



# MLEOTA Physical Fitness Testing Score Sheet

Recruits Department: \_\_\_\_\_ Date: \_\_\_\_\_

Recruit Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

	50%	70%			
<b>First test</b>	_____	_____	<b>Repetitions</b>	<b>Score</b>	
<b>Push-ups</b>			_____	_____	<b>Pass – Fail</b>
	50%	70%			
<b>Second test</b>	_____	_____	<b>Time</b>	<b>Score</b>	
<b>Agility Run</b>			_____	_____	<b>Pass – Fail</b>
	50%	70%			
<b>Third test</b>	_____	_____	<b>Time</b>	<b>Score</b>	
<b>1.5 Mile Run</b>			_____	_____	<b>Pass – Fail</b>

Recruit signature: \_\_\_\_\_

Date: \_\_\_\_\_

Instructor signature: \_\_\_\_\_

Date: \_\_\_\_\_

Original: Basic Adm. Asst.  
Lead Class Coordinator

# Physical Fitness Test Requirements

Recruits must pass a physical fitness examination. The fitness standards for the Law Enforcement Academy are identical to the State of Mississippi standards for the recruits to graduate. The recruits must achieve, based on gender and age, a score of at least 70% on the Agility Run, 1.5 Mile Run, and Push-ups. The agility run is approximately a 180-foot sprint through a series of cones.

The scores needed to pass the physical fitness test are as follows:

AGE GROUPS ▾		20-29				30-39				40-50+							
	Score	Male		Female		Male		Female		Male		Female					
<b>AGILITY RUN</b> (maximum allowed times for each group measured in seconds)	100%	15:90	17:80	16:40	18:90	17:35	20:55										
	70%	18:60	21:10	19:10	22:20	20:05	23:85										
	50%	20:40	23:30	20:90	24:40	21:85	26:05										
<b>1.5 MILE RUN</b> (maximum allowed times for each group measured in minutes)	100%	9:00	10:48	10:00	12:00	11:00	13:12										
	70%	14:30	17:18	15:30	18:30	16:30	19:42										
	50%	18:10	21:38	19:10	22:50	20:10	24:02										
AGE GROUPS ▾		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52 +	
	Score	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
<b>PUSH-UPS</b> (minimum required in a two-minute time limit)	100%	82	58	80	56	78	54	73	52	72	48	66	45	62	41	56	40
	70%	52	28	50	26	48	24	43	22	42	18	36	17	32	13	26	12
	50%	32	13	30	11	28	10	23	9	22	8	18	7	17	6	12	6

