



300 Meter Run: The 300 meter run must be completed in no more than 59 seconds for males and 75 seconds for females.

Sit-ups: Males must do 37 sit-ups and females must do 29 sit-ups within ONE MINUTE.

Push-Ups: Males must do 27 push-ups and females must do 13 push-ups within ONE MINUTE. Applicants will touch their chest to a foam cup/fist in order to count as a completion.

1.5 Mile Run: The 1.5 mile run must be completed in no more than 12:41 (twelve minutes and forty one seconds) for males and 15:31 (fifteen minutes and thirty one seconds) for females.