

**TETON COUNTY SHERIFF'S OFFICE
PHYSICAL FITNESS STANDARDS**

Applicants for employment with the Teton County Sheriffs Department are required to pass a physical fitness test before hire. The standards are the minimum required by the Wyoming Law Enforcement Academy for acceptance. The testing is based on the standards and testing procedures from the Institute for Aerobic Fitness in Dallas, Texas.
NOTE: The standards are adjusted for sex and age.

FEMALE

Ages	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Run (1.5 mile)	15:26	15:57	16:28	16:58	17:26	17:55	18:20	18:44
Sit Ups (1 Minute)	32	25	22	20	17	14	10	6
Push Ups (1 Minute)	23	19	16	13	12	11	8	5

MALE

Ages	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
Run (1.5 mile)	12:51	13:36	14:03	14:29	14:58	15:26	16:05	16:43
Sit Ups (1 Minute)	38	34	31	29	26	24	21	18
Push Ups (1 Minute)	29	24	21	18	15	13	11	10

- **PUSH-UPS** – are traditional push ups, from complete up position, down far enough to touch a fist on the ground with your chest. (Women will do “modified” push ups, with knees on the ground). Time limit is one minute.
- **SIT-UPS** – are traditional bent knee sit-ups. Time limit is one minute.