

CEN NO. RRC-01/2019 DATED: 23-02-2019 (LEVEL 1 POSTS)

ATTENTION: CANDIDATES SHORTLISTED FOR PHYSICAL EFFICIENCY TEST (PET)

Railway Recruitment Board, Chennai has published results for CBT conducted against the referred CEN, shortlisting eligible candidates for Physical Efficiency Test (PET).

The Physical Efficiency Test (PET) for Candidates shortlisted for RRC/Chennai will be held from 19-01-2023 at Chennai. Shortlisted Candidates are advised to be in readiness to attend PET. Call Letters indicating Date, Time & Details of Venue of PET will be available for download in this Website (www.rrcmass.in) in due course. Shortlisted Candidates are also advised to visit this Website frequently for updates on PET & further stages of recruitment against CEN No. RRC-01/2019.

CRITERION FOR PHYSICAL EFFICIENCY TEST (PET)

<u>Male Candidates</u>	<u>Female & Transgender Candidates</u>
(i) 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	i) 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
(ii) Should be able to run for a distance of 1000 metres in 4 minute and 15 seconds in one chance	ii) Should be able to run for a distance of 1000 metres in 5 minute and 40 seconds in one chance.

NB: Candidates are advised to refer only to the official websites of RRBs/RRC for latest information on the recruitment process against this CEN. Please do not get misled by unauthorized sources. *Beware of Job-racketeers trying to deceive the candidates by false promises of Securing job in Railways either through influence or by use of unfair and unethical means. Railway Recruitment Cell has not appointed any agents or training agencies. **All recruitments by Railway Recruitment Cell are purely MERIT BASED.***

Chairman/RRC/Chennai