



*Police Department  
Westborough, Massachusetts*



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**WESTBOROUGH POLICE DEPARTMENT  
ENTRY LEVEL FITNESS STANDARDS**

The Westborough Police Departments entry level fitness standards are based upon the Cooper Fitness Institute tests. Entry level standards require that candidates meet Cooper's 35<sup>th</sup> percentile norms for their sex and age. This means that the candidate is as fit as at least the lower 35<sup>th</sup> percentile of the population of that sex and age.

The Westborough Police Department recommends that you consult your personal physician before starting any physical fitness program.

In order to take part in this test you will need to have Medical Clearance. You must complete the Westborough Police Department "Medical Clearance Form" indicating that you are cleared to take part in this fitness testing portion of the hiring process.

**1.5 Mile Timed Run**

Run Timed on Indoor or Outdoor Track

Entry Level

AGE	MALES	FEMALES
18-29	12:53	15:32
30-39	13:25	16:43
40-49	14:10	17:38
50-59	15:53	19:43
60+	17:49	22:03

## **SIT- UP STANDARDS**

Score is the number of correct sit-ups in one minute.  
Entry Level

AGE	MALES	FEMALES
18-29	37	31
30-39	33	24
40-49	28	19
50-59	22	12
60+	18	5

## **PUSH - UP STANDARDS**

Score is the total number of correct push-ups.  
No time limit  
No resting  
Entry Level

AGE	MALES	FEMALES
18-29	27	22/14
30-39	21	17/10
40-49	16	11/8
50-59	11	10/-
60+	9	4/-

Females are allowed to use the modified push-up position  
or full body extension as reflected in table above.