
ADMINISTRATIVE DIRECTIVE – 101.009
PHYSICAL FITNESS

EFFECTIVE DATE: February 11, 1977
AFFECTS: All Personnel

REVISION DATE: June 20, 2025

I. PURPOSE

Police work can be dangerous and physically demanding. Research indicates that good physical fitness positively affects every aspect of life. A physically fit employee is less inclined to illness and injury, and enjoys improved mental alertness and emotional wellbeing. Officers who are physically fit are better equipped for the increased demands of today's law enforcement.

In an effort to promote physical fitness as a matter of officer safety and to provide a quality response to community needs, the Plano Police Department encourages all employees to participate in a physical fitness program.

The purpose of this program is to:

- A. Promote fitness and good health and welfare of employees.
- B. Assist employee awareness of his/her own medical condition, so appropriate, timely, and corrective measures can be taken.
- C. Promote safety of the officer, officer's co-workers and the public.

II. POLICY

The department accepts only physically fit and medically approved applicants for the position of police officer. The work performed by employees of the department requires a certain level of physical fitness. The performance of the most critical, essential job functions may be infrequent, but the consequence(s) of non-performance or improper performance can be serious. To encourage officers to maintain the level of fitness necessary to safely and effectively perform the essential functions of the job of police officer, the department provides a total fitness program facilitated by trained and educated staff in the Training Unit. All sworn employees are required to complete a yearly physical fitness test and achieve a minimum standard set by the department (see Appendix A). Sworn employees will also be eligible to receive Award Time for achieving physical fitness standards set by the department.

The department will also encourage non-sworn personnel to participate in the department's fitness program on a voluntary basis. The goal of this program is to improve and maintain the overall physical fitness of all employees, thus decreasing the risk of injury and health problems. Non-sworn employees will also be eligible to receive Award time for achieving physical fitness standards.

III. DEFINITIONS

- A. Essential Job Functions – A particular job function is essential if removing it would fundamentally alter the position: because the position exists to perform that function; because of the limited number of employees available among whom the performance of that function can be distributed; or because of the highly specialized nature of the function. For the position of police officer, those functions include, but are not limited to, safely effecting forcible arrest(s), suspect pursuit(s), and safely controlling combatants.
- B. Fitness Program – For the purpose of this policy, the fitness program will consist of training for coordinators, screening for safe participation, assessments, goal setting, exercise prescription, voluntary exercise class activities, the City of Plano Wellness Program, and reassessments.
- C. Qualified Person with a Disability – An individual with a disability who, with or without reasonable accommodation, can perform all essential functions of the job.
- D. Total Fitness – The result of correct lifestyle choices in the areas of exercise, diet and nutrition, stress management, and weight control upon performance and health.

IV. PROCEDURES

- A. Applicant Requirements

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Applicants for the position of police officer with the City of Plano will be required to pass a Physical Agility Test (PAT) designed to measure their physical ability to perform the necessary functions of the position of a police officer. Department personnel were utilized in a job task analysis to establish the standards deemed necessary to perform the job. Police department applicants who have successfully passed the civil service examination will be required to pass all aspects of this physical agility test to continue in the hiring process.

The Physical Agility Test for police applicants consists of two parts;

1. Part 1 consists of ten components, including timed obstacles and tasks. The course is approximately 870 feet long and must be completed in the manner directed by test proctors within four minutes and twenty seconds.

Components, in order, include:

