UNITED STATES CAPITOL POLICE
PHYSICAL READINESS TEST (PRT)
SELF CERTIFICATION

Due to the nature of law enforcement training, candidates for the position of Police Officer are expected to maintain a level of fitness that will allow them to successfully complete all aspects of the training program.

The United States Capitol Police (USCP) Physical Readiness Test (PRT) consists of three events. These events are the 300 Meter Run, One-Minute Push-Up Test, and a 1.5 Mile Run. The minimum standards for each test are listed below.

GENDER IDENTITY AND AGE-BASED STANDARDS:

MALES				
	UNDER AGE 25	**AGES 25-29**	**AGES 30-34**	**AGES 35-39**
300 METER RUN	64.00 seconds	64.50 seconds	65.00 seconds	73.00
PUSHUPS IN ONE MINUTE	24	22	19	16
1.5 MILE RUN	13:37	13:57	14:30	15:05

FEMALES				
	UNDER AGE 25	**AGES 25-29**	**AGES 30-34**	**AGES 35-39**
300 METER RUN	76.00 seconds	80.75 seconds	85.50 seconds	97.40
PUSHUPS IN ONE MINUTE	11	10	9	8
1.5 MILE RUN	17:24	17:48	18:44	19:20

Candidates for the position of Police Officer are not required to submit scores for each test. Candidates are required to certify that they will be able to achieve, or surpass the minimum standards listed above based on their age and gender identity.

"With my signature below, I certify that I am able to achieve or surpass the minimum standards listed above for my age and gender identity."

CANDIDATE'S NAME	DATE
CANDIDATE'S SIGNATURE	**DATE OF BIRTH**