

SAN ANTONIO POLICE DEPARTMENT FITNESS STANDARDS

MEN
20 30 40

WOMEN
20 30 40

SITUPS

49	45	40
46	42	37
41	37	32
37	33	28
32	28	22

50 pts
40 pts
30 pts
20 pts
10 pts

SITUPS

45	38	32
42	33	28
37	28	23
31	24	19
23	18	13

PUSHUPS

51	41	34
44	36	29
35	29	22
27	21	16
19	15	10

50 pts
40 pts
30 pts
20 pts
10 pts

PUSHUPS

33	26	17
27	19	15
19	14	11
14	10	8
9	6.5	5

VERTICAL

25	23	19.5
23	21	18
21	20	16.5
19	18.5	15
17	16	13

50 pts
40 pts
30 pts
20 pts
10 pts

VERTICAL

18	15.5	13
17	15	12.7
15.5	13	11.1
13.9	12	9
12	10.9	7.1

RUN

10:00	10:24	10:48
10:45	11:06	11:41
11:45	11:58	12:53
12:53	13:24	14:07
14:34	15:13	15:58

50 pts
40 pts
30 pts
20 pts
10 pts

RUN

11:33	11:58	12:51
12:25	12:53	13:32
13:49	14:23	15:13
15:14	15:58	16:46
17:49	18:37	19:32

300

49	50	56
51	52	60
55	56	66
60	61	74.8
69	70	86

50 pts
40 pts
30 pts
20 pts
10 pts

300

58	63.5	68.2
59.7	66.5	72
62.7	72	80.5
74.5	80.5	101.8
88	93.5	116