

# NORFOLK COUNTY SHERIFF'S OFFICE

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## FITNESS STANDARDS TEST

### MALE

	20 - 29	30 - 39	40 - 49	50 - 59
PLANK	62 s	62 s	62 s	62 s
PUSH-UPS	22	17	11	9
AGILITY	18.2 s	18.7 s	19.2 s	19.7 s
300 METER	66 s	68 s	83 s	95 s

### FEMALE

	20 - 29	30 - 39	40 - 49	50 - 59
PLANK	62 s	62 s	62 s	62 s
PUSH-UPS	17	11	6	6
AGILITY	22.4 s	22.9 s	23.4 s	23.9 s
300 METER	78 s	86 s	110 s	110 s