



# PRET Test Results Form

Date of PRET Test: \_\_\_\_\_

Agency: \_\_\_\_\_

Agency Email: \_\_\_\_\_

Name of Proctor/s: \_\_\_\_\_

Name of Officer/Trainee: \_\_\_\_\_

Age of Officer/Trainee: \_\_\_\_\_ Gender of Officer/Trainee: \_\_\_\_\_

The test administered is the PRET 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
2. 1-minute sit-ups: \_\_\_\_\_ number of sit-ups
3. 300 Meter Sprint: \_\_\_\_\_ Time
4. 1-minute push-ups: \_\_\_\_\_ number of push-ups
5. 1.5-mile run: \_\_\_\_\_ Time

**NLETC will score the test.**

Agency Head/Designee: \_\_\_\_\_  
Printed Name

Agency Head/Designee: \_\_\_\_\_  
Signature

Return form to: **Nebraska Law Enforcement Training Center  
3600 North Academy Road  
Grand Island, NE 68801  
Fax: 308-385-6032**

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