



COUNTY OF BERGEN  
DEPARTMENT OF PUBLIC SAFETY  
LAW AND PUBLIC SAFETY INSTITUTE · POLICE, FIRE & EMS ACADEMIES  
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James J. Tedesco III  
County Executive

Ralph Rivera Jr.  
Director of Public Safety

Richard Blohm  
Director of LPSI

### **Physical Fitness Requirements**

This test is a PASS / FAIL event. Failure of any one of the components can result in the dismissal from the Academy.

The events and minimum scores to pass are:

- 1.5 mile run in 15:55 or less
- 300 meter run in 70.1 seconds or less
- Vertical jump of 15 inches or more
- 24 push-ups in 1 minute or less
- 28 sit-ups in 1 minute or less