

General instructions

1. PET is expected to start from 27th March 2019 onwards in different batches (exact date and time will be mentioned in the call letter).
2. Venue for PET:
Central Railway Sports Ground,
Near Central Railway Institute,
Ajni, PO - Ajni,
Nagpur, Pin-440003 (Maharashtra).
3. Candidates appearing for PET are advised to get themselves medically examined by Physician and satisfy themselves that they are fit to appear in such Physical Efficiency Test. Railway will not be responsible for any injury or damage suffered/caused during the PET.

4. The criterion for PET is as under:

Male candidates	Female candidates
Should be able to lift and carry 35 kg of weight for a distance of 100 meters in 2 minutes in one chance without putting the weight down and Should be able to run for a distance of 1000 meters in 4 minutes and 15 seconds in one chance.	Should be able to lift and carry 20 kg of weight for a distance of 100 meters in 2 minutes in one chance without putting the weight down and Should be able to run for a distance of 1000 meters in 5 minutes and 40 seconds in one chance.

* Any change in criteria, if occurs, will be intimated at a short notice.

5. Candidates are advised to do adequate practice to meet the PET criteria so that they can increase their probability of success in PET.
6. Link for downloading call letters for PET will be provided shortly.
7. It is advised to keep watching the RRC/CR's website i.e. **www.rrccr.com**

Date:- 05th March 2019

Chairman/RRC,
Central Railway
