

Montgomery County Sheriffs Office Physical Fitness Standards

Applicants are required to pass all of the tests to pass the physical fitness course. This is a Pass / Fail test.

Maximum Push up

Age	Male	Female
20 - 29	29	15
30 - 39	24	15
40 - 49	18	9
50 - 59	13	-
60 +	10	-

One Minute Sit Up

Age	Male	Female
20 - 29	38	32
30 - 39	35	25
40 - 49	29	20
50 - 59	24	14
60+	19	6

300 Meter Run

Age	Male	Female
20 - 29	59 sec	71 sec
30 - 39	58.9	79
40 - 49	72	94
50 - 59	83	-
60+	-	-

1 ½ Mile Run

Age	Male	Female
20 - 29	12.29	15.05
30 - 39	12.53	15.56
40 - 49	13.50	17.11
50 - 59	15.14	19.10
60 - 69	17.19	20.55
70 - 79	19.43	23.47

These Standards have been accepted by and are currently used by the Pennsylvania Commission on Crime and Delinquency as a requirement of the Pennsylvania Deputy Sheriff Academy