

**Police Entry Level Training Program
Cooper Standards
(Age / Gender Standard Requirements)**

MALE

AGE	Vertical Jump (inches)	Push-Up (1 minute)	Sit-Up (1 minute)	1.5 Mile Run (minutes)	300M Run (seconds)
20-29	17	19	32	14:34	69
30-39	16	15	28	15:13	70
40-49	13	10	22	15:58	86
50-59	11	7	17	17:39	99
60-69	n/a	5	13	20:12	n/a

FEMALE

AGE	Vertical Jump (inches)	Push-Up (1 minute)	Sit-Up (1 minute)	1.5 Mile Run (minutes)	300M Run (seconds)
20-29	12	9	23	17:49	88
30-39	10.9	6.5	18	18:37	93.5
40-49	7.1	5	13	19:32	116
50-59	n/a	4*	7	21:31	n/a
60-69	n/a	1*	2	23:32	n/a
* 1 minute modified push-up test					