- a. Patrol Vehicle Exit – The applicant begins the test seated in the driver's seat of a patrol vehicle with their hands on the steering wheel, the seatbelt securely fastened, and the driver's door fully opened. The timed course begins when the applicant removes their hands from the steering wheel. The applicant must exit the patrol vehicle and close the door before continuing through the course.
- b. Distance Run – The applicant must run a distance of 300 feet in a straight line.
- c. Obstacle Weave – The applicant will weave around 6 traffic cones spaced 15 feet apart in an area 20 feet wide by 75 feet long. The course will be marked with arrows to designate the correct path. The applicant will be required to redo any cones that are missed.
- d. Crouching Exercise – The applicant will move beneath three frames constructed of plastic pipe 44 inches high by 60 inches wide. The frames will be spaced 15 feet apart and the applicant must move beneath all three without moving or knocking over any of the obstacles. Any obstacle moved or knocked over must be repeated before continuing the course.
- e. Chest to the Mat /Up Downs – The applicant will approach a gym mat placed on the ground, drop their chest to the gym mat, and lift their hands off the ground before getting up and repeating the exercise for a total of three repetitions.
- f. Window Entry – The applicant will approach a window obstacle and pass through it in a controlled manner, one leg at a time. The window frame will be 24 inches wide, 36 inches, tall, and mounted 3 feet above the ground. The applicant is not allowed to hurdle, dive through, or grasp the top of the obstacle and thrust both feet through the frame at the same time. If the applicant does not climb through the window in a controlled manner the obstacle must be repeated.
- g. Crawling Exercise – The applicant will approach a wooden beam suspended approximately 24 inches above the ground and pass beneath it without moving it or knocking it over. If it is moved or knocked over, the obstacle must be repeated.
- h. Four Foot Obstacle Climb – The applicant will climb over a 4-foot-high fence like obstacle. The applicant must climb over it in a controlled manner and may use footholds in the fence to assist in the process. They are not allowed to jump over the obstacle.
- i. Six Foot Obstacle Climb – The applicant will climb over a 6-foot-high fence like obstacle. There is a foothold on the fence 40 inches off the ground which may be used to assist in climbing over the obstacle. The obstacle must be climbed over in a controlled manner. The applicant is not allowed to jump over the obstacle.
- j. Victim Rescue – The applicant will drag a 165-pound manikin dummy for a distance of 30

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feet. Applicants will drag the manikin by the strap with their arms under the manikin's armpits. Applicants cannot drag the manikin by the arms or feet. Applicants will drag the manikin around a barrel then completely across a finish line. Time will be stopped when both feet of the manikin cross the finish line.

2. Part 2 of the test will only be attempted if Part 1 is successfully completed in four minutes and twenty seconds or less. Part 2 of the test is not timed.

Part 2 consists of one component:

1. Handgun Simulation – The applicant enters the handgun simulation station where a gun aiming ring with a 12-inch diameter is positioned. The gun aiming ring is positioned atop a pole which is adjusted in height to match the height of the applicant. The applicant is required to hold a training gun and insert their arm through the ring, firing the training gun five times. The applicant will then withdraw their arm from the ring, aim the training gun at the floor or ground by their feet, and pull the trigger ten times. These steps are then repeated using their opposite hand. At no time during the exercise may the training gun or the applicant's arm touch the ring. If the applicant is unsuccessful during the first attempt, another opportunity to retest will be offered immediately. Any applicant unable to successfully complete the handgun simulation in two attempts or less will be disqualified from the Physical Agility Test.

B. Fitness Program

Annually, the department conducts mandatory fitness testing of sworn employees and voluntary fitness testing for civilian employees during sworn in-service training. Employees may choose between a 2000 meter row test for time, a 4-minute row test for distance, or a 500 meter row test for time.

1. The tests will be conducted at the Plano Richardson Police Training Center using a Concept 2 Rower set on resistance level 5.
2. Testing will be proctored by members of the academy training staff or designee.
3. Employees that are unable to complete the row test due to illness, injury, or disability must have a physician complete the Plano Police Department Physical Fitness Assessment Exemption form prior to their scheduled annual in-service training and provide the completed form to the row test proctor. Employees assigned to an Alternate Duty Assignment pursuant to AD 101.007 will not be allowed to attempt the row test. Failure to provide the completed form or complete the row test with a passing score will result in a failure of the row test.
4. Employees will have only one opportunity to attempt the row test for Fitness Award time.
5. Employees must achieve a Fitness Award Percentage of 60% or higher to pass the row test. If an employee fails the row test at in-service and the employee wishes to retake the row test for the purpose of showing a passing score for Annual Evaluation or Tested/Selected/Appointed position assignment, the employee may schedule another row test with the training academy at a future date to attempt to earn a passing score.
6. See Appendix A for Fitness Award Percentage standards for each of the row tests and awarded time.
7. Part-Time employees that regularly work at least 20 hours per week may participate in the fitness program for award time. Part-time employees receive half of the listed award time for the fitness level achieved (See Appendix A).
8. Award time must be taken by the employee during employment with the Plano Police Department. Award time will expire one year from the date the employee earned the time, or

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when the employee takes the next year's fitness test, whichever is sooner. Employees shall not be compensated for any unused award time at the time of separation from employment (by retirement or other means).

