



**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 35<sup>th</sup> 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**

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

**FEMALES**

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

**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.**
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**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:** \_\_\_\_\_