

VIKRAM SARABHAI SPACE CENTRE
THIRUVANANTHAPURAM

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

The following candidates who underwent medical test on 17.05.2018 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	510083	V4Y8Z96	Abishek A
2	510283	S4X9M65	Adarsh SN Ash
3	510324	EEFM025	Ashik A
4	510016	S4Y6Y16	Dipin R
5	510332	EEFM033	Joseph.P.J
6	510216	F4X2P67	Mohammed Shafi J
7	510071	W4Y4U39	Robin Justin
8	510081	T4X2G93	Shiju George
9	510290	Q4Y6Y69	Sreekumar S
10	510080	H4X4T49	Sreeraj S R
11	510264	U4Y5W86	Sruthin V S
12	510209	U4X2E12	Tijit T Mathew
13	510284	G4Z5B95	Vishnu Muraleedharan

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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