

**STATE OF PENNSYLVANIA**  
**MUNICIPAL POLICE OFFICERS EDUCATION AND TRAINING COMMISSION**  
**CITY OF PITTSBURGH - POLICE ACADEMY**  
**Entrance Fitness Test Standards - Physical Performance 30th Percentiles**

**MALE CANDIDATES**

<b>Age</b>	<b>1 Minute of Sit-Ups</b>	<b>300 Meter Run - (seconds)</b>	<b>1 Minute of Push-Ups</b>	<b>1.5 Mile Run - (minutes, seconds)</b>
18-29	35	62.1	26	13:16
30-39	32	63	20	13:46
40-49	27	77	15	14:34
50-59	21	87	10	15:58
60+	17	87	8	17:38

**FEMALE CANDIDATES**

<b>Age</b>	<b>1 Minute of Sit-Ups</b>	<b>300 Meter Run - (seconds)</b>	<b>1 Minute of Push-Ups</b>	<b>1.5 Mile Run - (minutes, seconds)</b>
18-29	30	75	13	15:52
30-39	22	82	9	16:38
40-49	17	106.7	7	17:22
50-59	12	106.7	7	18:59
60+	4	106.7	7	21:20

You must pass each of the four (4) events at the 30th percentile\* listed for your age and gender in order to move on to the next event and pass the test as a whole. If you do not meet the 30th percentile on an event, you will be dismissed from the fitness test and you will not be further processed for the Police Officer position.

