



Mississippi Board of Law Enforcement Office of Standards & Training

Physical Fitness Requirements

EVENT I - AGILITY RUN STANDARDS

EFFICIENY SCORE	20-29 YEARS AGILITY TIME (in		30-39 YEARS AGILITY TIME (in		40-50+ YEARS AGILITY TIME (in seconds)	
	Male	Female	Male	Female	Male	Female
100	15:90	17:80	16:40	18:90	17:35	20:55
99.50	15:95	17:85	16:44	18:95	17:40	20:61
99.00	15:99	17:91	16:49	19:01	17:44	20:66
98.50	16:04	17:96	16:53	19:06	17:49	20:72
98.00	16:08	18:02	16:58	19:12	17:53	20:77
97.50	16:13	18:07	16:62	19:17	17:58	20:83
97.00	16:17	18:13	16:67	19:23	17:62	20:88
96.50	16:22	18:18	16:71	19:28	17:67	20:94
96.00	16:26	18:24	16:76	19:34	17:71	20:99
95.50	16:31	18:29	16:80	19:39	17:76	21:05
95.00	16:35	18:35	16:85	19:45	17:80	21:10
94.50	16:40	18:40	16:89	19:51	17:85	21:16
94.00	16:44	18:46	16:94	19:56	17:89	21:21
93.50	16:49	18:51	16:98	19:62	17:94	21:27
93.00	16:53	18:57	17:03	19:67	17:98	21:32
92.50	16:58	18:62	17:07	19:73	18:03	21:38
92.00	16:62	18:68	17:12	19:78	18:07	21:43
91.50	16:67	18:73	17:16	19:84	18:12	21:49
91.00	16:73	18:79	17:21	19:89	18:16	21:54
90.50	16:76	18:84	17:25	19:95	18:21	21:60
90.00	16:80	18:90	17:30	20:00	18:25	21:65
89.50	16:85	18:95	17:34	20:06	18:30	21:71
89.00	16:89	19:01	17:39	20:11	18:34	21:76
88.50	16:94	19:06	17:43	20:17	18:39	21:82
88.00	16:98	19:12	17:48	20:22	18:43	21:87
87.50	17:03	19:17	17:52	20:28	18:48	21:93
87.00	17:07	19:23	17:57	20:33	18:52	21:98

86.50	17:12	19:28	17:61	20:39	18:57	22:04
86.00	17:16	19:34	17:66	20:44	18:61	22:09
85.50	17:21	19:39	17:70	20:50	18:66	22:15
85.00	17:25	19:45	17:75	20:55	18:70	22:20
84.50	17:30	19:51	17:79	20:61	18:75	22:26
84.00	17:34	19:56	17:84	0:66	18:79	22:31

EVENT I - AGILITY RUN STANDARDS

EFFICIENCY SCORE	20-29 YEARS AGILITY TIME (in		30-39 YEARS AGILITY TIME (in		40-50+ YEARS AGILITY TIME (in seconds)	
	Male	Female	Male	Female	Male	Female
83.50	17:39	19:62	17:88	20:72	18:84	22:37
83.00	17:43	19:67	17:93	20:77	18:88	22:42
82.50	17:48	19:73	17:97	20:83	18:93	22:48
82.00	17:52	19:78	18:02	20:88	18:97	22:53
81.50	17:57	19:84	18:06	20:94	19:02	22:59
81.00	17:61	19:89	18:11	20:99	19:06	22:64
80.50	17:66	19:95	18:15	21:05	19:11	22:70
80.00	17:70	20:00	18:20	21:10	19:15	22:75
79.50	17:75	20:06	18:24	21:16	19:20	22:81
79.00	17:79	20:11	18:29	21:21	19:24	22:86
78.50	17:84	20:17	18:33	21:27	19:29	22:92
78.00	17:88	20:22	18:38	21:32	19:33	22:97
77.50	17:93	20:28	18:42	21:38	19:38	23:03
77.00	17:97	20:33	18:47	21:43	19:42	23:08
76.50	18:02	20:39	18:51	21:49	19:47	23:14
76.00	18:06	20:44	18:56	21:54	19:51	23:19
75.50	18:11	20:50	18:60	21:60	19:56	23:25
75.00	18:15	20:55	18:65	21:65	19:60	23:30
74.50	18:20	20:61	18:69	21:71	19:65	23:36
74.00	18:24	20:66	18:74	21:76	19:69	23:41
73.50	18:29	20:72	18:78	21:82	19:74	23:47

