

SHERIFF DEPUTY 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:

Activity	Vertical Jump (inches)	Bench Press (ratio)	Bench Press (lbs)	Agility Run (sec)	Push Up (n)	Sit Up (n)	300 m Run (sec)	Endurance Run (min:sec)
Requirement at the initial time of testing	13.5	.60	112	23.0	16	27	87	18:00

Activity	Vertical Jump (inches)	Bench Press (ratio)	Bench Press (lbs)	Agility Run (sec)	Push Up (n)	Sit Up (n)	300 m Run (sec)	Endurance Run (min:sec)
Requirement within 10 weeks of Academy	16.5	.70	140	19.2	20	33	73	15:01