Montana Law Enforcement Academy - Physical Fitness Requirements

Point Table

MALES

MALES	AGE →	<20		20-29		30-39		40-49		50-59		60+	
		Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points
Sit-Ups		36	1	33	1	30	1	25	1	19	1	15	1
		37	2	34	2	31	2	26	2	20	2	16	2
		38	3	35	3	32	3	27	3	21	3	17	3
		39	4	36	4	33	4	28	4	22	4	18	4
		40	5	37	5	34	5	29	5	23	5	19	5
		41	6	38	6	35	6	30	6	24	6	20	6
		42	7	39	7	36	7	31	7	25	7	21	7
		43	8	40	8	37	8	32	8	26	8	22	8
		44	9	41	9	38	9	33	9	27	9	23	9
		45	10	42	10	39	10	34	10	28	10	24	10
		46	11	43	11	40	11	35	11	29	11	25	11
		47	12	44	12	41	12	36	12	30	12	26	12
		48	13	45	13	42	13	37	13	31	13	27	13
		49	14	46	14	43	14	38	14	32	14	28	14
Push-Ups		24	1	24	1	18	1	13	1	8	1	6	1
		25	2	25	2	19	2	14	2	9	2	7	2
		26	3	26	3	20	3	15	3	10	3	8	3
		27	4	27	4	21	4	16	4	11	4	9	4
		28	5	28	5	22	5	17	5	12	5	10	5
		29	6	29	6	23	6	18	6	13	6	11	6
		30	7	30	7	24	7	19	7	14	7	12	7
		31	8	31	8	25	8	20	8	15	8	13	8
		32	9	32	9	26	9	21	9	16	9	14	9
		33	10	33	10	27	10	22	10	17	10	15	10
		34	11	34	11	28	11	23	11	18	11	16	11
		35	12	35	12	29	12	24	12	19	12	17	12
		36	13	36	13	30	13	25	13	20	13	18	13
		37	14	37	14	31	14	26	14	21	14	19	14
	AGE →	<20		20-29		30-39		40-49		50-59		60+	

Montana Law Enforcement Academy - Physical Fitness Requirements

Point Table

MALES

MALES	AGE	<20		20-29		30-39		40-49		50-59		60>	
		Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points
Sit & Reach		15	1	15	1	14	1	12.75	1	11.25	1	10.75	1
		15.25	2	15.25	2	14.25	2	13	2	11.75	2	11	2
		15.5	3	15.5	3	14.5	3	13.25	3	12	3	11.25	3
		15.75	4	15.75	4	14.75	4	13.5	4	12.25	4	11.75	4
		16	5	16	5	15	5	13.75	5	12.5	5	12	5
		16.25	6	16.25	6	15.25	6	14	6	12.75	6	12.25	6
		16.5	7	16.5	7	15.5	7	14.25	7	13	7	12.5	7
		16.75	8	16.75	8	15.75	8	14.5	8	13.25	8	12.75	8
		17	9	17	9	16	9	14.75	9	13.5	9	13	9
		17.25	10	17.25	10	16.25	10	15	10	13.75	10	13.25	10
		17.5	11	17.5	11	16.5	11	15.25	11	14	11	13.5	11
		17.75	12	17.75	12	16.75	12	15.5	12	14.25	12	13.75	12
		18	13	18	13	17	13	15.75	13	14.5	13	14	13
		18.25	14	18.25	14	17.25	14	16	14	14.75	14	14.25	14
1.5 Mile Run		13:25	1	13:25	1	14:10	1	14:55	1	16:35	1	19:00	1
		13:15	2	13:15	2	14:00	2	14:45	2	16:25	2	18:50	2
		13:05	3	13:05	3	13:50	3	14:35	3	16:15	3	18:40	3
		12:55	4	12:55	4	13:40	4	14:25	4	16:05	4	18:30	4
		12:45	5	12:45	5	13:30	5	14:15	5	15:55	5	18:20	5
		12:35	6	12:35	6	13:20	6	14:05	6	15:45	6	18:10	6
		12:25	7	12:25	7	13:10	7	13:55	7	15:35	7	18:00	7
		12:15	8	12:15	8	13:00	8	13:45	8	15:25	8	17:50	8
		12:05	9	12:05	9	12:50	9	13:35	9	15:15	9	17:40	9
		11:55	10	11:55	10	12:40	10	13:25	10	15:05	10	17:30	10
		11:45	11	11:45	11	12:30	11	13:15	11	14:55	11	17:20	11
		11:35	12	11:35	12	12:20	12	13:05	12	14:45	12	17:10	12
		11:25	13	11:25	13	12:10	13	12:55	13	14:35	13	17:00	13
		11:15	14	11:15	14	12:00	14	12:45	14	14:25	14	16:50	14
	AGE	<20		20-29		30-39		40-49		50-59		60>	

