



NICHOLASVILLE POLICE DEPARTMENT
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State Accredited Law
Enforcement Agency

Barry W. Waldrop
Chief of Police

FIT FORCE 2009

SPRING PHYSICAL FITNESS RECORDS

<u>Event</u>	<u>Record Holder</u>	<u>Record Set</u>
1 Max Bench Press	Joseph Holbrook	2.15 %
Most Weight	John Foutch	375 lbs.
Sit & Reach	Josh Filson	26 in.
Sit Ups	Gil Rendon	61
Push Ups	John Foutch	82
300 Meter	Keith Parke	44 sec.
1.5 Mile Run	Burke Rhoads	11:23
Top Score	Josh Filson	92.3%