
Police Fitness Personnel of Ontario



CHAPTER 6

TABLE OF RESULTS

TABLE 6.1
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 6.2
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 6.3
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	44-44.5	42.5-43.5	39-40.5	40-41.5	40-44.5
9	40-43.5	38-42	37-38.5	37-39.5	36-39.5
8.5	37-39.5	35-37.5	35-36.5	35-36.5	32-35.5
8	34-36.5	33-34.5	32-34.5	33-34.5	29-31.5
7.5	33 – 33.5	32-32.5	29-31.5	30-32.5	26-28.5
7	32-32.5	31-31.5	27-28.5	27-29.5	24-25.5
6	31-31.5	29-30.5	25-26.5	25-26.5	22-23.5
5	29-30.5	27-28.5	23-24.5	22-24.5	18-21.5
4	26-28.5	24-26.5	20-22.5	18-21.5	16-17.5
3	23-25.5	21-23.5	16-19.5	15-17.5	14-15.5
2	18-22.5	17-20.5	12-15.5	12-14.5	11-13.5
1	≤17.5	≤16.5	≤11.5	≤11.5	≤10.5

Table 6.4
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	45-45.5	45-45.5	42-43.5	42-43.5	39-40.5
9	41-44.5	41-44.5	40-41.5	40-41.5	37-38.5
8.5	39-40.5	38-40.5	38-39.5	38-39.5	35-36.5
8	37-38.5	36-37.5	36-37.5	36-37.5	33-34.5
7.5	36-36.5	35-35.5	34-35.5	34-35.5	31-32.5
7	35-35.5	34-34.5	32-33.5	32-33.5	29-30.5
6	34-34.5	33-33.5	29-31.5	30-31.5	27-28.5
5	32-33.5	31-32.5	26-28.5	28-29.5	25-26.5
4	29-31.5	28-30.5	24-25.5	25-27.5	23-24.5
3	26-28.5	25-27.5	22-23.5	22-24.5	21-22.5
2	22-25.5	21-24.5	19-21.5	19-21.5	18-20.5
1	≤21.5	≤20.5	≤18.5	≤18.5	≤17.5

Table 6.5
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 6.6
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 6.7
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	≥14:51	≥16:02	≥17:38	≥19:24

Table 6.8
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	≥17:26	≥18:50	≥20:42	≥22:46

Table 6.9

AEROBIC SUBMAXIMAL 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	50-50.9	48.5-49.9	48-48.9	46.5-47.9	43.5-44.9	41- 41.9
45	49-49.9	47.5-48.4	46.5-47.9	45.5-46.4	42.5-43.4	39.5-40.9
40	48 - 48.9	46 - 47.4	45 - 46.4	44 - 45.4	41 - 42.4	38 - 39.4
37.5	47-47.9	45-45.9	44-44.9	43-43.9	39.5-40.9	36.5-37.9
35	46-46.9	44-44.9	43-43.9	42-42.9	38.5-39.4	35 - 36.4
30	44-45.9	42-43.9	41-42.9	40-41.9	37 - 38.4	33.5-34.9
25	42.5-43.9	41-41.9	39-40.9	38-39.9	35.5-36.9	32 - 33.4
20	40 - 42.4	39.5-40.9	38-38.9	37-37.9	34 - 35.4	29-31.9
15	37.5-39.5	36.5-39.4	35.1-37.9	35-36.9	32 - 33.9	27-28.9
10	35 - 37.4	33.5-36.4	32.6-35	31.5-34.9	28.5-31.9	23.5-26.9
5	≤34.9	≤ 33.4	≤32.5	≤31.4	≤28.4	≤ 23.4

Table 6.10

AEROBIC SUBMAXIMAL 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	43-43.9	42-43.4	40.5-41.4	39 - 40	34-35.9	34-34.9
45	42-42.9	40-41.9	39.5-40.4	37-38.9	33-33.9	31.6-33.9
40	41-41.9	39-39.9	38.5-39.4	36-36.9	32-32.9	29.5-31.5
37.5	40-40.9	38-38.9	37.5-38.4	35-35.9	31-31.9	28.5-29.4
35	38-39.9	37-37.9	36.5-37.4	34-34.9	29.5-30.9	27.5-28.4
30	36.5-37.9	35.5-36.9	35 - 36.4	32-33.9	28.5-29.4	26 - 27.4
25	35 - 36.4	34.5-35.4	34-34.9	30.1-31.9	27.5-28.4	25-25.9
20	34-34.9	33 - 34.4	32-33.9	29 - 30	26 - 27.4	24-24.9
15	31-33.9	30.5-32.9	30-31.9	27-28.9	24-25.9	23-23.9
10	28.5-30.9	27.5-30.4	27-29.9	25.5-26.9	22.5-23.9	20.5-22.9
5	≤28.4	≤27.4	≤26.9	≤25.4	≤22.4	≤20.4

