







# McAllen Police Academy

## Fitness Standards for Police Applicants

FITNESS TEST BATTERY	<i>Males</i>			<i>Females</i>		
	Ages 20 - 29	Ages 30 - 39	Ages 40 - 44	Ages 20 - 29	Ages 30 - 39	Ages 40 - 44
 SIT UPS  (In one minute)	Maximum 55 Minimum 44	Maximum 51 Minimum 40	Maximum 47 Minimum 39	Maximum 51 Minimum 39	Maximum 42 Minimum 30	Maximum 38 Minimum 25
 FLEXIBILITY (Beyond feet in sitting position)	Maximum 23.0" Minimum 19.0" (2 1/2" Beyond feet in sitting position)	Maximum 22.0" Minimum 18.0" (1/2" Beyond feet in sitting position)	Maximum 21.3" Minimum 17.0" (3/4" Beyond feet in sitting position)	Maximum 24.5" Minimum 21.0" (5" Beyond feet in sitting position)	Maximum 24.0" Minimum 20.3" (4" Beyond feet in sitting position)	Maximum 22.8" Minimum 19.1" (3" Beyond feet in sitting position)
FULL BODY  PUSH-UPS (in one minute)	Maximum 100 Minimum 39	Maximum 86 Minimum 31	Maximum 64 Minimum 25	Maximum 53 Minimum 23	Maximum 48 Minimum 16	Maximum 23 Minimum 13
 VERTICAL JUMP (Best of three trials is the score)	22 inch jump (Vertical Jump as high as possible measured above his standard reach)	20 inch jump (Vertical Jump as high as possible measured above his standard reach)	17 inch jump (Vertical Jump as high as possible measured above his standard reach)	16 inch jump (Vertical Jump as high as possible measured above his standard reach)	14.3 inch jump (Vertical Jump as high as possible measured above his standard reach)	11.6 inch jump (Vertical Jump as high as possible measured above his standard reach)
 1.5 MILE RUN (minutes:seconds)	Maximum 8:22 Minimum 11:09	Maximum 8:49 Minimum 11:34	Maximum 9:02 Minimum 11:58	Maximum 9:23 Minimum 13:01	Maximum 9:52 Minimum 13:58	Maximum 10:09 Minimum 15:03

Minimum Passing Score: 65% (Overall Average of five categories: Sit-ups, Flexibility, Push-ups, Vertical Jump, 1.5 Mile Run.)



**McAllen Police Department**  
**Training Unit**  
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**(956) 681-2130**

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