Appendix A

Plano Police Department Physical Fitness Award Standards

- I. If the employee chooses to complete the 2000 meter row test, the employee will row 2000 meters on a Concept 2 Rower set at resistance level 5 and their completion time will be recorded. The employee's VO2 Max Percentage is calculated by the Texas Department of Public Safety Concept 2 Rower VO2 Max Calculator found at;

<https://www.dps.texas.gov/apps/TOD/FitnessWellness/concept2RowerCalc.htm>

The calculator takes into account the employee's body weight, age, gender, and 2000 meter row time. The VO2 Max Percentage will be used as the employee's Fitness Award Percentage.

- II. If the employee chooses to complete the timed 4-minute row test, the employee will row for a set time of 4 minutes on a Concept 2 Rower set at resistance level 5, and the distance they have rowed after 4 minutes will be recorded. The distance rowed in 4 minutes will be compared to the Texas Department of Public Safety's 4-minute row test chart which takes age, gender, and weight into consideration to determine the employee's Fitness Award Percentage.

4 MINUTE ROW DISTANCE CHARTS

Female Light Weight (Lwt) = 135.6 lbs or less

Female Heavy Weight (Hwt) = 135.7 lbs or more

Gender	Female														
	19 - 29			30 - 39			40 - 49			50 - 59			60+		
Age Range	1F			2F			3F			4F			5F		
	Lwt		Hwt	Lwt		Hwt	Lwt		Hwt	Lwt		Hwt	Lwt		Hwt
100%	1078		1105	1050		1057	1030		1044	1011		1037	992		1023
99%	1069		1096	1041		1048	1021		1035	1002		1028	983		1014
98%	1060		1087	1032		1039	1012		1026	993		1019	974		1005
97%	1051		1078	1023		1030	1003		1017	984		1010	965		996
96%	1042		1069	1014		1021	994		1008	975		1001	956		987
95%	1033		1060	1005		1012	985		999	966		992	947		978
94%	1024		1051	996		1003	976		990	957		983	938		969
93%	1015		1042	987		994	967		981	948		974	929		960
92%	1006		1033	978		985	958		972	939		965	920		951
91%	997		1024	969		976	949		963	930		956	911		942
90%	988		1015	960		967	940		954	921		947	902		933

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89%	979		1006	951		958	931		945	912		938	893		924
88%	970		997	942		949	922		936	903		929	884		915
87%	961		988	933		940	913		927	894		920	875		906
86%	952		979	924		931	904		918	885		911	866		897
85%	943		970	915		922	895		909	876		902	857		888
84%	934		961	906		913	886		900	867		893	848		879
83%	925		952	897		904	877		891	858		884	839		870
82%	916		943	888		895	868		882	849		875	830		861
81%	907		934	879		886	859		873	840		866	821		852
80%	898		925	870		877	850		864	831		857	812		843
79%	889		916	861		868	841		855	822		848	803		834
78%	880		907	852		859	832		846	813		839	794		825
77%	871		898	843		850	823		837	804		830	785		816
76%	862		889	834		841	814		828	795		821	776		807
75%	853		880	825		832	805		819	786		812	767		798
74%	844		871	816		823	796		810	777		803	758		789
73%	835		862	807		814	787		801	768		794	749		780
72%	826		853	798		805	778		792	759		785	740		771
71%	817		844	789		796	769		783	750		776	731		762
70%	798		824	769		776	749		763	730		756	711		743
69%	789		815	760		767	740		754	721		747	702		734
68%	780		806	751		758	731		745	712		738	693		725
67%	771		797	742		749	722		736	703		729	684		716
66%	762		788	733		740	713		727	694		720	675		707
65%	753		779	724		731	704		718	685		711	666		698
64%	744		770	715		722	695		709	676		702	657		689
63%	735		761	706		713	686		700	667		693	648		680
62%	726		752	697		704	677		691	658		684	639		671
61%	717		743	688		695	668		682	649		675	630		662
60%	708		734	679		686	659		673	640		666	621		653
59%	699		725	670		677	650		664	631		657	612		644
58%	690		716	661		668	641		655	622		648	603		635
57%	681		707	652		659	632		646	613		639	594		626

