

ELITE AGENTS PHYSICAL FITNESS TEST SCORING SCALE

In order to pass the Physical Fitness Test, applicants must achieve a minimum cumulative score of twelve (12) points for PPS Agents and (9) points for Armed Security Officer with at least one (1) point in each of the four (4) events:

Scoring Scale for One-Minute Sit-Ups

| Score | Female | Male |
|-------|-------------|-------------|
| 1 | 35-36 | 38 |
| 2 | 37-40 | 39-42 |
| 3 | 41-42 | 43-44 |
| 4 | 43-46 | 45-47 |
| 5 | 47-48 | 48-49 |
| 6 | 49-50 | 50-51 |
| 7 | 51-52 | 52-53 |
| 8 | 53-54 | 54-54 |
| 9 | 55-56 | 56-57 |
| 10 | 57 and over | 58 and over |

Scoring Scale for Timed 300-Meter Sprint (in seconds)

| Score | Female | Male |
|-------|----------------|----------------|
| 1 | 64.9-62.5 | 52.4-51.1 |
| 2 | 62.4-60.0 | 51.0-49.5 |
| 3 | 59.9-57.5 | 49.4-48.0 |
| 4 | 57.4-56.0 | 47.9-46.1 |
| 5 | 55.9-53.0 | 46.0-45.0 |
| 6 | 53.9-53.0 | 44.9-44.0 |
| 7 | 52.9-52.0 | 43.9-43.0 |
| 8 | 51.9-51.0 | 42.9-42.0 |
| 9 | 50.9-50.0 | 41.9-41.0 |
| 10 | 49.0 and below | 40.9 and below |

ELITE AGENTS PHYSICAL FITNESS TEST SCORING SCALE

Scoring Scale for Push-Ups (untimed)

| Score | Female | Male |
|-------|-------------|-------------|
| 1 | 14-18 | 30-32 |
| 2 | 19-21 | 33-39 |
| 3 | 22-26 | 40-43 |
| 4 | 27-29 | 44-49 |
| 5 | 30-32 | 50-53 |
| 6 | 33-35 | 54-56 |
| 7 | 36-38 | 57-60 |
| 8 | 39-41 | 61-64 |
| 9 | 42-44 | 65-70 |
| 10 | 45 and over | 71 and over |

Scoring Scale for 1.5 Mile Run (in minutes:seconds)

| Score | Female | Male |
|-------|-----------------|----------------|
| 1 | 13:59-13:35 | 12:24-12:15 |
| 2 | 13:34-13:00 | 12:14-11:35 |
| 3 | 12:59-12:30 | 11:34-11:10 |
| 4 | 12:29-11:57 | 11:09-10:35 |
| 5 | 11:56-11:35 | 10:34-10:15 |
| 6 | 11:34-11:15 | 10:14-9:55 |
| 7 | 11:14-11:06 | 9:54-9:35 |
| 8 | 11:05-10:45 | 9:34-9:20 |
| 9 | 10:44-10:35 | 9:19-9:00 |
| 10 | 10:34 and below | 8:59 and below |