

POST COMMISSION PFQT STANDARDS 2.1 (AUGUST 2017)

MALE Category	<u>CATEGORY:</u>	<u>RUN (1 MILE)</u>	<u>P/UP: (1 MIN)</u>	<u>SIT UPS: (1 MIN)</u>
MALE: 18-29	M-1	12:10	33	42
MALE: 30-39	M-2	12:40	27	39
MALE: 40-49	M-3	13:10	21	34
MALE: 50-59	M-4	13:40*	15	28
MALE: 60+	M-5	14:10*	14	22
	<u>CATEGORY:</u>	<u>WALK (1 MILE)</u>	<u>P/UP: (1 MIN)</u>	<u>SIT UPS: (1 MIN)</u>
MALE: 18-29	M-1W	15:27	33	42
MALE: 30-39	M-2W	15:29	27	39
MALE: 40-49	M-3W	15:33	21	34
MALE: 50-59	M-4W	15:50	15	28
MALE: 60+	M-5W	16:07	14	22
FEMALE Category	<u>CATEGORY:</u>	<u>RUN (1 MILE)</u>	<u>P/UP: (1 MIN)</u>	<u>SIT UPS: (1 MIN)</u>
FEMALE: 18-29	F-1	13:15	18	38
FEMALE: 30-39	F-2	13:45	14	29
FEMALE: 40-49	F-3	14:15	11	24
FEMALE: 50-59	F-4	14:45*	9	20
FEMALE: 60+	F-5	15:15*	7	11
	<u>CATEGORY:</u>	<u>WALK (1 MILE)</u>	<u>P/UP: (1 MIN)</u>	<u>SIT UPS: (1 MIN)</u>
FEMALE: 18-29	F-1W	16:10	18	38
FEMALE: 30-39	F-2W	16:25	14	29
FEMALE: 40-49	F-3W	16:40	11	24
FEMALE: 50-59	F-4W	16:55	9	20
FEMALE: 60+	F-5W	17:10	7	11

*Peace officers age fifty (50) and over may opt to complete either the one-mile walk or run