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56%	672		698	643		650	623		637	604		630	585		617
55%	663		689	634		641	614		628	595		621	576		608
54%	654		680	625		632	605		619	586		612	567		599
53%	645		671	616		623	596		610	577		603	558		590
52%	636		662	607		614	587		601	568		594	549		581
51%	627		653	598		605	578		592	559		585	540		572
50%	618		644	589		596	569		583	550		576	531		563
49%	609		635	580		587	560		574	541		567	522		554
48%	600		626	571		578	551		565	532		558	513		545
47%	591		617	562		569	542		556	523		549	504		536
46%	582		608	553		560	533		547	514		540	495		527
45%	573		599	544		551	524		538	505		531	486		518
44%	564		590	535		542	515		529	496		522	477		509
43%	555		581	526		533	506		520	487		513	468		500
42%	546		572	517		524	497		511	478		504	459		491
41%	537		563	508		515	488		502	469		495	450		482
40%	528		554	499		506	479		493	460		486	441		473
39%	519		545	490		497	470		484	451		477	432		464
38%	510		536	481		488	461		475	442		468	423		455
37%	501		527	472		479	452		466	433		459	414		446
36%	492		518	463		470	443		457	424		450	405		437
35%	483		509	454		461	434		448	415		441	396		428
34%	474		500	445		452	425		439	406		432	387		419
33%	465		491	436		443	416		430	397		423	378		410
32%	456		482	427		434	407		421	388		414	369		401
31%	447		473	418		425	398		412	379		405	360		392
30%	438		464	409		416	389		403	370		396	351		383
29%	429		455	400		407	380		394	361		387	342		374
28%	420		446	391		398	371		385	352		378	333		365
27%	411		437	382		389	362		376	343		369	324		356
26%	402		428	373		380	353		367	334		360	315		347
25%	393		419	364		371	344		358	325		351	306		338
24%	384		410	355		362	335		349	316		342	297		329

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23%	375		401	346		353	326		340	307		333	288		320
22%	366		392	337		344	317		331	298		324	279		311
21%	357		383	328		335	308		322	289		315	270		302
20%	348		374	319		326	299		313	280		306	261		293
19%	339		365	310		317	290		304	271		297	252		284
18%	330		356	301		308	281		295	262		288	243		275
17%	321		347	292		299	272		286	253		279	234		266
16%	312		338	283		290	263		277	244		270	225		257
15%	303		329	274		281	254		268	235		261	216		248
14%	294		320	265		272	245		259	226		252	207		239
13%	285		311	256		263	236		250	217		243	198		230
12%	276		302	247		254	227		241	208		234	189		221
11%	267		293	238		245	218		232	199		225	180		212
10%	258		284	229		236	209		223	190		216	171		203
9%	249		275	220		227	200		214	181		207	162		194
8%	240		266	211		218	191		205	172		198	153		185
7%	231		257	202		209	182		196	163		189	144		176
6%	222		248	193		200	173		187	154		180	135		167
5%	213		239	184		191	164		178	145		171	126		158
4%	204		230	175		182	155		169	136		162	117		149
3%	195		221	166		173	146		160	127		153	108		140
2%	186		212	157		164	137		151	118		144	99		131
1%	177		203	148		155	128		142	109		135	90		122
0%	168		194	139		146	119		133	100		126	81		113

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Male Light Weight (Lwt) = 165.3 lbs or less

