

# Merrimack County Department of Corrections

## PHYSICAL FITNESS TEST ENTRY-LEVEL STANDARDS

300 meter run	Males	Females	Sit-ups	Males	Females
18-29 yrs.	60	74.5	18-29 yrs.	37	31
30-39	61	80.5	30-39	33	24
40-49	74.8	101.8	40-49	28	19
50-59	85	N/A	50-59	22	12
			60+	18	5
Total measured in seconds			Completed in 60 seconds		

Vertical Leap	Males	Females	Push-ups	Males	Females
18-29 yrs.	19"	13.9"	18-29 yrs.	27	22
30-39	18.5"	12"	30-39	21	17
40-49	15"	9"	40-49	16	11
50-59	13.5"	N/A	50-59	11	10
			60+	9	4
Total measured in inches			Unlimited time; must remain in push-up position		

Flexibility	Males	Females	1.5 Mile Run	Males	Females
18-29 yrs.	16.0	19.0	18-29 yrs.	12:53	15:14
30-39	15.0	17.8	30-39	13:24	15:58
40-49	14.0	17.0	40-49	14:07	16:46
50-59	12.5	16.0	50-59	15:20	18:37
60+	12.0	15.2	60+	17:11	20:46
Total measured in inches			Total measured in minutes and seconds		