
Police Fitness Personnel of Ontario



CHAPTER 6

TABLE OF RESULTS

**TABLE 1
MALE PUSH-UPS
RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	49+	37+	31+	29+	28+
19	48	36	30	28	25-27
18	36-47	30-35	22-29	21-27	18-24
17	32-35	25-29	20-21	15-20	13-17
16	29-31	22-24	17-19	13-14	12
15	27-28	21	16	12	11
14	25-26	20	15	11	10
12	24	19	13-14	10	9
10	21-23	16-18	12	9	7-8
8	18-20	14-15	10-11	7-8	6
6	16-17	11-13	8-9	5-6	4-5
4	11-15	8-10	5-7	4	2-3
2	10	7	4	3	1

**TABLE 2
FEMALE PUSH-UPS
RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	38+	37+	33+	31+	31+
19	37	36	32	30	30
18	30-36	27-35	24-31	21-29	17-29
17	24-29	22-26	20-23	15-20	13-16
16	21-23	20-21	15-19	12-14	12
15	20	17-19	14	11	10-11
14	18-19	16	13	10	9
12	16-17	14-15	12	9	6-8
10	14-15	12-13	10-11	5-8	4-5
8	11-13	10-11	7-9	3-4	2-3
6	9-10	7-9	4-6	1-2	1
4	5-8	4-6	2-3	---	---
2	4	3	1	---	---

**TABLE 3
MALE TRUNK FORWARD FLEXION
RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
10	45+	44+	41+	42+	45+
9.5	44	43	39-40	40-41	40-44
9	40-43	38-42	37-38	37-39	36-39
8.5	37-39	35-37	35-36	35-36	32-35
8	34-36	33-34	32-34	33-34	29-31
7.5	33	32	29-31	30-32	26-28
7	32	31	27-28	27-29	24-25
6	31	29-30	25-26	25-26	22-23
5	29-30	27-28	23-24	22-24	18-21
4	26-28	24-26	20-22	18-21	16-17
3	23-25	21-23	16-19	15-17	14-15
2	18-22	17-20	12-15	12-14	11-13
1	17	16	11	11	10

**TABLE 4
FEMALE TRUNK FORWARD FLEXION
RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
10	46+	46+	44+	44+	41+
9.5	45	45	42-43	42-43	39-40
9	41-44	41-44	40-41	40-41	37-38
8.5	39-40	38-40	38-39	38-39	35-36
8	37-38	36-37	36-37	36-37	33-34
7.5	36	35	34-35	34-35	31-32
7	35	34	32-33	32-33	29-30
6	34	33	29-31	30-31	27-28
5	32-33	31-32	26-28	28-29	25-26
4	29-31	28-30	24-25	25-27	23-24
3	26-28	25-27	22-23	22-24	21-22
2	22-25	21-24	19-21	19-21	18-20
1	21	20	18	18	17

**TABLE 5
MALE CORE ENDURANCE TEST
RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	3:00	3:00	2:45-3:00	2:41-3:00	2:00-3:00
19	2:50-2:59	2:43-2:59	2:30-2:44	2:21-2:40	1:53-1:59
18	2:40-2:49	2:27-2:42	2:10-2:29	2:00-2:20	1:44-1:52
17	2:31-2:39	2:13-2:26	1:55-2:09	1:50-1:59	1:35-1:43
16	2:21-2:30	2:01-2:12	1:39-1:54	1:40-1:49	1:26-1:34
15	2:12-2:20	1:48-2:00	1:23-1:38	1:27-1:39	1:17-1:25
14	2:00-2:11	1:42-1:47	1:19-1:22	1:17-1:26	1:09-1:16
12	1:50-1:59	1:36-1:41	1:14-1:18	1:06-1:16	1:01-1:08
10	1:39-1:49	1:31-1:35	1:10-1:13	0:54-1:05	0:52-1:00
8	1:35-1:38	1:19-1:30	0:59-1:09	0:43-0:53	0:42-0:51
6	1:30-1:34	1:07-1:18	0:45-0:58	0:31-0:42	0:30-0:41
4	1:26-1:29	0:56-1:06	0:32-0:44	0:20-0:30	0:20-0:29
2	≤1:25	≤0:55	≤0:31	≤0:19	≤0:19

