



# WEST WHITELAND TOWNSHIP POLICE DEPARTMENT



## WEST WHITELAND TOWNSHIP POLICE PHYSICAL FITNESS TEST BATTERY

**¼ Mile Run.** All candidates must complete the run in two (2) minutes.

**Sit ups.** Total number of repetitions performed in one minute.

Age 20 to 29 Males: 35  
Females: 30

Age 30 to 39 Males: 32  
Females: 22

Age 40 to 49 Males: 27  
Females: 17

Age 50 to 59 Males: 21  
Females: 12

**Stair Tower.** All candidates must complete the climb and descent in one (1) minute. Candidates will receive a one second penalty for every step missed during the descent.

**50 Yard Sprint.** All candidates must complete the sprint in ten (10) seconds.

**25 Yard Body Drag.** Ten (10) minute time limit. Candidates will be required to drag a 150-pound dummy 25 yards. Stopping to re-adjust hand grip is permitted. Dropping the dummy is not permitted and will result in elimination from the testing process.

**Failure to complete any of the above events will eliminate the candidate from the hiring process.**

*West Whiteland Township is an equal opportunity employer*

101 COMMERCE DRIVE · EXTON · PA · 19341

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