73.00	18:33	20:77	18:83	21:87	19:78	23:52
72.50	18:38	20:83	18:87	21:93	19:83	23:58
72.00	18:42	20:88	18:92	21:98	19:87	23:63
71.50	18:47	20:94	18:96	22:04	19:92	23:69
71.00	18:51	20:99	19:01	22:09	19:93	23:74
70.50	18:56	21:05	19:05	22:15	20:01	23:80
70.00	18:60	21:10	19:10	22:20	20:05	23:85

2. This document describes the Push-Up Standards for Mississippi Law Enforcement officers.

EVENT II - PUSH-UP STANDARDS

Male/Female Push-up Scores																
	% Scores for Ages 17 - 21		% Scores for Ages 22 - 26		% Scores for Ages 27 - 31		% Scores for Ages 32 - 36		% Scores for Ages 37 - 41		% Scores for Ages 42 - 46		% Scores for Ages 47 - 51		% Scores for Ages 52 +	
# of Repetitions	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
82	100															
81.00	99.0															
80.00	98.0		100													
79.00	97.0		99.0													
78.00	96.0		98.0		100											
77.00	95.0		97.0		99.0											
76.00	94.0		96.0		98.0											
75.00	93.0		95.0		97.0											
74.00	92.0		94.0		96.0											
73.00	91.0		93.0		95.0		100									
72.00	90.0		92.0		94.0		99.0		100							
71.00	89.0		91.0		93.0		98.0		99.0							
70.00	88.0		90.0		92.0		97.0		98.0							
69.00	87.0		89.0		91.0		96.0		97.0							
68.00	86.0		88.0		90.0		95.0		96.0							
67.00	85.0		87.0		89.0		94.0		95.0							
66.00	84.0		86.0		88.0		93.0		94.0		100					
65.00	83.0		85.0		87.0		92.0		93.0		99.0					
64.00	82.0		84.0		86.0		91.0		92.0		98.0					
63.00	81.0		83.0		85.0		90.0		91.0		97.0					
62.00	80.0		82.0		84.0		89.0		90.0		96.0		100			
61.00	79.0		81.0		83.0		88.0		89.0		95.0		99.0			

60.00	78.0		80.0		82.0		87.0		88.0		94.0		98.0			
59.00	77.0		79.0		81.0		86.0		87.0		93.0		97.0			
58.00	76.0	100	78.0		80.0		85.0		86.0		92.0		96.0			
57.00	75.0	99.0	77.0		79.0		84.0		85.0		91.0		95.0			
56.00	74.0	98.0	76.0	100	78.0		83.0		84.0		90.0		94.0		100	
55.00	73.0	97.0	75.0	99.0	77.0		82.0		83.0		89.0		93.0		99.0	
54.00	72.0	96.0	74.0	98.0	76.0	100	81.0		82.0		88.0		92.0		98.0	
53.00	71.0	95.0	73.0	97.0	75.0	99.0	80.0		81.0		87.0		91.0		97.0	
52.00	70.0	94.0	72.0	96.0	74.0	98.0	79.0	100	80.0		86.0		90.0		96.0	
51.00	69.0	93.0	71.0	95.0	73.0	97.0	78.0	99.0	79.0		85.0		89.0		95.0	
50.00	68.0	92.0	70.0	94.0	72.0	96.0	77.0	98.0	78.0		84.0		88.0		94.0	
49.00	67.0	91.0	69.0	93.0	71.0	95.0	76.0	97.0	77.0		83.0		87.0		93.0	
48.00	66.0	90.0	68.0	92.0	70.0	94.0	75.0	96.0	76.0	100	82.0		86.0		92.0	
47.00	65.0	89.0	67.0	91.0	69.0	93.0	74.0	95.0	75.0	99.0	81.0		85.0		91.0	
46.00	64.0	88.0	66.0	90.0	68.0	92.0	73.0	94.0	74.0	98.0	80.0		84.0		90.0	
45.00	63.0	87.0	65.0	89.0	67.0	91.0	72.0	93.0	73.0	97.0	79.0	100	83.0		89.0	
44.00	62.0	86.0	64.0	88.0	66.0	90.0	71.0	92.0	72.0	96.0	78.0	99.0	82.0		88.0	
43.00	61.0	85.0	63.0	87.0	65.0	89.0	70.0	91.0	71.0	95.0	77.0	98.0	81.0		87.0	
42.00	60.0	84.0	62.0	86.0	64.0	88.0	69.0	90.0	70.0	94.0	76.0	97.0	80.0		86.0	
41.00	59.0	83.0	61.0	85.0	63.0	87.0	68.0	89.0	69.0	93.0	75.0	96.0	79.0	100	85.0	
40.00	58.0	82.0	60.0	84.0	62.0	86.0	67.0	88.0	68.0	92.0	74.0	95.0	78.0	99.0	84.0	100
39.00	57.0	81.0	59.0	83.0	61.0	85.0	66.0	87.0	67.0	91.0	73.0	94.0	77.0	98.0	83.0	99.0