**TABLE 6
FEMALE CORE ENDURANCE TEST
RESULTS AND SCORES**

SCORE	AGE 20-29	AGE 30-39	AGE 40-49	AGE 50-59	AGE 60+
20	3:00	3:00	3:00	2:36-3:00	2:29-3:00
19	2:51-2:59	2:51-2:59	2:46-2:59	2:13-2:35	2:00-2:28
18	2:41-2:50	2:43-2:50	2:33-2:45	1:50-2:12	1:31-1:59
17	2:32-2:40	2:36-2:42	2:20-2:32	1:38-1:49	1:14-1:30
16	2:24-2:31	2:28-2:35	2:07-2:19	1:26-1:37	0:57-1:13
15	2:15-2:23	2:20-2:27	1:54-2:06	1:14-1:25	0:39-0:56
14	2:04-2:14	2:11-2:19	1:43-1:53	1:06-1:13	0:33-0:38
12	1:53-2:03	2:01-2:10	1:32-1:42	0:56-1:05	0:26-0:32
10	1:42-1:52	1:52-2:00	1:20-1:31	0:47-0:55	0:19-0:25
8	1:30-1:41	1:35-1:51	1:08-1:19	0:37-0:46	0:15-0:18
6	1:18-1:29	1:18-1:34	0:55-1:07	0:26-0:36	0:11-0:14
4	1:06-1:17	1:01-1:17	0:42-0:54	0:15-0:25	0:06-0:10
2	≤1:05	≤1:00	≤0:41	≤0:14	≤0:05

TABLE 7
1.5 MILE RUN – MALES

RESULTS AND SCORES

SCORE	AGE 20-29	AGE 30-34	AGE 35-39	AGE 40-49	AGE 50+
50	≤ 9:00	≤ 9:20	≤ 10:06	≤ 10:54	≤ 11:59
47.5	9:01-9:30	9:21-9:50	10:07-10:37	10:55-11:41	12:00-12:51
45	9:31-10:00	9:51-10:20	10:38-11:10	11:42-12:17	12:52-13:31
42.5	10:01-10:30	10:21-10:50	11:11-11:42	12:18-12:52	13:32-14:07
40	10:31-10:56	10:51-11:20	11:43-12:14	12:53-13:28	14:08-14:49
37.5	10:57-11:22	11:21-11:50	12:15-12:47	13:29-14:04	14:50-15:28
35	11:23-11:46	11:51-12:20	12:48-13:19	14:05-14:39	15:29-16:07
30	11:47-12:10	12:21-12:50	13:20-13:52	14:40-15:15	16:08-16:47
25	12:11-12:35	12:51-13:20	13:53-14:24	15:16-15:50	16:48-17:25
20	12:36-12:59	13:21-13:50	14:25-14:56	15:51-16:26	17:26-18:05
15	13:00-13:30	13:51-14:20	14:57-15:29	16:27-17:02	18:06-18:44
10	13:31-14:00	14:21-14:50	15:30-16:01	17:03-17:37	18:45-19:23
5	14:01-14:30	14:51-15:20	16:02-16:34	17:38-18:13	19:24-20:02

TABLE 8
1.5 MILE RUN – FEMALES
RESULTS AND SCORES

SCORE	AGE 20-29	AGE 30-34	AGE 35-39	AGE 40-49	AGE 50+
50	≤10:35	≤11:00	≤ 11:53	≤13:04	≤ 14:22
47.5	10:36-11:10	11:01-11:35	11:54-12:31	13:05-13:46	14:23-15:08
45	11:11-11:52	11:36-12:10	12:32-13:08	13:47-14:27	15:09-15:53
42.5	11:53-12:34	12:11-12:45	13:09-13:46	14:28-15:08	15:54-16:38
40	12:35-13:00	12:46-13:20	13:47-14:24	15:09-15:50	16:39-17:25
37.5	13:01-13:26	13:21-13:55	14:25-15:02	15:51-16:32	17:26-18:11
35	13:27-13:42	13:56-14:30	15:03-15:40	16:33-17:14	18:12-18:57
30	13:43-13:57	14:31-15:05	15:41-16:17	17:15-17:55	18:58-19:42
25	13:58-14:12	15:06-15:40	16:18-16:55	17:56-18:21	19:43-20:11
20	14:13-14:27	15:41-16:15	16:56-17:33	18:22-19:18	20:12-21:14
15	14:28-14:42	16:16-16:50	17:34-18:11	19:19-20:06	21:15-22:00
10	14:43-14:57	16:51-17:25	18:12-18:49	20:07-20:41	22:01-22:45
5	14:58-15:12	17:26-18:00	18:50-19:26	20:42-21:22	22:46-23:30

TABLE 9
YMCA BICYCLE ERGOMETER SUBMAXIMAL TEST
Or MODIFIED CANADIAN AEROBIC FITNESS TEST – mCAFT
Or EBELING TREADMILL TEST

AEROBIC FITNESS RESULTS AND SCORES

MALES

(Measured in ml./kg./min.)

