

Physical Fitness Standards

Approved by Utah POST Council

Module 1 – Special Function Officer (SFO)

Module 2 – Law Enforcement Officer (LEO)

Event	SFO Entry Standard	SFO Exit Standard	LEO Entry Standard	LEO Exit Standard
	Advisory			
Vertical Jump	14.5"	15"	15"	17.5"
Sit-Up 1 Minute	23	25	25	29
300 Meter Run	N/A	70 Sec.	70 Sec.	64 Sec.
Push-Up Maximum Effort	14	16	16	21
1.5 Mile Run	16:11	15:37	15:37	14:46