

Will County Sheriff's C.A.T. Standards

AS OF 12/1/2025

Sit and Reach	Male Age	Male Age	Male Age	Male Age		Female Age	Female Age	Female Age	Female Age
	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
Inches	14	13	12	10		16	15	14	12

One Minute Sit-Up	Male Age	Male Age	Male Age	Male Age		Female Age	Female Age	Female Age	Female Age
	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
Repetitions	26	24	22	18		18	16	14	10

Bench Press	Male Age	Male Age	Male Age	Male Age		Female Age	Female Age	Female Age	Female Age
	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
Percentage of body weight	60	55	52	48		48	46	44	40

1 Mile Run	Male Age	Male Age	Male Age	Male Age		Female Age	Female Age	Female Age	Female Age
	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59
Maximum Time	12:00	13:00	14:00	15:00		12:30	13:30	15:00	16:00