



CITY OF WEST MONROE POLICE DEPARTMENT

WEST MONROE, LOUISIANA



WWW.WMPD.NET

ALL APPLICANTS FOR POLICE OFFICER/CORRECTIONS OFFICER MUST SUCCESSFULLY COMPLETE A PHYSICAL FITNESS TEST PRIOR TO BEING INTERVIEWED FOR THE POSITION

THE PHYSICAL FITNESS TEST CONSISTS OF:

MALES

TEST	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60 & OLDER
1.0 MILE RUN	12:00 Min	12:00 Min	12:00 Min	12:00 Min	12:00 Min
300 METER SPRINT	1:25 Min	1:25 Min	1:25 Min	1:25 Min	1:25 Min
PUSH-UP 1 Min	18	13	9	6	4
SIT-UP 1 Min	30	26	22	15	10

WOMEN

TEST	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60 & OLDER
1.0 MILE RUN	12:00 Min	12:00 Min	12:00 Min	12:00 Min	12:00 Min
300 METER SPRINT	1:25 Min	1:25 Min	1:25 Min	1:25 Min	1:25 Min
PUSH-UP 1 Min	8	6	4	2	1
SIT-UP 1 Min	21	15	10	6	1