

Sheriff's Office PT Standards

PERCENTAGE	VERTICAL JUMP	1-MINUTE SIT-UPS	CONSECUTIVE PUSH-UPS	1.5-MILE RUN
99	≥ 24	≥ 45	≥ 53	≤ 9:59
95	23.5	44	43 - 52	10:00 - 10:52
90	22.5 - 23	41 - 43	38 - 42	10:53 - 11:38
85	21.5 - 22	38 - 40	34 - 37	11:39 - 12:20
80	20.5 - 21	37	32 - 33	12:21 - 12:51
75	20	35 - 36	29 - 31	12:52 - 13:13
70	19.5	34	26 - 28	13:14 - 13:35
65	19	33	24 - 25	13:36 - 13:54
60	18.5	31 - 32	23	13:55 - 14:15
55	18	30	22	14:16 - 14:28
50	17.5	29	21	14:29 - 14:46
45	17	28	19 - 20	14:47 - 14:59
40	16.5	27	18	15:00 - 15:20
35	16	25 - 26	16 - 17	15:21 - 15:37
30	15 - 15.5	24	15	15:38 - 15:50
25	14.5	23	14	15:51 - 16:11
20	14	22	12 - 13	16:12 - 16:31
15	13 - 13.5	20 - 21	11	16:32 - 16:39
10	12 - 12.5	18 - 19	10	16:40 - 17:18
5	10 - 11.5	15 - 17	6 - 9	17:19 - 17:32
1	6.5 - 9.5	14	4 - 5	17:33 - 19:09

Bco exit score

SFO Exit score

Minimum Entrance Scores