

VIKRAM SARABHAI SPACE CENTRE
THIRUVANANTHAPURAM

(ADVERTISEMENT NO 297. POST NO. 1351. POST – FIREMAN-A)

The following candidates who underwent medical test on 16.05.2018 for physical fitness standards, have been cleared for the endurance test scheduled to be held on 19.05.2018 and they are advised to report for endurance test as follows.

Reporting Place :	RECRUITMENT & REVIEW SECTION, ROOM NO.F-09 ADMINISTRATIVE BLOCK, ATF AREA VIKRAM SARABHAI SPACE CENTRE (VSSC)	Time : 0630 Hrs
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SI No.	Roll No	Regn. No	Name
1	510047	S4Z8Y92	ABHISHEK A S
2	510227	K4Y5R53	ADARSH G A
3	510066	G4Y3H82	ADARSH J B
4	510127	W4Z4M45	AJAYA KUMAR S
5	510297	C4Y6U32	AKASH AJAY
6	510294	T4Y1V63	ARUN A
7	510265	L4Y1M73	BENHAR JOSEPH B
8	510003	R4Y6S75	BIJIN V J
9	510245	R4Y5R49	DIPIN L S
10	510040	M4Y7C48	JIM FRANCIS
11	510199	S4W7V95	MANULAL M S
12	510128	W4Z5U83	NITHIN GOPINATHAN
13	510114	J4Z4Q36	SAJITH NETTO
14	510163	B4X1Q42	SIBI FREDERIC
15	510194	W4X9U22	SURAG S GOPI
16	510298	B4X6Q63	VIGIL DS

Endurance Standards : (To qualify in 5 events out of the eight given below)

SI No	Events	For candidates of age		
		Below 40 years		Above 40 years
		Three Star Standard	Two Star Standard	One Star Standard
1	100 metres run	12 seconds	13 seconds	14 seconds
2	High Jump	5 feet 3 inch (160.02 cm)	5 feet (152.40 cm)	4 feet 6 in (137.16 cm)
3	Long Jump	19 feet (5.80 metres)	17 feet (5.19 metres)	15 feet (4.57 metres)
4	Putting the shot of 7.27 kg (16 lbs)	28 feet (8.53 metres)	24 feet (7.32 metres)	20 feet (6.10 metres)
5	Throwing the Cricket ball	275 feet (83.82 metres)	225 feet (68.58 metres)	200 feet (60.96 metres)
6	Rope climbing (only hands)	16 feet (4.88 metres)	14 feet (4.27 metres)	12 feet (3.66 metres)
7	Pull-ups	15 Nos.	10 Nos.	08 Nos.
8	1500 metres run	5 minutes	5 minutes 15 seconds	5 minutes 45 seconds

*** Breakfast will be served to the candidates.**

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