SCORE	AGE 20-29	AGE 30-34	AGE 35-39	AGE 40-49	AGE 50-59	AGE 60+
50	51+	50+	49+	48+	45+	42+
47.5	50 - 50.5	48.5 – 49	48 – 48.5	46.5 - 47.5	43.5 – 44.5	43.5 – 4
45	49 – 49.5	47.5 – 48	46.5 – 47.5	45.5 – 46	42.5 – 43	39.5 – 40.5
40	48 – 48.5	46 – 47	45 - 46	44 – 45	41 – 42	38 – 39
37.5	47 – 47.5	45 – 45.5	44 – 44.5	43 – 43.5	39.5 – 40.5	36.5 – 37.5
35	46 – 46.5	44 – 44.5	43 – 43.5	42 – 42.5	38.5 – 39	35 – 36
30	44 – 45.5	42 – 43.5	41 – 42.5	40 – 41.5	37 – 38	33.5 – 34.5
25	42.5 – 43.5	41 – 41.5	39 – 40.5	38 – 39.5	35.5 – 36.5	32 – 33
20	40 – 42	39.5 – 40.5	38 – 38.5	37 – 37.5	34 – 35	29 – 31.5
15	37.5 – 39.5	36.5 – 39	35.5 – 37.5	35 – 36.5	32 – 33.5	27 – 28.5
10	35 – 37	33.5 – 36	33 -35	31.5 – 34.5	28.5 – 31.5	23.5 – 26.5
5	< 34.5	< 33	32.5	< 31	< 28	< 23

TABLE 10
YMCA BICYCLE CYCLE ERGOMETER SUBMAXIMAL TEST
OR MODIFIED CANADIAN AEROBIC FITNESS TEST- mCAFT
OR EBBELING TREADMILL TEST

AEROBIC FITNESS RESULTS AND SCORES

FEMALES

(Measured in ml./kg./min.)

SCORE	AGE 20-29	AGE 30-34	AGE 35-39	AGE 40-49	AGE 50-59	AGE 60+
50	44+	43.5 +	41.5+	40	36 +	35 +
47.5	43 – 43.5	42 – 43	40.5 - 41	39 – 40	34- 35.5	34 – 34.5
45	42 – 42.5	40 – 41.5	39.5 - 40	37 – 38.5	33 – 33.5	31.5 – 33.5
40	41 – 41.5	39 – 39.5	38.5 - 39	36 – 36.5	32 – 32.5	29.5 – 30
37.5	40 – 40.5	38 – 38.5	37.5 – 38	35 – 35.5	31 – 31.5	28.5 – 29
35	38 – 39.5	37 – 37.5	36.5 – 37	34 – 34.5	29.5 – 30	27.5 – 28
30	36.5 – 37.5	35.5 – 36.5	35 – 36	32 – 33.5	28.5 – 29	26 – 27
25	35 – 36	34.5 – 35	34 – 34.5	30.5 – 31.5	27.5 – 28	25 – 25.5
20	34 – 34.5	33 – 34	32 – 33.5	29 – 30	26 – 27	24 – 24.5
15	31 – 33.5	30.5 – 32.5	30 – 31.5	27 – 28.5	24 – 25.5	23 – 23.5
10	28.5 – 30.5	27.5 – 29.5	27 – 29.5	25.5 – 26.5	22.5 – 23.5	20.5 – 22.5
5	< 28	< 27	26.5	< 25	< 22	< 20

TABLE 11
SHUTTLE RUN – MALES/FEMALES
RESULTS AND SCORES

SCORE	AGE 20-29		AGE 30-34		AGE 35-39		AGE 40-49		AGE 50+	
	M	F	M	F	M	F	M	F	M	F
50	≥12	≥9.5	≥11.5	≥9	≥10.5	≥8	≥9	≥6.5	≥7.5	≥5.5
47.5	11.5	9	11	8	10	7.5	8.5	6	7	5
45	11	8-8.5	10.5	7.5	9-9.5	7	7.5	5-5.5	6.5	4.5
42.5	10-10.5	7.5	9.5	7	8	6-6.5	7	4.5	5.5	4
40	9-9.5	7	8.5-9	6.5	7.5	5.5	6	4	5	3.5
37.5	8.5	6.5	8	6	7	5	5.5	3.5	4.5	2.5
35	8	6.0	7.5	5	6.5	4.5	5	3	4	2
30	7.5	5.5	7	4.5	6	4	4.5	2.5	3.5	1.5
25	7	5	6.5	4	5.5	3.5	4	2	3	1
20	6.5	4.5	6.0	3.5	5	3	3.5	1.5	2.5	.5
15	6	4.0	5.5	3	4.5	2.5	3	1	2	----
10	5.5	3.5	5.0	2.5	4	2	2.5	.5	1.5	----
5	5	3	4.5	2.0	3	1.5	2.0	----	1	----

Note: Age 35-39 year old females, age 40-49 year old females, and age 50+ males and females must complete a minimum of level 2 to be scored.