

Dear Candidate,

**Congratulations! You have selected one of the premier law enforcement agencies in the nation and we are looking forward to working with you through the hiring process. One of the first tasks you will be asked to do is complete the police academy fitness test.**

**I was dismayed to see the number of candidates that we lose each year due to unacceptable level of fitness. A sustained fitness program is an integral part of police work - your life, and the lives of others, will depend on your fitness level and if you have not considered this important portion of the process, I urge you to do that now.**

**Below is the standard you will be asked to pass –I encourage you to train and work hard to be in the best shape possible when you come in to take the test. We expect that the next testing period will be in February 2011.**

**Good luck and I look forward to seeing you at the Portland Police Department.**

Sincerely,

**MICHAEL J. SAUSCHUCK  
Acting Chief of Police**

**PHYSICAL FITNESS TEST ENTRANCE STANDARDS**

**Adopted by the MCJA Board of Trustees: 09/10/2010, effective 10/01/2010**

| FITNESS TEST           | MALE (40 <sup>th</sup> Percentile) AGE |       |       |       | FEMALE (40 <sup>th</sup> Percentile) AGE |       |       |       |
|------------------------|--|-------|-------|-------|--|-------|-------|-------|
|                        | 20–29                                  | 30–39 | 40–49 | 50-59 | 20–29                                    | 30–39 | 40–49 | 50-59 |
| Max. Push-up Test      | 29                                     | 24    | 18    | 13    | 15                                       | 11    | 9     | 3     |
| One Minute Sit-up Test | 38                                     | 35    | 29    | 24    | 32                                       | 25    | 20    | 14    |
| 1.5 Mile Run           | 12:38                                  | 12:58 | 13:50 | 15:06 | 14:50                                    | 15:43 | 16:31 | 18:18 |