



DEPARTMENT OF STATE POLICE

PHYSICAL FITNESS SCREENING DESCRIPTION

1.5 MILE RUN

- Timed 1.5 mile run on a flat outdoor asphalt surface. This event assesses general fitness and is adjusted for age and gender. (see passing score table below)

1.5 Mile Run Times			
Male		Female	
Age Range	Run Time (minutes:seconds)	Age Range	Run Time (minutes:seconds)
20-29	12:38	20-29	14:50
30-39	13:04	30-39	15:38
40-49	13:49	40-49	16:21