

**PHYSICAL FITNESS STANDARDS FOR APPLICANTS TO  
THE RAPID CITY POLICE DEPARTMENT  
November, 2011**

<b>Males</b>	<b>Core Fitness</b>	<b>Upper Body Fitness</b>	<b>Aerobic Fitness</b>
Age Group	Sit-ups	Push-ups	1.5-MILE Run
20-24	40	33	13:15
25-29	40	33	13:45
30-34	36	27	14:15
35-39	36	27	14:45
40-44	31	21	15:15
45-49	31	21	15:45
50-54	26	15	16:15
55-59	26	15	16:51
60 +	20	9	18:20

<b>Females</b>	<b>Core Fitness</b>	<b>Upper Body Fitness</b>	<b>Aerobic Fitness</b>
Age Group	Sit-ups	Push-ups	1.5-MILE Run
20-24	35	26	15:15
25-29	35	26	15:45
30-34	27	21	16:15
35-39	27	21	16:38
40-44	22	15	17:00
45-49	22	15	17:08
50-54	17	13	17:15
55-59	17	13	18:18
60 +	8	8	19:25