

## 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:

<b>Activity</b>	<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 at the initial time of testing</b>	13.5	.60	112	23.0	16	27	87	18:00

<b>Activity</b>	<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 within 10 weeks of Academy</b>	16.5	.70	140	19.2	20	33	73	15:01