

MCSO Physical Fitness Requirements

Deputy Sheriff Jailor



<i>Male (Age)</i>	Push-ups	Sit-ups	Run	<i>Female (Age)</i>	Push-ups	Sit-ups	Run
<20	26	38	1:02	<20	13	29	1:15
20-29	26	35	1:02	20-29	13	30	1:15
30-39	20	32	1:03	30-39	9	22	1:22
40-49	15	27	1:17	40-49	7	17	1:46
50-59	10	21	1:27	50-59	NA	12	NA
60-69	8	17	NA	60-69	NA	4	NA

Questions? MCSO Recruitment • (585)-753-4705 • MCSORecruitment@monroecounty.gov