

Allen County Sheriff's Academy Physical Training Standards

ENTRANCE STANDARDS

<u>Test Name</u>	<u>Measurement</u>
Vertical Jump	13.5 inches
One-minute sit-ups	24
300 Meter run	82 seconds
Maximum push-ups	21
1.5 Mile run	18 minutes 56 seconds

EXIT STANDARDS

<u>Test Name</u>	<u>Measurement</u>
Vertical Jump	16 inches
One-minute sit-ups	29
300 Meter run	71 seconds
Maximum push-ups	21
1.5 Mile run	16 minutes 28 seconds

Entrance Standards = the level of physical preparedness you are expected to accomplish before entering the Academy. In other words, this is the level of performance you must train for and attain **PRIOR** to the start of any classes. You will be tested.

Exit Standards = the level of physical accomplishment you must achieve in order to graduate from the Academy.