

Mississippi Peace Officer Standard and Training's Physical Training Requirements:

Age Groups		20-29 yoa		30-39 yoa		40+ yoa		
		Male	Female	Male	Female	Male	Female	
1.5 Mile Run 70% minimum requirement to graduate		14:30	17:18	15:30	18:30	16:30	19:42	
1.5 mile run 50% pre-entrance requirement		18:10	21:38	19:10	22:50	20:10	24:02	
Agility Run 70% minimum requirement to graduate		18:60	21:10	19:10	22:20	20:05	23:85	
Agility Run 50% pre-entrance requirement		20:40	23:30	20:90	24:40	21:85	26:05	
Two minute time limit:								
Push Ups	17-21 yoa	22-26 yoa	27-31 yoa	32-36 yoa	37-41 yoa	42-46 yoa	47-51 yoa	52+ yoa
70% min. to graduate	M-52 F-28	M-50 F-26	M-48 F-24	M-43 F-22	M-42 F-18	M-36 F-17	M-32 F-13	M-26 F-12
50% min. for Pre-entrance	M-32 F-13	M-30 F-11	M-28 F-10	M-23 F-9	M-22 F-8	M-18 F-7	M-17 F-6	M-12 F-6