



Pima County Sheriff's Department

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Clarence W. Dupnik
Sheriff

Keeping the Peace and Serving the Community Since 1865

Physical Fitness Assessment Requirements Deputy Sheriff Recruits

AGE	FLEXIBILITY		SIT-UPS (1 minute)		PUSH-UPS (1 minute)		1.5 MILE RUN	
	Female	Male	Female	Male	Female	Male	Female	Male
20 – 29	17.0"	14.4"	24	33	17	22	17:11	13:58
30 – 39	16.5"	13.0"	20	30	11	17	18:18	14:33
40 – 49	15.0"	12.0"	14	24	6	11	19:43	15:32
50 – 59	14.8"	10.5"	10	19	6	9	21:57	17:30
60 +	13.0"	10.0"	3	15	2	6	23:55	20:13