EVENT II - PUSH-UP STANDARDS

Male/Female Push-up Scores																
	% Scores for Ages 17 - 21		% Scores for Ages 22 - 26		% Scores for Ages 27 - 31		% Scores for Ages 32 - 36		% Scores for Ages 37 - 41		% Scores for Ages 42 - 46		% Scores for Ages 47 - 51		% Scores for Ages 52 +	
# of Repetitions	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
38.00	56.0	80.0	58.0	82.0	60.0	84.0	65.0	86.0	66.0	90.0	72.0	93.0	76.0	97.0	82.0	98.0
37.00	55.0	79.0	57.0	81.0	59.0	83.0	64.0	85.0	65.0	89.0	71.0	92.0	75.0	96.0	81.0	97.0
36.00	54.0	78.0	56.0	80.0	58.0	82.0	63.0	84.0	64.0	88.0	70.0	91.0	74.0	95.0	80.0	96.0
35.00	53.0	77.0	55.0	79.0	57.0	81.0	62.0	83.0	63.0	87.0	69.0	90.0	73.0	94.0	79.0	95.0
34.00	52.0	76.0	54.0	78.0	56.0	80.0	61.0	82.0	62.0	86.0	68.0	89.0	72.0	93.0	78.0	94.0
33.00	51.0	75.0	53.0	77.0	55.0	79.0	60.0	81.0	61.0	85.0	67.0	88.0	71.0	92.0	77.0	93.0
32.00	50.0	74.0	52.0	76.0	54.0	78.0	59.0	80.0	60.0	84.0	66.0	87.0	70.0	91.0	76.0	92.0
31.00	49.0	73.0	51.0	75.0	53.0	77.0	58.0	79.0	59.0	83.0	65.0	86.0	69.0	90.0	75.0	91.0
30.00	48.0	72.0	50.0	74.0	52.0	76.0	57.0	78.0	58.0	82.0	64.0	85.0	68.0	89.0	74.0	90.0
29.00	47.0	71.0	49.0	73.0	51.0	75.0	56.0	77.0	57.0	81.0	63.0	84.0	67.0	88.0	73.0	89.0
28.00	46.0	70.0	48.0	72.0	50.0	74.0	55.0	76.0	56.0	80.0	62.0	83.0	66.0	87.0	72.0	88.0
27.00	45.0	69.0	47.0	71.0	49.0	73.0	54.0	75.0	55.0	79.0	61.0	82.0	65.0	86.0	71.0	87.0

