

## Austin Police Department Physical Fitness Test

### 500 Meter Row Test

For the 500-meter row test, individuals shall row 500m as fast as possible and the time will be utilized to estimate one's score. The 500-meter test takes place at the **level 5** or **damper setting 5** on the flywheel

The 500m Row Test is scored based on the applicants' gender and the time the test was completed.

The 60<sup>th</sup> percentile on the 500m Row Test is a time of 2:17 or better for females and 1:58 or better for males.

See chart below for further details:

Gender	Female		Male		%
	Minute(s)	Seconds	Minute(s)	Seconds	
100%	1	37	1	18	100%
99%	1	38	1	19	99%
98%	1	39	1	20	98%
97%	1	40	1	21	97%
96%	1	41	1	22	96%
95%	1	42	1	23	95%
94%	1	43	1	24	94%
93%	1	44	1	25	93%
92%	1	45	1	26	92%
91%	1	46	1	27	91%
90%	1	47	1	28	90%
89%	1	48	1	29	89%
88%	1	49	1	30	88%
87%	1	50	1	31	87%
86%	1	51	1	32	86%
85%	1	52	1	33	85%
84%	1	53	1	34	84%
83%	1	54	1	35	83%
82%	1	55	1	36	82%
81%	1	56	1	37	81%
80%	1	57	1	38	80%
79%	1	58	1	39	79%
78%	1	59	1	40	78%
77%	2	0	1	41	77%
76%	2	1	1	42	76%
75%	2	2	1	43	75%
74%	2	3	1	44	74%
73%	2	4	1	45	73%
72%	2	5	1	46	72%
71%	2	6	1	47	71%
70%	2	7	1	48	70%
69%	2	8	1	49	69%
68%	2	9	1	50	68%
67%	2	10	1	51	67%

<b>66%</b>	2	11	1	52	<b>66%</b>
<b>65%</b>	2	12	1	53	<b>65%</b>
<b>64%</b>	2	13	1	54	<b>64%</b>
<b>63%</b>	2	14	1	55	<b>63%</b>
<b>62%</b>	2	15	1	56	<b>62%</b>
<b>61%</b>	2	16	1	57	<b>61%</b>
<b>60%</b>	<b>2</b>	<b>17</b>	<b>1</b>	<b>58</b>	<b>60%</b>
<b>59%</b>	2	18	1	59	<b>59%</b>

If the applicant scores below a 60% on the 500-meter row test, the applicant will fail the fitness test.