

The Cuyahoga Falls Fire Department requires that successful candidates achieve the sex, age and body weight performance standards indicated in the following charts for each of these six categories: bench press, leg press, sit ups, push ups, flexibility, and the 1.5 mile run. Candidates are also required to complete an unaided 50-yard swim. The 1.5 mile run is measured by completing 12 laps (1/8 mile track length) of the running track on the second floor at the Cuyahoga Falls Natatorium and measured against the established standards.

Female Performance Standards (all at 50th percentile)

Bench Press					
BW	20-29	30-39	40-49	50-59	60+
90	59	51	47	41	41
95	62	54	49	44	43
100	65	57	52	46	45
105	68	60	55	48	47
110	72	63	57	51	50
115	75	66	60	53	52
120	78	68	62	55	54
125	81	71	65	58	56
130	85	74	68	60	59
135	88	77	70	62	61
140	91	80	73	64	63
145	94	83	75	67	65
150	98	86	78	69	68
155	101	88	81	71	70
160	104	91	83	74	72
165	107	94	86	76	74
170	111	97	88	78	77
175	114	100	91	81	79
180	117	103	94	83	81
185	120	105	96	85	83
190	124	108	99	87	86
195	127	111	101	90	88
200	130	114	104	92	90
205	133	117	107	94	92
210	137	120	109	97	95
215	140	123	112	99	97
220	143	125	114	101	99
225	146	128	117	104	101
230	150	131	120	106	104

Leg Press					
BW	20-29	30-39	40-49	50-59	60+
90	130	114	106	95	89
95	137	121	112	100	94
100	144	127	118	105	99
105	151	133	124	110	104
110	158	140	130	116	109
115	166	146	136	121	114
120	173	152	142	126	119
125	180	159	148	131	124
130	187	165	153	137	129
135	194	171	159	142	134
140	202	178	165	147	139
145	209	184	171	152	144
150	216	191	177	158	149
155	223	197	183	163	153
160	230	203	189	168	158
165	238	210	195	173	163
170	245	216	201	179	168
175	252	222	207	184	173
180	259	229	212	189	178
185	266	235	218	194	183
190	274	241	224	200	188
195	281	248	230	205	193
200	288	254	236	210	198
205	295	260	242	215	203
210	302	267	248	221	208
215	310	273	254	226	213
220	317	279	260	231	218
225	324	286	266	236	223
230	331	292	271	242	228

	20-29	30-39	40-49	50-59	60+
Sit Ups	35	27	22	17	8
Push Ups	18	14	11	8	1
Flexibility	20	19	18	17.9	16.4
1.5 Mile Run	14:07	14:34	15:24	17:13	18:52
50-yard Swim	Completed				

Male Performance Standards (all at 50th percentile)

Bench Press					
BW	20-29	30-39	40-49	50-59	60+
130	138	121	109	98	88
135	148	126	113	101	92
140	148	130	118	105	95
145	154	135	122	109	99
150	159	140	126	113	102
155	164	144	130	116	105
160	170	149	134	120	109
165	175	153	139	124	112
170	180	158	143	128	116
175	186	163	147	131	119
180	191	167	151	135	122
185	196	172	155	139	126
190	201	177	160	143	129
195	207	181	164	146	133
200	212	186	168	150	136
205	217	191	172	154	139
210	223	195	176	158	143
215	228	200	181	161	146
220	233	205	185	165	150
225	239	209	189	169	153
230	244	214	193	173	156
235	249	219	197	176	160
240	254	223	202	180	163
245	260	228	206	184	167
250	265	233	210	188	170
255	270	237	214	191	173
260	276	242	218	195	177
265	281	246	223	199	180
270	286	251	227	203	184
275	292	256	231	206	187
280	297	260	235	210	190
285	302	265	239	214	194
290	307	270	244	218	197
295	313	274	248	221	201
300	318	279	252	225	204

Leg Press					
BW	20-29	30-39	40-49	50-59	60+
130	248	222	21	198	186
135	258	231	219	205	193
140	267	239	227	213	200
145	277	248	235	220	207
150	287	257	243	228	215
155	296	265	251	236	222
160	306	274	259	243	229
165	315	282	267	251	236
170	325	291	275	258	243
175	334	299	284	266	250
180	344	308	292	274	257
185	353	316	300	281	265
190	363	325	308	289	272
195	373	333	316	296	279
200	383	342	324	304	286
205	392	351	332	312	293
210	401	359	340	319	300
215	411	368	348	327	307
220	420	376	356	334	315
225	430	385	365	342	322
230	439	393	373	350	329
235	449	402	381	357	336
240	458	410	389	365	343
245	468	419	397	372	350
250	478	428	405	380	358
255	487	436	413	388	365
260	497	445	421	395	372
265	506	453	429	403	379
270	516	462	437	410	386
275	525	470	446	418	393
280	535	479	454	426	400
285	544	487	462	433	408
290	554	496	470	441	415
295	563	504	478	448	422
300	573	513	486	456	429

	20-29	30-39	40-49	50-59	60+
Sit Ups	40	36	31	26	20
Push Ups	33	27	21	15	15
Flexibility	17.5	16.5	15.3	14.5	13.5
1.5 Mile Run	11:58	12:25	13:11	14:16	15:56
50-yard Swim	Completed				