

As of 1 July 1995, the Board on Law Enforcement Officer Standards and Training (MBLEOST) required all Mississippi law enforcement training academies to administer an ENTRY LEVEL FITNESS TEST to those recruits reporting to the ten (10) week basic training program. We will give this examination immediately upon reporting for training this will determine whether a recruit can remain at the academy for the ten (10) week program.

Students must achieve a passing score of 50% on this examination. Should a recruit fail any portion of this pre-enrollment examination, we will ask that he or she leave the academy. They may, however, resubmit their application to attend a future class. The test consists of four components: flexibility, agility run, pushups, and a 1.5 mile run. This will be the same test administered at the end of the ten (10) week basic training program. We will give a recruit only one opportunity to pass the pre-enrollment examination.

Please pay close attention to the chart below to learn what MBLEOST will require of each recruit:

AGE GROUPS	20-29		30-39		40+	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
<b>1.5 MILE RUN</b> 70% minimum requirement to graduate	14:30	17:18	15:30	18:30	16:30	19:42
<b>1.5 mile run</b> 50% pre-entrance requirement	18:10	21:38	19:10	22:50	20:10	24:02
<b>Agility Run</b> 50% pre-entrance requirement	20:40	23:30	20:90	24:40	21:85	26:05
<b>Agility Run</b> 70% minimum requirement to graduate	18:60	21:10	19:10	22:20	20:05	23:85
<b>Trunk Flex inches</b> 60% pre-entrance requirements	3	4	2	3	1	2
<b>Trunk Flexion inches</b> 70% minimum requirement to graduate	11	12	10	11	9	10

<b>Push Ups</b>	17-21 yrs	22-26 yrs	27-31 yrs	32-36 yrs	37-41 yrs	42-46 yrs	47-51 yrs	52+yrs
70% min. to graduate	M-52	M-50	M-48	M-43	M-42	M-36	M-32	M-26
	F-25	F-26	F-24	F-22	F-18	F-17	F-13	F-12
50% min. for Pre-entrance	M-32	M-30	M-28	M-23	M-22	M-18	M-17	M-12
	F-13	F-11	F-10	F-9	F-8	F-7	F-6	F-6