Metro/SWAT Physical Fitness Test—04-14-11

Name of Evaluator: R Fenn

Name of SWAT Officer: [redacted]

Start Time: 0955

3 minute warm up

Vertical Jump—19 inches	PASS	FAIL— ___ height completed
2 minute rest period		
Pull Up w/ 40 lb weight—1	PASS	FAIL
3 minute rest period		
1 Minute Sit Ups—37	PASS	FAIL— 22 # completed
5 minute rest period		
300 Meter Run—59 seconds	PASS	FAIL— DID NOT COMPLETE actual time (MUSCLE STRAIN)
10 minute rest period		
1 Minute Push Ups—35	PASS	FAIL— DID NOT PERFORM # completed
5 minute rest period		
1.5 Mile Run—13 mins:58 secs	PASS	FAIL— DID NOT PERFORM actual time

End Time: 1023

3.16

METRO/SWAT FITNESS TEST

Officer [redacted]
Date/Time 1·28·11

Vertical Jump	Pass Fail	
Pull ups	Pass Fail	
Sit ups	Pass Fail	30/40 sec.
300 meters	Pass Fail	68/sec.
Push ups	Pass Fail	32/40 sec
1.5 miles	Pass Fail	
Circle Pass or Fail for each test		

1. 2:55
2. 6:09
3. 9:10
4. 13:06
5. 16:34
6. 19:35

Evaluator C. Ray Bridges Badge #92076

METRO/SWAT FITNESS TEST

Officer [redacted]
Date/Time 08-19-11 1515

Vertical Jump	**Pass**	**Fail** 16"
Pull ups	**Pass**	**Fail** 3/4
Sit ups	**Pass**	**Fail** 18
300 meters	**Pass**	**Fail** 1:18
Push ups	**Pass**	**Fail** 26
1.5 miles	**Pass**	**Fail** 24.01
Circle Pass or Fail for each test		

Evaluator Brad Johnson **Badge** 88020

3.23
5.08

METRO/SWAT FITNESS TEST

Officer [redacted]
Date/Time 1-28-2011 / 1045 hrs

Vertical Jump	**Pass** **Fail**
Pull ups	**Pass** **Fail**
Sit ups	**Pass** **Fail**
300 meters	**Pass** **Fail**
Push ups	**Pass** **Fail**
1.5 miles	**Pass** **Fail**
Circle Pass or Fail for each test	

Evaluator [illegible] **Badge** [illegible]

Metro/SWAT Physical Fitness Test—04-14-11

Name of Evaluator: Johnson

Name of SWAT Officer: [redacted]

Start Time: 1000

3 minute warm up

Vertical Jump—19 inches	PASS	FAIL— _____ height completed
2 minute rest period		
Pull Up w/ 40 lb weight—1	PASS	FAIL
3 minute rest period		
1 Minute Sit Ups—37	PASS	FAIL— _____ # completed
5 minute rest period		
300 Meter Run—59 seconds	PASS	FAIL— _____ actual time
10 minute rest period		
1 Minute Push Ups—35	PASS	FAIL— _____ # completed
5 minute rest period		
1.5 Mile Run—13 mins:58 secs	PASS	FAIL— 15.94 actual time

End Time: 1050

METRO/SWAT FITNESS TEST

Officer [redacted]
Date/Time 08-21-12 ~~18~~ 1900

2	**Vertical Jump**	**Pass** **Fail(** **)**
3	**Pull ups**	**Pass** **Fail(** **)**
5	**Sit ups**	**Pass** **Fail(** **)**
5	**300 meters** 54	**Pass** **Fail(** **)**
10	**Push ups**	~~**Pass**~~ **Fail(** **)**
5	**1.5 miles**	**Pass** **Fail(** **)**
Circle Pass or Fail for each test. Write results for Failed exercise.		

PUSH UPS - STRUGGLING AT 32 - ABOUSED OF FULL EXTENT
33 - SHORT - UNABLE TO COMPLETE 35 COLLAPSED.

Evaluator ORGAN **Badge** 75033