

## DEPUTY CONSTABLE I

### Physical Readiness Assessment

The physical readiness assessment will be conducted by the Sheriff's Department Training Division on all test candidates who pass the written examination and will consist of the following:

	<b>Vertical Jump (inches)</b>	<b>Bench Press (ratio)</b>	<b>Bench Press (lbs)</b>	<b>Agility Run (sec)</b>	<b>Push Up (n)</b>	<b>Sit Up (n)</b>	<b>300 m Run (sec)</b>	<b>Endurance Run (min:sec)</b>
<b>Requirement to be met</b>	13.5	.60	112	23.0	16	27	87	18:00