

**Subject: Norms for conduct of Physical Fitness Test for the Post of Sports Officer.**

The Physical Fitness Test will be conducted of all the eligible candidates as per the following norms:-

<b>NORMS FOR MEN</b>			
<b>12 MINUTES RUN/WALK TEST</b>			
Upto 30 Years	Upto 40 Years	Upto 50 Years	Upto 60 Years
1800 meters	1500 meters	1200 meters	800 meters

<b>NORMS FOR WOMEN</b>			
<b>8 MINUTES RUN/WALK TEST</b>			
Upto 30 Years	Upto 40 Years	Upto 50 Years	Upto 60 Years
1000 meters	800 meters	600 meters	400 meters

2. Schedule of the Test:

Date	Time	Venue
19.07.2021	08.00 Hrs. onwards	Kendriya Vidyalaya Andrews Ganj, Near, Moolchand Flyover, National Park, Andrews Ganj, New Delhi- 110024

3. All the eligible candidates who are attending the Physical Fitness Test have to produce a Medical Certificate that they are fit for taking this test.

4. The candidates have to report for Physical Fitness Test with negative Covid-19 RTPCR Test, conducted within 72 hrs. of the test date.

  
Registrar