

General Instructions

1. PET is expected to start from **25th March 2019** onwards in different batches (exact date and time will be mentioned in the call letter). SMS alerts and e-mail to the eligible candidates will be sent from 10.03.2019.
2. **Venue for PET:**
South Eastern Railway Sports Association Ground,
Jhapatapur, South Side, Kharagpur,
West Bengal- 721301
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
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.	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.
ii) Should be able to run for a distance of 1000 meters in 4 minutes and 15 seconds in one chance.	ii) should be able to run for a distance of 1000 meters in 5 minutes and 40 seconds in one chance.

5. Candidates will be tested for Carrying of Weight to specified distance in specified time first and if successful in this test, for the Running Test after a recovery gap. Falling in the first Test, i.e. Weight carrying will mean elimination at that stage itself.
6. The Weight carrying test will involve lifting a sand bag (without any handle) from a bench/platform at around waist height and carrying it in whichever manner candidate wants to carry above the ground till the destination point without dropping the sandbag on ground.
7. Candidates are advised to do adequate practice to meet the PET criteria so that they can increase their probability of success in PET.
8. The candidates can download call letter 10 days before the scheduled date of PET and the link for downloading call letters for PET is www.rrcser.co.in.
9. It is advised to keep watching the RRC/SER's website i.e. www.rrcser.co.in.

Date: 09th March 2019

Chairman/RRC
South Eastern Railway