Montana Law Enforcement Academy - Physical Fitness Requirements

Point Table

FEMALES

FEMALES	AGE	<20		20-29		30-39		40-49		50-59		60>	
		Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points
Sit-Ups		28	1	27	1	20	1	15	1	10	1	2	1
		29	2	28	2	21	2	16	2	11	2	3	2
		30	3	29	3	22	3	17	3	12	3	4	3
		31	4	30	4	23	4	18	4	13	4	5	4
		32	5	31	5	24	5	19	5	14	5	6	5
		33	6	32	6	25	6	20	6	15	6	7	6
		34	7	33	7	26	7	21	7	16	7	8	7
		35	8	34	8	27	8	22	8	17	8	9	8
		36	9	35	9	28	9	23	9	18	9	10	9
		37	10	36	10	29	10	24	10	19	10	11	10
		38	11	37	11	30	11	25	11	20	11	12	11
		39	12	38	12	31	12	26	12	21	12	13	12
		40	13	39	13	32	13	27	13	22	13	14	13
		41	14	40	14	33	14	28	14	23	14	15	14
Push-Ups		11	1	11	1	7	1	5	1	3	1	1	1
		12	2	12	2	8	2	6	2	4	2	2	2
		13	3	13	3	9	3	7	3	5	3	3	3
		14	5	14	5	10	5	8	5	6	5	4	5
		15	6	15	6	11	6	9	6	7	6	5	6
		16	7	16	7	12	7	10	7	8	7	6	7
		17	8	17	8	13	8	11	8	9	8	7	8
Modified Push-Ups		18	1	18	1	13	1	8	1	7	1	1	1
		19	2	19	2	14	2	9	2	8	2	2	2
		20	3	20	3	15	3	10	3	9	3	3	3
		21	4	21	4	16	4	11	4	10	4	4	4
		22	5	22	5	17	5	12	5	11	5	5	5
		23	6	23	6	18	6	13	6	12	6	6	6
		24	7	24	7	19	7	14	7	13	7	7	7
		25	8	25	8	20	8	15	8	14	8	8	8
		26	9	26	9	21	9	16	9	15	9	9	9
		27	10	27	10	22	10	17	10	16	10	10	10
		28	11	28	11	23	11	18	11	17	11	11	11
		29	12	29	12	24	12	19	12	18	12	12	12
	AGE	<20		20-29		30-39		40-49		50-59		60>	

Montana Law Enforcement Academy - Physical Fitness Requirements

Point Table

FEMALES

FEMALES	AGE	<20		20-29		30-39		40-49		50-59		60>	
		Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points	Measure	Points
Sit & Reach		19	1	17.75	1	16.75	1	16	1	15	1	14	1
		19.25	2	18	2	17	2	16.25	2	15.25	2	14.25	2
		19.5	3	18.25	3	17.25	3	16.5	3	15.5	3	14.5	3
		19.75	4	18.5	4	17.5	4	16.75	4	15.75	4	14.75	4
		20	5	18.75	5	17.75	5	17	5	16	5	15	5
		20.25	6	19	6	18	6	17.25	6	16.25	6	15.25	6
		20.5	7	19.25	7	18.25	7	17.5	7	16.5	7	15.5	7
		20.75	8	19.5	8	18.5	8	17.75	8	16.75	8	15.75	8
		21	9	19.75	9	18.75	9	18	9	17	9	16	9
		21.25	10	20	10	19	10	18.25	10	17.25	10	16.25	10
		21.5	11	20.25	11	19.25	11	18.5	11	17.5	11	16.5	11
		21.75	12	20.5	12	19.5	12	18.75	12	17.75	12	16.75	12
		22	13	20.75	13	19.75	13	19	13	18	13	17	13
		22.25	14	21	14	20	14	19.25	14	18.25	14	17.25	14
1.5 Run		16:35	1	16:35	1	17:25	1	19:05	1	20:55	1	23:15	1
		16:15	2	16:15	2	17:05	2	18:45	2	20:35	2	22:55	2
		15:55	3	15:55	3	16:45	3	18:25	3	20:15	3	22:35	3
		15:35	4	15:35	4	16:25	4	18:05	4	19:55	4	22:15	4
		15:25	5	15:25	5	16:15	5	17:55	5	19:45	5	22:05	5
		15:15	6	15:15	6	16:05	6	17:45	6	19:35	6	21:55	6
		15:05	7	15:05	7	15:55	7	17:35	7	19:25	7	21:45	7
		14:55	8	14:55	8	15:45	8	17:25	8	19:15	8	21:35	8
		14:35	9	14:35	9	15:25	9	17:05	9	18:55	9	21:15	9
		14:15	10	14:15	10	15:05	10	16:45	10	18:35	10	20:55	10
		13:55	11	13:55	11	14:45	11	16:25	11	18:15	11	20:35	11
		13:35	12	13:35	12	14:20	12	16:05	12	17:55	12	20:15	12
		13:15	13	13:15	13	14:00	13	15:45	13	17:35	13	19:55	13
		12:55	14	12:55	14	13:40	14	15:25	14	17:15	14	19:35	14
	AGE	<20		20-29		30-39		40-49		50-59		60>	