

SSC CPO Detailed Information

Here we have full form and Detailed information of (SSC CPO) Exam.

SSC: Staff Selection Commission

CPO: Central Police Organization

OTHER SSC EXAM DETAILS:

- CGL (Combined Graduate Level)
- CHSL (Combined Higher Secondary Level)
- CPO (Central Police Organization)
- JE (Junior Engineer)
- MTS (Multi Tasking Staff)

ELIGIBILITY CRITERIA

For male candidates only

- 1-) 100 meters race in 16 seconds
- 2-) 1.6 Km race in 6.5 minutes
- 3-) Long Jump: 3.65 meters in 3 chances
- 4-) High Jump: 1.2 meters in 3 chances
- 4-) Shot put (16 Lbs): 4.5 meters in 3 chances

For female candidates only

- 1-) 100 meters race in 18 seconds
- 2-) 800 meters race in 4 minutes
- 3-) Long Jump: 2.7 meters (9 feet) in 3 chances.
- 4-) High Jump: 0.9 meters (3 feet) in 3 chances.