

Michigan Commission on Law Enforcement Standards Pre-Enrollment Physical Fitness Test

The minimum performance standards for the MCOLES physical fitness test are displayed below. The numbers in the tables represent the “cut score”, or pass/fail point for each event. In order to pass the test, candidates must score at least the minimums listed in the tables on **each** of the four events.

Note how the tables are divided according to age and sex. When looking at the tables, be careful to select your individual performance category.

Male				
<i>Age Group</i>	<i>Vertical Jump</i>	<i>Sit-Ups</i>	<i>Push-Ups</i>	<i>½-Mile Shuttle Run</i>
18-29	17.5	32	30	4:29.6
30-39	16.0	30	30	4:38.2
40 +	15.0	30	28	4:54.7

Female				
<i>Age Group</i>	<i>Vertical Jump</i>	<i>Sit-Ups</i>	<i>Push-Ups</i>	<i>½-Mile Shuttle Run</i>
18-29	11.0	28	7	5:35.4
30-39	9.0	19	7	5:59.1
40 +	8.0	18	7	6:13.3