Male Heavy Weight (Hwt) = 165.4 lbs or more

Gender	Male														
	19 - 29			30 - 39			40 - 49			50 - 59			60+		
	1M			2M			3M			4M			5M		
	Lwt		Hwt	Lwt		Hwt	Lwt		Hwt	Lwt		Hwt	Lwt		Hwt
100%	1243		1281	1227		1237	1208		1219	1172		1182	1131		1141
99%	1234		1272	1218		1228	1199		1210	1163		1173	1122		1132
98%	1225		1263	1209		1219	1190		1201	1154		1164	1113		1123
97%	1216		1254	1200		1210	1181		1192	1145		1155	1104		1114
96%	1207		1245	1191		1201	1172		1183	1136		1146	1095		1105
95%	1198		1236	1182		1192	1163		1174	1127		1137	1086		1096
94%	1189		1227	1173		1183	1154		1165	1118		1128	1077		1087
93%	1180		1218	1164		1174	1145		1156	1109		1119	1068		1078
92%	1171		1209	1155		1165	1136		1147	1100		1110	1059		1069
91%	1162		1200	1146		1156	1127		1138	1091		1101	1050		1060
90%	1153		1191	1137		1147	1118		1129	1082		1092	1041		1051
89%	1144		1182	1128		1138	1109		1120	1073		1083	1032		1042
88%	1135		1173	1119		1129	1100		1111	1064		1074	1023		1033
87%	1126		1164	1110		1120	1091		1102	1055		1065	1014		1024
86%	1117		1155	1101		1111	1082		1093	1046		1056	1005		1015
85%	1108		1146	1092		1102	1073		1084	1037		1047	996		1006
84%	1099		1137	1083		1093	1064		1075	1028		1038	987		997
83%	1090		1128	1074		1084	1055		1066	1019		1029	978		988
82%	1081		1119	1065		1075	1046		1057	1010		1020	969		979
81%	1072		1110	1056		1066	1037		1048	1001		1011	960		970
80%	1063		1101	1047		1057	1028		1039	992		1002	951		961
79%	1054		1092	1038		1048	1019		1030	983		993	942		952
78%	1045		1083	1029		1039	1010		1021	974		984	933		943
77%	1036		1074	1020		1030	1001		1012	965		975	924		934
76%	1027		1065	1011		1021	992		1003	956		966	915		925
75%	1018		1056	1002		1012	983		994	947		957	906		916

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74%	1009		1047	993		1003	974		985	938		948	897		907
73%	1000		1038	984		994	965		976	929		939	888		898
72%	991		1029	975		985	956		967	920		930	879		889
71%	982		1020	966		976	947		958	911		921	870		880
70%	962		1000	946		957	927		938	891		901	850		860
69%	953		991	937		948	918		929	882		892	841		851
68%	944		982	928		939	909		920	873		883	832		842
67%	935		973	919		930	900		911	864		874	823		833
66%	926		964	910		921	891		902	855		865	814		824
65%	917		955	901		912	882		893	846		856	805		815
64%	908		946	892		903	873		884	837		847	796		806
63%	899		937	883		894	864		875	828		838	787		797
62%	890		928	874		885	855		866	819		829	778		788
61%	881		919	865		876	846		857	810		820	769		779
60%	872		910	856		867	837		848	801		811	760		770
59%	863		901	847		858	828		839	792		802	751		761
58%	854		892	838		849	819		830	783		793	742		752
57%	845		883	829		840	810		821	774		784	733		743
56%	836		874	820		831	801		812	765		775	724		734
55%	827		865	811		822	792		803	756		766	715		725
54%	818		856	802		813	783		794	747		757	706		716
53%	809		847	793		804	774		785	738		748	697		707
52%	800		838	784		795	765		776	729		739	688		698
51%	791		829	775		786	756		767	720		730	679		689
50%	782		820	766		777	747		758	711		721	670		680
49%	773		811	757		768	738		749	702		712	661		671
48%	764		802	748		759	729		740	693		703	652		662
47%	755		793	739		750	720		731	684		694	643		653
46%	746		784	730		741	711		722	675		685	634		644
45%	737		775	721		732	702		713	666		676	625		635
44%	728		766	712		723	693		704	657		667	616		626
43%	719		757	703		714	684		695	648		658	607		617
42%	710		748	694		705	675		686	639		649	598		608

