

**50% PHYSICAL PERFORMANCE EXAMINATION
EXIT STANDARDS**

Male Candidate

Age	1 Minute of Sit-ups	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 50%
20-29	40	56 Seconds	33	11:58
30-39	36	57 Seconds	27	12:24
40-49	31	67.6 Seconds	21	13:12
50-59	26	80 Seconds	15	14:23
60-69	20	N/A	15	15:56

Female Candidates

Age	1 Minute of Sit-ups	300 Meter Sprint	1 Minute of Push-ups	1.5 Mile Run 50%
20-29	35	64 Seconds	18	14:04
30-39	27	74 Seconds	14	14:34
40-49	22	86 Seconds	11	15:34
50-59	17	N/A	N/A	17:19
60-69	08	N/A	N/A	20:13