

PHYSICAL AGILITY TEST

GAITHERSBURG POLICE DEPARTMENT



1 MINUTE SIT-UP

**AT LEAST
15 SIT-UPS**

1.5 MILE RUN

**18 MINUTES
OR LESS**

1 MINUTE PUSH-UP

**AT LEAST
10 PUSH-UPS**

300 METER RUN

**80 SECONDS
OR LESS**

IN ADDITION:

- **PULL/DRAG A 150 LB DUMMY 15 FT;**
- **CLIMB OVER A BARRIER; AND**
- **TRAVERSE UP AND DOWN TWO FLIGHTS OF STAIRS**

**For more information about the application process or position, please contact:
Gaithersburg Police Recruiters at**

301.258.6168 or by email at GPDRcruitment@gaitersburgmd.gov

SERVICE - INTEGRITY - RESPECT