

**DETAILS OF EVENTS TO BE ATTENDED IN PHYSICAL ENDURANCE TEST FOR THE  
POST OF SECURITY GUARD AGAINST ADVT NO. AMD-3/2021**

**Event-I -HEIGHT & CHEST**

			<b>Male</b>	<b>Female</b>
1	Height	General	167 cms	157 cms
		Candidates belonging to hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh, J&K, North Eastern States and Sikkim.	165 cms	155 cms
2	Chest	For all the candidates	80 cms (unexpanded) 85 cms (expanded)	-

**EVENT-II (Running)**

Running100 mtrs	<b>Male</b>	<b>Female</b>
	In 16 seconds	In 20 seconds

**EVENT-III (Long Jump)**

Long Jump	<b>Male</b>	<b>Female</b>
	3.65 meters in 3 chances	2.7 meter (09 feet) in 3 chances

**EVENT-IV (CHIN-UPS)**

<b>Age Group</b>	<b>Male</b>	<b>Female</b>
Upto 30 years	08-09 Nos.	--
30-40 years	05-06 Nos.	--
40-45 years	-	--
Above 45 years	-	--

**EVENT-V (PUSH –UPS)**

<b>Age Group</b>	<b>MALE</b>	<b>FEMALE</b>
Upto 30 years	-	-
30-40 years	-	-
40-45 years	16-17 Nos.	-
Above 45 years	12-13 Nos.	-

**EVENT-V (SIT -UPS)**

<b>Age Group</b>	<b>MALE</b>	<b>FEMALE</b>
Upto 30 years	25-29 Nos.	20
30-40 years	20-24 Nos.	15
40-45 years	15-19 Nos.	12
Above 45 years	10-14 Nos.	10