



Basic Peace Officer Academy
Entrance Physical Conditioning Minimum Standards



I understand that these are the minimum standards that I must attain for entry into the Lake County Sheriff's Office/Lakeland Community College Police Academy. My failure to meet these standards will result in me being ineligible for the Academy.

Age and Gender Minimum Scores (15th percentile)

Exercise	Males (<29)	Females (<29)
Sit-ups (1 min.)	32	23
Push-ups (1 min.)	19	9
1.5 Mile Run	14:34	17:49
Exercise		
	Males (30-39)	Females (30-39)
Sit-ups (1 min.)	28	18
Push-ups (1 min.)	15	7
1.5 Mile Run	15:13	18:37
Exercise		
	Males (40-49)	Females (40-49)
Sit-ups (1 min.)	22	13
Push-ups (1 min.)	10	5
1.5 Mile Run	15:58	19:32
Exercise		
	Males (50-59)	Females (50-59)
Sit-ups (1 min.)	17	7
Push-ups (1 min.)	7	4 (Modified)
1.5 Mile Run	17:38	21:31

Applicant's Printed Name

Applicants Signature