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41%	701		739	685		696	666		677	630		640	589		599
40%	692		730	676		687	657		668	621		631	580		590
39%	683		721	667		678	648		659	612		622	571		581
38%	674		712	658		669	639		650	603		613	562		572
37%	665		703	649		660	630		641	594		604	553		563
36%	656		694	640		651	621		632	585		595	544		554
35%	647		685	631		642	612		623	576		586	535		545
34%	638		676	622		633	603		614	567		577	526		536
33%	629		667	613		624	594		605	558		568	517		527
32%	620		658	604		615	585		596	549		559	508		518
31%	611		649	595		606	576		587	540		550	499		509
30%	602		640	586		597	567		578	531		541	490		500
29%	593		631	577		588	558		569	522		532	481		491
28%	584		622	568		579	549		560	513		523	472		482
27%	575		613	559		570	540		551	504		514	463		473
26%	566		604	550		561	531		542	495		505	454		464
25%	557		595	541		552	522		533	486		496	445		455
24%	548		586	532		543	513		524	477		487	436		446
23%	539		577	523		534	504		515	468		478	427		437
22%	530		568	514		525	495		506	459		469	418		428
21%	521		559	505		516	486		497	450		460	409		419
20%	512		550	496		507	477		488	441		451	400		410
19%	503		541	487		498	468		479	432		442	391		401
18%	494		532	478		489	459		470	423		433	382		392
17%	485		523	469		480	450		461	414		424	373		383
16%	476		514	460		471	441		452	405		415	364		374
15%	467		505	451		462	432		443	396		406	355		365
14%	458		496	442		453	423		434	387		397	346		356
13%	449		487	433		444	414		425	378		388	337		347
12%	440		478	424		435	405		416	369		379	328		338
11%	431		469	415		426	396		407	360		370	319		329
10%	422		460	406		417	387		398	351		361	310		320
9%	413		451	397		408	378		389	342		352	301		311

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8%	404		442	388		399	369		380	333		343	292		302
7%	395		433	379		390	360		371	324		334	283		293
6%	386		424	370		381	351		362	315		325	274		284
5%	377		415	361		372	342		353	306		316	265		275
4%	368		406	352		363	333		344	297		307	256		266
3%	359		397	343		354	324		335	288		298	247		257
2%	350		388	334		345	315		326	279		289	238		248
1%	341		379	325		336	306		317	270		280	229		239
0%	332		370	316		327	297		308	261		271	220		230

- III. If the employee chooses to complete the 500-meter row test, the employee will row 500 meters on a Concept 2 rower set at resistance level 5, and the employee's completion time will be recorded. The employee's completion time will be compared to the Texas Department of Public Safety's 500 meter row test chart which only takes gender, age, and time into consideration to determine the employee's Fitness Award Percentage.

500m Row Standards Based on LEO Data									
	Males					Females			
	20-29	30-39	40-49	50+		20-29	30-39	40-49	50+
99	01:25	01:25	01:28	01:31	99	01:39	01:40	01:42	01:51
98	01:26	01:27	01:29	01:32	98	01:41	01:43	01:46	01:51
97	01:27	01:27	01:30	01:34	97	01:44	01:44	01:48	01:53
96	01:27	01:28	01:31	01:34	96	01:44	01:45	01:49	01:54
95	01:28	01:29	01:31	01:35	95	01:44	01:46	01:49	01:54
94	01:28	01:29	01:32	01:36	94	01:44	01:47	01:50	01:55
93	01:28	01:30	01:32	01:36	93	01:45	01:47	01:51	01:57
92	01:29	01:30	01:33	01:36	92	01:46	01:47	01:51	01:58
91	01:29	01:30	01:33	01:37	91	01:46	01:48	01:51	01:59
90	01:29	01:31	01:33	01:37	90	01:46	01:49	01:51	02:00
89	01:30	01:31	01:34	01:38	89	01:46	01:50	01:52	02:00
88	01:30	01:31	01:34	01:38	88	01:47	01:50	01:53	02:00
87	01:30	01:32	01:34	01:39	87	01:48	01:51	01:54	02:01
86	01:30	01:32	01:35	01:39	86	01:48	01:51	01:54	02:01
85	01:31	01:32	01:35	01:39	85	01:48	01:51	01:55	02:02
84	01:31	01:32	01:36	01:40	84	01:48	01:51	01:55	02:02
83	01:31	01:33	01:36	01:40	83	01:48	01:51	01:55	02:02
82	01:31	01:33	01:36	01:41	82	01:48	01:51	01:55	02:03
81	01:31	01:33	01:36	01:41	81	01:49	01:52	01:56	02:03
80	01:32	01:33	01:37	01:42	80	01:49	01:53	01:56	02:03
79	01:32	01:34	01:37	01:42	79	01:49	01:53	01:56	02:03
78	01:32	01:34	01:37	01:42	78	01:51	01:53	01:57	02:03
77	01:32	01:34	01:37	01:42	77	01:51	01:53	01:57	02:03

