



# DAVE YOST

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Age and Sex Minimum Scores				
	Males (<29)		Females (<29)	
	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>
Sit-ups (1 min.)	32	40	23	35
Push-ups (1 min.)	19	33	9	18
1.5 Mile Run	14:34	11:58	17:49	14:07
	Males (30-39)		Females (30-39)	
	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>
Sit-ups (1 min.)	28	36	18	27
Push-ups (1 min.)	15	27	7	14
1.5 Mile Run	15:13	12:25	18:37	14:34
	Males (40-49)		Females (40-49)	
	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>
Sit-ups (1 min.)	22	31	13	22
Push-ups (1 min.)	10	21	5	11
1.5 Mile Run	15:58	13:11	19:32	15:24
	Males (50-59)		Females (50-59)	
	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>
Sit-ups (1 min.)	17	26	7	17
Push-ups (1 min.)	7	15	4 (modified)	13 (modified)
1.5 Mile Run	17:38	14:16	21:31	17:13
	Males (60+)		Females (60+)	
	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>	<u>15<sup>th</sup>%</u>	<u>50<sup>th</sup>%</u>
Sit-ups (1 min.)	13	20	2	8
Push-ups (1 min.)	5	15	1 (modified)	8 (modified)
1.5 Mile Run	20:12	15:56	23:32	18:52