

POLICIES AND PROCEDURES

**STANDARD OPERATING PROCEDURES
FORMS**

P. T. Standards PT Form 2

Approved by R. Dale Horne – Fire Chief

July 1, 2010 *Page 1 of 1*

SIT-UPS (MALE) ONE (1) MINUTE	BELOW PERFORMANCE	MEETS
AGE		
21 – 29	29 and less	30
30 – 39	25 and less	26
40 – 44	21 and less	22
45 – 49	17 and less	18
50 – 54	13 and less	14
55 – 62	9 and less	10
SIT-UPS (FEMALE) ONE (1) MINUTE	BELOW PERFORMANCE	MEETS
AGE		
21 – 29	25 and less	26
30 – 39	21 and less	22
40 – 44	17 and less	18
45 – 49	13 and less	14
50 – 54	9 and less	10
55 – 62	5 and less	6
PUSH-UPS (MALE) ONE (1) MINUTE	BELOW PERFORMANCE	MEETS
AGE		
21 – 29	21 and less	22
30 – 39	17 and less	18
40 – 44	13 and less	14
45 – 49	11 and less	12
50 – 54	8 and less	9
55 – 62	5 and less	6
PUSH-UPS (FEMALE) ONE (1) MINUTE	BELOW PERFORMANCE	MEETS
AGE		
21 – 29	7 and less	8
30 – 39	6 and less	7
40 – 44	5 and less	6
45 – 49	4 and less	5
50 – 54	3 and less	4
55 – 62	2 and less	3
1.5 MILE WALK/RUN (MALE)	BELOW PERFORMANCE	MEETS
AGE		
21 – 29	14:01 and higher	14:00
30 – 39	15:01 and higher	15:00
40 – 44	16:01 and higher	16:00
45 – 49	17:01 and higher	17:00
50 – 54	18:01 and higher	18:00
55 – 62	19:01 and higher	19:00
1.5 MILE WALK/RUN (FEMALE)	BELOW PERFORMANCE	MEETS
AGE		
21 – 29	16:01 and higher	16:00
30 – 39	17:01 and higher	17:00
40 – 44	18:01 and higher	18:00
45 – 49	19:01 and higher	19:00
50 – 54	20:01 and higher	20:00
55 – 62	21:01 and higher	21:00