



MLEOTA Physical Fitness Testing

Score Sheet



Date: _____

Recruits Department: _____

Recruit Name: _____ DOB: _____

Age: _____ Sex: _____ Height: _____ Weight: _____

Email address: _____

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

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					
AGILITY RUN (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					
1.5 MILE RUN (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
PUSH-UPS (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

