



NICHOLASVILLE POLICE DEPARTMENT
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Barry W. Waldrop
Chief of Police

State Accredited Law
Enforcement Agency

FIT FORCE

OVERALL PHYSICAL FITNESS RECORDS

<u>Event</u>	<u>Record Holder</u>	<u>Record Set</u>	<u>Date</u>
1 Max Bench Press	Joseph Holbrook	2.15 %	Spring 2009
Most Weight	John Foutch	385 lbs.	Fall 2008
Sit & Reach	Josh Filson	26.5 in.	Spring 2007
Sit Ups	Gil Rendon	61	Spring 2009
Push Ups	John Foutch	85	Fall 2007
300 Meter	Keith Parke	44 sec.	Spring 2009
1.5 Mile Run	Burke Rhoads	11:23	Spring 2009
Top Score	Josh Filson	94.6 %	Fall 2007