5		0	< 10	< 6	< 4	< 1	< 2
1	25	20	14	9	6		1	11	7	5	2	3
2	27	22	16	11	8		2	13	9	7	4	4
3	29	24	18	13	10		3	15	11	9	6	5
4	34	29	23	18	15		4	20	16	14	11	10
5	39	34	28	23	20		5	25	21	19	16	15
6	44	39	33	28	25		6	30	26	24	21	20
7	49	44	38	33	30		7	35	31	29	26	25
8	54	49	43	38	35		8	40	36	34	31	30
9	59	54	48	43	40		9	45	41	39	36	35
10	64 +	59 +	53 +	48 +	45 +		10	50 +	46 +	44 +	41 +	40 +

SIT UP REQUIREMENTS												
TIME LIMIT IS ONE MINUTE												
Age Range for Males							Age Range for Females					
Score	20-29	30-39	40-49	50-59	60 +		Score	20-29	30-39	40-49	50-59	60 +
0	< 33	< 30	< 24	< 19	< 14		0	< 27	< 20	< 15	< 9	< 2
1	34	31	25	20	15		1	28	21	16	10	3
2	36	33	27	22	17		2	30	23	18	12	4
3	38	35	29	24	19		3	32	25	20	14	6
4	43	40	34	29	24		4	37	30	25	19	11
5	48	45	39	34	29		5	42	35	30	24	16
6	53	50	44	39	34		6	47	40	35	29	21
7	58	55	49	44	39		7	52	45	40	34	26
8	63	60	54	49	44		8	57	50	45	39	31
9	68	65	59	54	49		9	62	55	50	44	36
10	73 +	70 +	64 +	59 +	54 +		10	67 +	60 +	55 +	49 +	41 +

300 METER TIMED RUN												
THE NUMBER LISTED BELOW THE AGE GROUP IS TIME IN SECONDS												
Age Range for Males							Age Range for Females					
Score	20-29	30-39	40-49	50-59	60 +		Score	20-29	30-39	40-49	50-59	60 +
0	> 70	> 78	> 83	> 94	> 105		0	> 82	> 90	> 105	> 116	> 131
1	69	77	82	93	104		1	81	89	104	115	130
2	64	72	77	88	99		2	76	84	99	110	125
3	59	67	72	83	94		3	71	79	94	105	120
4	56	64	69	80	91		4	68	76	91	102	117
5	53	61	66	77	88		5	65	73	88	99	114
6	50	58	63	74	85		6	62	70	85	96	111
7	47	55	60	71	82		7	59	67	82	93	108
8	44	52	57	68	79		8	56	64	79	90	105
9	41	49	54	65	76		9	53	61	76	87	102
10	< 38	< 46	< 51	< 62	< 73		10	< 50	< 58	< 73	< 84	< 99

Please retain a copy for your records