26.00	44.0	68.0	46.0	70.0	48.0	72.0	53.0	74.0	54.0	78.0	60.0	81.0	64.0	85.0	70.0	86.0
25.00	43.0	67.0	45.0	69.0	47.0	71.0	52.0	73.0	53.0	77.0	59.0	80.0	63.0	84.0	69.0	85.0
24.00	42.0	66.0	44.0	68.0	46.0	70.0	51.0	72.0	52.0	76.0	58.0	79.0	62.0	83.0	68.0	84.0
23.00	41.0	65.0	43.0	67.0	45.0	69.0	50.0	71.0	51.0	75.0	57.0	78.0	61.0	82.0	67.0	83.0
22.00	40.0	64.0	42.0	66.0	44.0	68.0	48.0	70.0	50.0	74.0	56.0	77.0	60.0	81.0	66.0	82.0
21.00	39.0	63.0	41.0	65.0	42.0	67.0	46.0	69.0	48.0	73.0	55.0	76.0	58.0	80.0	65.0	81.0
20.00	38.0	62.0	40.0	64.0	40.0	66.0	44.0	68.0	46.0	72.0	54.0	75.0	56.0	79.0	64.0	80.0
19.00	37.0	61.0	38.0	63.0	38.0	65.0	42.0	67.0	44.0	71.0	52.0	74.0	54.0	78.0	63.0	79.0
18.00	36.0	60.0	36.0	62.0	36.0	64.0	40.0	66.0	42.0	70.0	50.0	72.0	52.0	77.0	62.0	78.0
17.00	34.0	58.0	34.0	61.0	34.0	63.0	38.0	65.0	40.0	68.0	48.0	70.0	50.0	76.0	61.0	77.0
16.00	32.0	56.0	32.0	60.0	32.0	62.0	36.0	64.0	38.0	66.0	46.0	68.0	48.0	75.0	60.0	76.0
15.00	30.0	54.0	30.0	58.0	30.0	60.0	34.0	62.0	36.0	64.0	44.0	66.0	46.0	74.0	57.0	75.0
14.00	28.0	52.0	28.0	56.0	28.0	58.0	32.0	60.0	34.0	62.0	42.0	64.0	44.0	72.0	54.0	74.0
13.00	26.0	50.0	26.0	54.0	26.0	56.0	30.0	58.0	32.0	60.0	39.0	62.0	42.0	70.0	51.0	72.0
12.00	24.0	48.0	24.0	52.0	24.0	54.0	28.0	56.0	30.0	58.0	36.0	60.0	40.0	68.0	48.0	70.0
11.00	22.0	44.0	22.0	50.0	22.0	52.0	26.0	54.0	28.0	56.0	33.0	58.0	38.0	64.0	44.0	68.0
10.00	20.0	40.0	20.0	46.0	20.0	50.0	24.0	52.0	26.0	54.0	30.0	56.0	36.0	60.0	40.0	64.0
9.00	18.0	36.0	18.0	42.0	18.0	45.0	22.0	50.0	24.0	52.0	27.0	54.0	34.0	57.0	36.0	60.0
8.00	16.0	32.0	16.0	38.0	16.0	40.0	20.0	45.0	22.0	50.0	24.0	52.0	32.0	54.0	32.0	56.0
7.00	14.0	28.0	14.0	34.0	14.0	35.0	18.0	40.0	20.0	44.0	21.0	50.0	28.0	51.0	28.0	52.0
6.00	12.0	24.0	12.0	30.0	12.0	30.0	16.0	35.0	18.0	38.0	18.0	43.0	24.0	48.0	24.0	46.0
5.00	10.0	20.0	10.0	25.0	10.0	25.0	14.0	30.0	16.0	32.0	15.0	36.0	20.0	40.0	20.0	40.0
4.00	8.00	16.0	8.00	20.0	8.00	20.0	12.0	24.0	12.0	26.0	12.0	29.0	16.0	32.0	16.0	32.0
3.00	6.00	12.0	6.00	15.0	6.00	15.0	9.00	18.0	9.00	20.0	9.00	22.0	12.0	24.0	12.0	24.0
2.00	4.00	8.00	4.00	10.0	4.00	10.0	6.00	12.0	6.00	14.0	6.00	15.0	8.00	16.0	8.00	16.0
1.00	2.00	4.00	2.00	5.00	2.00	5.00	3.00	6.00	3.00	7.00	3.00	8.00	4.00	8.00	4.00	8.00

3. This document describes the 1.5 Mile Run Standards for Mississippi Law Enforcement officers.

EVENT III - 1.5 MILE RUN STANDARDS

PERCENTAGE SCORE	20-29 YEARS RUN TIME (in minutes)		30-39 YEARS RUN TIME (in minutes)		40-50+ YEARS RUN TIME (in minutes)	
	Male	Female	Male	Female	Male	Female
100	9:00	10:48	10:00	12:00	11:00	13:12
99.50	9:05	10:55	10:05	12:07	11:05	13:19
99.00	9:11	11:02	10:11	12:13	11:11	13:25

