

PHYSICAL TEST FOR THE RECRUITMENT OF SECURITY GUARDS

Sr. No.	Event	Measurement as per age group	
		AGE 30-40	AGE 41-45
1	2.4 KM Run	10 Min 31 Sec to 11 Min 15 Sec	11 Min 31 Sec to 12 Min 15 Sec
		11 Min 16 Sec to 12 Min	12 Min 16 Sec to 13 Min
		12 Min to 15 Min	13 Min to 16 Min
		Over 15 Min	Over 16 Min
2	5 Meter Shuttle in One Min	14 to 15	12 to 13
		12 to 13	10 to 11
		10 to 11	8 to 9
		Below 10	Below 8
3	Push Ups	20	17
		16 to 19	13 to 16
		15	12
		Below 15	Below 12
4	Sit Ups	30	25
		28 to 29	23 to 24
		26 to 27	21 to 22
		24 to 25	19 to 20
		22 to 23	17 to 18
		20 to 21	15 to 16
		Below 20	Below 15