

The selection process of TNUSRB followed by four stages listed Under below. written examination, certificate verification, physical measurement test, endurance test, physical efficiency test, viva voce. Those who clear the written test successfully shall be eligible to further stages in recruitment process.

Candidates who declared successful at Physical Measurement Test will be called for endurance test. Open quota and 20% departmental quota:

I. For Men:

S.No	Events	Events	2 Marks	5 Marks
1	Rope Climing	Rope Climing	5.0 Meters	6.0 Meters
2	Long or High Jump	Long Jump	3.80 Meters	4.50 Meters
		High Jump	1.20 Meters	1.40 Meters
3	Running	100 Meters	15.00 Seconds	13.50 Seconds
		400 Meters	80 Seconds	70 Seconds

II. For Women:

S.No	Events	Events	2 Marks	5 Marks
1	Long Jump	Long Jump	3.0 Meters	3.75 Meters
2	Short-pup throw or Cricket ball throw	Short-put throw	4.25 Meters	5.50 Meters
		Cricket ball throw	17 Meters	24 Meters
3	Running	100 Meters	17.50 Seconds	15.00 Seconds

		200 Meters	38 Seconds	33 Seconds
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III. Ex-Servicemen, Ex-Personnel of Central Paramilitary Force:

S.No	Events	Events	2 Marks	5 Marks
1	Short-put throw	7.26	5.0 Meters	6.0 Meters
2	Long or High Jump	Long Jump	3.25 Meters	4.50 Meters
		High Jump	.90 Meters	1.40 Meters
3	Running	100 Meters	17.00 Seconds	13.50 Seconds
		400 Meters	85 Seconds	70 Seconds