



CONWAY POLICE DEPARTMENT
POST OFFICE BOX 538, CENTER CONWAY, NH 03813
TELEPHONE: (603) 356-5715
FAX: (603) 356-8837

**PHYSICAL FITNESS AGILITY
TESTING REQUIREMENTS**

Employees must perform at the 35th percentile for their age and sex, according to standards developed by Dr. Kenneth Cooper's Aerobics Institute, in the following areas:

- A. Bench press for maximum weight
- B. Timed sit-ups
- C. Timed push-ups
- D. Timed 1.5 mile run

MALES

AGE	RUN	BENCH	SIT-UPS	PUSH-UPS
18 – 29	13:06	.96	37	27
30 – 39	13:53	.86	33	21
40 – 49	14:47	.78	28	16
50 – 59	15:53	.70	22	11

FEMALES

AGE	RUN	BENCH	SIT-UPS	PUSH-UPS
18 – 29	15:48	.58	31	22
30 – 39	16:23	.52	24	17
40 – 49	16:59	.48	19	11
50 – 59	18:09	.43	12	10

NOTE:

- 1. This test will be administered on a pass/fail basis. Failure to meet the minimum required standards in any one area would result in elimination from the hiring process.**
 - 2. No candidate will receive the above entrance physical fitness test without first signing a physical liability release.**
-

I have received a copy of the requirements for Entrance Level Physical Fitness Test to be given by the Conway Police Department. I understand that I must satisfactorily pass the examination.

Date: _____

Signature: _____