Table 6.11

2000 Meter ROWING TEST
RESULTS AND SCORES
MALES

SCORE	AGE 20-29	AGE 30-34	AGE 35-39	AGE 40-49	AGE 50-59
50	≤ 7:34	≤ 7:42	≤ 8:00	≤ 8:27	≤ 8:54
47.5	7:35 - 7:42	7:43 - 7:51	8:01 - 8:09	8:28 - 8:36	8:55 - 9:03
45	7:43 - 7:51	7:52 - 8:00	8:10 - 8:27	8:37 - 8:54	9:04 - 9:12
42.5	7:52 - 8:09	8:01 - 8:18	8:28 - 8:45	8:55 - 9:03	9:13 - 9:29
40	8:10 - 8:27	8:19 - 8:36	8:46 - 8:54	9:04 - 9:20	9:30 - 9:38
37.5	8:28 - 8:36	8:37 - 8:45	8:55 - 9:03	9:21 - 9:29	9:39 - 9:47
35	8:37 - 8:45	8:46 - 8:54	9:04 - 9:12	9:30 - 9:38	9:48 - 9:56
30	8:46 - 8:54	8:55 - 9:03	9:13 - 9:20	9:39 - 9:47	9:57 - 10:05
25	8:55 - 9:03	9:04 - 9:12	9:21 - 9:29	9:48 - 9:56	10:06 - 10:14
20	9:04 - 9:12	9:13 - 9:20	9:30 - 9:38	9:57 - 10:05	10:15 - 10:23
15	9:13 - 9:20	9:21 - 9:29	9:39 - 9:47	10:06 - 10:14	10:24 - 10:32
10	9:21 - 9:30	9:30 - 9:38	9:48 - 9:56	10:15 - 10:23	10:33 - 10:41
5	≥9:31	≥9:39	≥9:57	≥10:24	≥10:42

Table 6.12

2000 Meter ROWING TEST
RESULTS AND SCORES
FEMALES

SCORE	AGE 20-29	AGE 30-34	AGE 35-39	AGE 40-49	AGE 50-59
50	≤ 8:18	≤ 8:27	≤ 8:45	≤ 9:12	≤ 9:29
47.5	8:19 - 8:27	8:28 - 8:45	8:46 - 8:54	9:13 - 9:20	9:30 - 9:38
45	8:28 - 8:45	8:46 - 8:54	8:55 - 9:03	9:21 - 9:38	9:39 - 9:47
42.5	8:46 - 8:54	8:55 - 9:03	9:04 - 9:20	9:39 - 9:47	9:48 - 9:56
40	8:55 - 9:03	9:04 - 9:12	9:21 - 9:29	9:48 - 9:56	9:57 - 10:05
37.5	9:04 - 9:12	9:13 - 9:20	9:30 - 9:38	9:57 - 10:05	10:06 - 10:23
35	9:13 - 9:20	9:21 - 9:38	9:39 - 9:47	10:06 - 10:14	10:24 - 10:32
30	9:21 - 9:29	9:39 - 9:47	9:49 - 9:56	10:15 - 10:23	10:33 - 10:41
25	9:30 - 9:38	9:48 - 9:56	9:57 - 10:05	10:23 - 10:32	10:42 - 10:50
20	9:39 - 9:47	9:57 - 10:05	10:06 - 10:14	10:33 - 10:41	10:51 - 10:58
15	9:48 - 9:56	10:06 - 10:14	10:15 - 10:23	10:42 - 10:50	10:59 - 11:07
10	9:57 - 10:05	10:15 - 10:23	10:24 - 10:32	10:51 - 10:58	11:08 - 11:16
5	≥10:06	≥10:24	≥10:33	≥10:59	≥11:17

Table 6.13
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	8-8.5	10	7.5	8-8.5	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	9.5-10	7	8-8.5	6-6.5	7	4.5	5.5-6	4
40	9-9.5	7	8.5-9	6.5	7.5	5.5	6-6.5	4	5	3.5
37.5	8.5	6.5	8	6	7	5	5.5	3.5	4.5	2.5-3
35	8	6.0	7.5	5-5.5	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	----