

NOTICE

Dear Candidates,

1. Two items are newly included in PAT:

a. 1 Km Long Run.

Marks	Regular/Long Course (Male)	Regular/Long Course (Female)	Graduate/Short Course (Male)	Graduate/Short Course (Female)
10	4':30"	6':30"	5':00"	7':00"
9	4':45"	6':45"	5':15"	7':15"
8	5':00"	7':00"	5':30"	7':30"
7	5':15"	7':15"	5':45"	7':45"
6	5':30"	7':30"	6':00"	8':00"

Note: You will have to get at least 6 marks to pass in this test.

b. 10 (Ten) Push up, 05 Marks.

2. Please prepare accordingly.