

SI Physical Screening Test (PST) Punjab

The Physical Screening Test (PST) shall be qualifying in nature, and shall comprise of the following events-

For District Police and Armed Police cadres

<u>Candidate</u>	<u>Events</u>
For Male Candidates (excluding Ex-Servicemen)	<ul style="list-style-type: none">▪ 1600 meters run to be completed in 7:00 minutes (only one chance)▪ Long Jump 3.65 meters (3 chances)▪ High Jump 1.10 meters (3 chances)
For Ex-Servicemen Male Candidates of age upto and including 35 years	<ul style="list-style-type: none">▪ 1400 meters walk and run to be completed in 09 minutes (only one chance)▪ 10 Sit-ups within 2 minutes
For Ex-Servicemen Male Candidates of age more than 35 years	<ul style="list-style-type: none">▪ 1400 meters walk and run to be completed in 12 minutes (only one chance)▪ 10 Sit-ups within 3 minutes
For Female Candidates	<ul style="list-style-type: none">▪ 800 meters run to be completed in 5 minutes (only one chance)▪ Long Jump 3 meters (3 chances)▪ High Jump 0.90 meters (3 chances)

FOR INTELLIGENCE AND INVESTIGATION CADRES

<u>Candidate</u>	<u>Events</u>
For Male Candidates (except Ex-Servicemen of and above 35 years)	<ul style="list-style-type: none">▪ 800 meters run to be completed in 4:00 minutes (only one chance)▪ Long Jump 2.75 meters (3 chances)▪ High Jump 0.90 meters (3 chances)
For Ex-Servicemen Male Candidates (35 years and above)	<ul style="list-style-type: none">▪ 800 meters run/walk to be completed in 06 minutes (only one chance)
For Female Candidates	<ul style="list-style-type: none">▪ 400 meters run to be completed in 2:00 minutes (only one chance)▪ Long Jump 1.80 meters (3 chances) (c) High Jump 0.75 meters (3 chances)