

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:-

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

NORMS FOR WOMEN			
8 MINUTES RUN/WALK TEST			
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:

S.No.	Activity	Date	Time	Venue	Remarks
1	Physical Fitness Test	24.08.2021	10.00 Hrs. onwards	Chhatrasal Stadium, Model Town, Ring Road Block B, Gujranwala Town, Delhi-110009	Result of Physical Fitness Test will be notified in the afternoon on 24.08.2021.
2	Verification of Documents	25.08.2021	09.00 Hrs onwards	New Committee Room, School of Planning And Architecture, New Delhi- 110002	Only for candidates passing Physical Fitness Test
3	Interview of the eligible candidates	25.08.2021	10.00 Hrs onwards	New Committee Room, School of Planning And Architecture, New Delhi- 110002	In respect of Candidates having cleared Physical Fitness Test & Document verification

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