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76	01:32	01:34	01:37	01:43	76	01:51	01:54	01:57	02:04
75	01:32	01:34	01:38	01:43	75	01:51	01:54	01:57	02:04
74	01:33	01:34	01:38	01:43	74	01:52	01:54	01:58	02:04
73	01:33	01:35	01:38	01:43	73	01:53	01:55	01:58	02:04
72	01:33	01:35	01:38	01:44	72	01:53	01:55	01:58	02:05
71	01:33	01:35	01:38	01:44	71	01:53	01:55	01:59	02:06
70	01:33	01:35	01:39	01:44	70	01:53	01:56	01:59	02:06
69	01:33	01:35	01:39	01:45	69	01:53	01:56	02:00	02:06
68	01:33	01:36	01:39	01:45	68	01:53	01:56	02:00	02:07
67	01:34	01:36	01:39	01:45	67	01:53	01:56	02:00	02:07
66	01:34	01:36	01:40	01:45	66	01:54	01:57	02:00	02:07
65	01:34	01:36	01:40	01:45	65	01:54	01:57	02:00	02:08
64	01:34	01:37	01:40	01:46	64	01:54	01:57	02:00	02:08
63	01:34	01:37	01:40	01:46	63	01:54	01:57	02:00	02:08
62	01:34	01:37	01:40	01:46	62	01:54	01:57	02:01	02:08
61	01:34	01:37	01:41	01:46	61	01:55	01:57	02:01	02:08
60	01:34	01:37	01:41	01:46	60	01:55	01:58	02:01	02:08
59	01:35	01:37	01:41	01:47	59	01:55	01:58	02:01	02:08
58	01:35	01:38	01:41	01:47	58	01:55	01:58	02:02	02:08
57	01:35	01:38	01:41	01:47	57	01:56	01:58	02:02	02:09
56	01:35	01:38	01:42	01:47	56	01:56	01:58	02:02	02:09
55	01:35	01:38	01:42	01:47	55	01:56	01:59	02:03	02:09
54	01:35	01:38	01:42	01:48	54	01:56	01:59	02:03	02:09
53	01:36	01:38	01:42	01:48	53	01:57	01:59	02:03	02:10
52	01:36	01:38	01:43	01:48	52	01:57	01:59	02:04	02:10
51	01:36	01:39	01:43	01:48	51	01:57	02:00	02:04	02:10
50	01:36	01:39	01:43	01:49	50	01:57	02:00	02:04	02:10
49	01:36	01:39	01:43	01:49	49	01:57	02:00	02:05	02:10
48	01:37	01:39	01:44	01:49	48	01:57	02:00	02:05	02:11
47	01:37	01:39	01:44	01:49	47	01:58	02:00	02:06	02:11
46	01:37	01:39	01:44	01:50	46	01:58	02:01	02:06	02:11
45	01:37	01:40	01:44	01:50	45	01:58	02:01	02:06	02:11
44	01:37	01:40	01:44	01:50	44	01:58	02:01	02:06	02:12
43	01:37	01:40	01:45	01:50	43	01:59	02:01	02:06	02:12
42	01:37	01:40	01:45	01:50	42	01:59	02:01	02:06	02:12
41	01:38	01:40	01:45	01:51	41	01:59	02:02	02:07	02:13
40	01:38	01:41	01:45	01:51	40	01:59	02:02	02:07	02:13
39	01:38	01:41	01:46	01:51	39	02:00	02:02	02:08	02:14
38	01:38	01:41	01:46	01:52	38	02:00	02:02	02:08	02:15
37	01:38	01:41	01:46	01:52	37	02:00	02:02	02:08	02:16
36	01:38	01:42	01:46	01:52	36	02:00	02:02	02:09	02:17
35	01:39	01:42	01:47	01:52	35	02:01	02:03	02:09	02:17
34	01:39	01:42	01:47	01:53	34	02:01	02:03	02:09	02:17
33	01:39	01:42	01:47	01:53	33	02:01	02:03	02:09	02:18
32	01:39	01:42	01:47	01:53	32	02:01	02:03	02:10	02:18

