

MCSO Physical Fitness Requirements

Deputy Sheriff Road Patrol/Civil



<i>Male (Age)</i>	Push-ups	Sit-ups	Run	<i>Female (Age)</i>	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

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

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