

# MCSO Physical Fitness Requirements

## *Deputy Sheriff Part-Time Road Patrol*



| Male/Age | Push-ups | Sit-ups | Run   | Female/Age | Push-ups | Sit-ups | Run   |
|----------|----------|---------|-------|------------|----------|---------|-------|
| 20-29    | 29       | 38      | 12:38 | 20-29      | 15       | 32      | 14:50 |
| 30-39    | 24       | 35      | 12:58 | 30-39      | 11       | 25      | 15:43 |
| 40-49    | 18       | 29      | 13:50 | 40-49      | 9        | 20      | 16:31 |
| 50-59    | 13       | 24      | 15:03 | 50-59      | *        | 14      | 18:07 |
| 60-69    | 10       | 19      | 16:46 | 60-69      | *        | 6       | 20:06 |
|          |          |         |       |            |          |         |       |