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31	01:39	01:43	01:47	01:54	31	02:02	02:03	02:10	02:18
30	01:40	01:43	01:48	01:54	30	02:02	02:04	02:10	02:18
29	01:40	01:43	01:48	01:55	29	02:02	02:04	02:10	02:18
28	01:40	01:43	01:48	01:55	28	02:03	02:05	02:11	02:19
27	01:40	01:44	01:49	01:55	27	02:03	02:05	02:11	02:20
26	01:41	01:44	01:49	01:56	26	02:03	02:05	02:11	02:20
25	01:41	01:44	01:49	01:56	25	02:04	02:05	02:12	02:20
24	01:41	01:44	01:50	01:57	24	02:04	02:05	02:12	02:21
23	01:42	01:45	01:50	01:58	23	02:05	02:06	02:13	02:22
22	01:42	01:45	01:50	01:58	22	02:05	02:06	02:14	02:23
21	01:42	01:45	01:50	01:58	21	02:06	02:06	02:15	02:24
20	01:42	01:46	01:51	01:59	20	02:06	02:07	02:15	02:25
19	01:43	01:46	01:51	01:59	19	02:06	02:07	02:15	02:27
18	01:43	01:46	01:52	02:00	18	02:07	02:07	02:15	02:27
17	01:44	01:47	01:52	02:00	17	02:07	02:08	02:16	02:28
16	01:44	01:47	01:52	02:01	16	02:07	02:08	02:17	02:28
15	01:44	01:47	01:53	02:01	15	02:07	02:09	02:17	02:28
14	01:45	01:48	01:53	02:02	14	02:08	02:10	02:17	02:29
13	01:45	01:48	01:54	02:04	13	02:09	02:10	02:18	02:33
12	01:46	01:48	01:55	02:05	12	02:09	02:11	02:18	02:34
11	01:46	01:49	01:55	02:06	11	02:09	02:11	02:19	02:34
10	01:47	01:50	01:56	02:08	10	02:09	02:13	02:19	02:35
9	01:47	01:50	01:57	02:08	9	02:10	02:14	02:20	02:39
8	01:48	01:51	01:58	02:10	8	02:10	02:15	02:20	02:40
7	01:48	01:52	01:59	02:11	7	02:12	02:16	02:21	02:42
6	01:48	01:53	02:00	02:13	6	02:13	02:20	02:23	02:44
5	01:49	01:54	02:01	02:15	5	02:13	02:22	02:23	02:47
4	01:51	01:54	02:04	02:18	4	02:14	02:25	02:24	02:47
3	01:53	01:56	02:07	02:22	3	02:16	02:29	02:25	02:48
2	01:57	01:58	02:12	02:24	2	02:20	02:31	02:27	02:55
1	02:01	02:01	02:20	02:33	1	02:41	02:35	02:37	02:55
N=	1404	2255	2089	864	N=	190	196	172	78
Total N= 7248									

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IV. Fitness awards are based on the following Fitness Award Percentages.

Category	Fitness Award Percentage	Award
100% Club	100	Fitness Bar, 16 hours award time, T-shirt, and recognition at the Award Ceremony
Superior	90-99	Fitness Bar & 16 hours award time
Excellent	80-89	16 hours award time
Good	70-79	16 hours award time
Good	60-69	8 hours award time