



PRET Test Results Form

Date of PRET Test: _____

Agency: _____

Name of Proctor/s: _____

Name of Officer/Trainee: _____

Age of Officer/Trainee: _____ Gender of Officer/Trainee: _____

The test administered was the Cooper Institute® Test that consisted of the following per the Nebraska Law Enforcement Training Center.

Tests conducted: ([Instructional Video Link](#)) The video is available at our website.

1. Vertical Jump: 1-2 minutes recovery
2. 1-minute sit-ups: 5 minutes recovery
3. 300 Meter Sprint: (Measured 300 Meters on flat surface & timed) 5-10 minutes recovery
4. 1-minute push-up: 5 minutes recovery
5. 1.5-mile run: (Measured 1.5 miles on flat surface & timed) cool down 5 minutes

Officer/Trainee Results:

1. Vertical Jump: _____ inches _____ Percentile
2. 1-minute sit-ups: _____ number of sit-ups _____ Percentile
3. 300 Meter Sprint: _____ Time _____ Percentile
4. 1-minute push-ups: _____ number of push-ups _____ Percentile
5. 1.5-mile run: _____ Time _____ Percentile

Overall Percentile Score: (average of the 5 individual) _____

Agency Head/Designee: _____
Printed Name

Agency Head/Designee: _____
Signature

Return form to: Nebraska Law Enforcement Training Center
P.O. Box 2700
Grand Island, NE 68802
Fax: 308-385-6032

Website: <https://ncc.nebraska.gov/>