



**Delaware State Police**  
**Trooper Applicant**  
**Physical Fitness Test Minimum Requirements**  
*(Revised 04/2019)*

<b>GENDER</b>	<b>AGE</b>	<b>SIT-UPS</b> <b>(1 MINUTE TIME LIMIT)</b>	<b>PUSH-UPS</b> <b>(1 MINUTE TIME LIMIT)</b>	<b>1.5 MILE RUN</b>
<b>MALE</b>	20-29	33	22	13:53
	30-39	30	17	14:23
<b>FEMALE</b>	20-29	24	17	16:11
	30-39	20	11	16:48

**Note:** Applicants should visit [dsp.delaware.gov/selection-process](https://dsp.delaware.gov/selection-process) to view instructional videos on how to properly complete each of these tests.