98.50	9:17	11:08	10:16	12:19	11:16	13:31
98.00	9:22	11:14	10:22	12:26	11:22	13:38
97.50	9:28	11:20	10:28	12:32	11:28	13:44
97.00	9:33	11:27	10:33	12:39	11:33	13:51
96.50	9:38	11:34	10:38	12:46	11:38	13:58
96.00	9:44	11:40	10:44	12:52	11:44	14:04
95.50	9:50	11:47	10:49	12:58	11:49	14:10
95.00	9:55	11:53	10:55	13:05	11:55	14:17
94.50	10:01	11:59	11:01	13:11	12:01	14:23
94.00	10:07	12:06	11:06	13:18	12:06	14:30
93.50	10:12	12:13	11:11	13:25	12:11	14:37
93.00	10:17	12:19	11:17	13:31	12:17	14:43
92.50	10:23	12:26	11:22	13:37	12:22	14:49
92.00	10:28	12:32	11:28	13:44	12:28	14:56
91.50	10:34	12:38	11:34	13:50	12:34	15:02
91.00	10:40	12:45	11:39	13:57	12:39	15:09
90.50	10:40	12:52	11:44	14:04	12:44	15:16
90.00	10:50	12:58	11:50	14:10	12:50	15:22
89.50	10:56	13:05	11:55	14:16	12:55	15:28
89.00	11:01	13:11	12:01	14:23	13:01	15:35
88.50	11:07	13:18	12:07	14:29	13:07	15:41
88.00	11:13	13:24	12:12	14:36	13:12	15:48
87.50	11:18	13:31	12:17	14:43	13:17	15:54
87.00	11:23	13:37	12:23	14:49	13:23	16:01
86.50	11:29	13:44	12:28	14:55	13:28	16:07
86.00	11:35	13:50	12:34	15:02	13:34	16:14
85.50	11:40	13:57	12:40	15:08	13:40	16:20
85.00	11:45	14:03	12:45	15:15	13:45	16:27
84.50	11:51	14:10	12:50	15:22	13:50	16:33
84.00	11:56	14:16	12:56	15:28	13:56	16:40
83.50	12:02	14:23	13:02	15:34	14:01	16:46
83.00	12:08	14:29	13:07	15:41	14:07	16:53
82.50	12:13	14:36	13:13	15:47	14:13	16:59
82.00	12:19	14:43	13:18	15:54	14:18	17:06

EVENT III - 1.5 MILE RUN STANDARDS

PERCENTAGE SCORE	20-29 YEARS RUN TIME (in minutes)		30-39 YEARS RUN TIME (in minutes)		40-50+ YEARS RUN TIME (in minutes)	
	Male	Female	Male	Female	Male	Female
81.50	12:25	14:49	13:23	16:01	14:23	17:12
81.00	12:30	14:55	13:29	16:07	14:29	17:19
80.50	12:35	15:03	13:35	16:14	14:34	17:25
80.00	12:40	15:08	13:40	16:20	14:40	17:32
79.50	12:56	15:15	13:46	16:26	14:45	17:38
79.00	12:51	15:22	13:51	16:33	14:51	17:44
78.50	12:57	15:28	13:57	16:40	14:56	17:51
78.00	13:02	15:34	14:02	16:46	15:02	17:58
77.50	13:08	15:41	14:08	16:53	15:07	18:04
77.00	13:13	15:47	14:13	16:59	15:13	18:11
76.50	13:19	15:54	14:19	17:05	15:18	18:17
76.00	13:24	16:01	14:25	17:12	15:24	18:23
75.50	13:29	16:07	14:30	17:19	15:29	18:30
75.00	13:35	16:13	14:35	17:25	15:35	18:37
74.50	13:41	16:20	14:40	17:32	15:40	18:44
74.00	13:46	16:26	14:46	17:28	15:46	18:50
73.50	13:52	16:33	14:52	17:44	15:52	18:56
73.00	13:57	16:40	14:57	17:51	15:57	19:03
72.50	14:02	16:46	15:05	17:58	16:02	19:10
72.00	14:08	16:52	15:08	18:04	16:08	19:16
71.50	14:14	16:59	15:13	18:11	16:13	19:23
71.00	14:19	17:05	15:19	18:17	16:19	19:29
70.50	14:25	17:12	15:25	18:23	16:25	19:35
70.00	14:30	17:18	15:30	18:30	16:30	19:42

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Source: Miss Code Ann. § 45-6-7