



## MONTGOMERY TOWNSHIP POLICE DEPARTMENT

J. Scott Bendig  
Chief of Police

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### Physical Fitness Test

A numerical score shall be received for the written examination. Applicants scoring seventy percent (70%) or above shall be eligible to proceed to the Physical Fitness Test phase of the hiring process.

**PHYSICAL FITNESS TEST:** Qualified Applicants will be eligible to participate in the Physical Fitness Test. In the event of inclement weather, there will be a rescheduled date for the Physical Fitness Test. In the event of inclement weather, any rescheduling will be posted on the townships website:

<http://www.montgomerytp.org/departments/index.php?structureid=12>.

**DATE:** February 4, 2017

**(Inclement Weather Date February 11, 2017)**

**LOCATION:** Penndale Middle School

**400 Penn Street**

**Lansdale, PA 19446**

**TIME:** The Physical Fitness Test will be administered at 8:00 A.M. Registration begins at 7:30 A.M. **NO TARDINESS WILL BE ACCEPTED!** Should an applicant arrive late for the test, he/she will not be permitted to take the test. There will be no make-up examinations or refunds!

**ORAL REVIEW BOARD:** Qualifying Applicants will proceed to the Oral Review Board scheduled for the week of February 20, 2017.

### **PHOTO IDENTIFICATION MUST BE PRESENTED AT EACH PHASE OF THE HIRING PROCESS!**

*Acceptable Photo ID is defined as but not limited to; government issued drivers license or ID card, government issued passport, or a government issued military identification.*

# Physical Fitness Test Requirements

**DRIVING:** Applicants must weave in and out of four (4) evenly spaced cones, enter a stall, back into an adjacent stall, then weave back through cones to exit the course.

**TIME LIMIT: 60 seconds**

**WEIGHT DRAG:** Applicants must drag a 175 pound weight bag fifty (50) feet.

**TIME LIMIT: 15 seconds**

**CAR PUSH:** Applicants must push a standard size vehicle (with operator) a distance of twenty-five (25) feet.

**TIME LIMIT: 15 seconds**

**300 METER RUN:** Applicants must run a distance of 300 meters (30<sup>th</sup> %).

**TIME LIMIT: (See Chart)**

**1.5 MILE RUN:** Applicants must run a distance of 1.5 miles (30<sup>th</sup> %).

**TIME LIMIT: (See Chart)**

Entrance Exam (30% Cooper)	Male Standards by Age					Female Standards by Age				
	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
300 Meter Run (Time)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
1.5 Mile Run (Time)	13:15	13:44	14:34	15:50	15:50	15:46	16:42	17:29	19:10	19:10