



# FITNESS STANDARDS

Males (<29)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	32	40	
Pushups (1 min.)	19	33	
1.5-mile run	14:34	11:58	

Female (<29)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	23	35	
Pushups (1 min.)	9	18	
1.5-mile run	17:49	14:07	

Male ( 30-39)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	28	36	
Pushups (1 min.)	15	27	
1.5-mile run	15:13	12:25	

Female (30-39)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	18	27	
Pushups (1 min.)	7	14	
1.5-mile run	18:37	14:34	

Male ( 40-49)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	22	31	
Pushups (1 min.)	10	21	
1.5-mile run	15:58	13:11	

Female ( 40-49)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	13	22	
Pushups (1 min.)	5	11	
1.5-mile run	19:32	15:24	

Male ( 50-59)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	17	26	
Pushups (1 min.)	7	15	
1.5-mile run	17:38	14:16	

Female ( 50-59)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	7	17	
Pushups (1 min.)	4	13	
1.5-mile run	21:31	17:13	

Male ( 60+)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	13	20	
Pushups (1 min.)	5	15	
1.5-mile run	20:12	15:56	

Female ( 60+)			If already OPOTA Certified
	Hiring Standard	Academy graduation standards	Must complete an obstacle course consisting of: <ul style="list-style-type: none"> <li>• Jump through window</li> <li>• Climb 2, 3 ft. fences</li> <li>• Low crawl obstacle</li> <li>• 165 lb. dummy drag</li> <li>• Suspect shirt color ID</li> </ul> <b>ALL OBSTACLES MUST BE COMPLETED IN &lt; 1:23</b>
Sit-ups (1 min)	2	8	
Pushups (1 min.)	1	8	
1.5-mile run	23:32	18:52	