

MONTGOMERY TOWNSHIP POLICE - PHYSICAL ASSESSMENT

Physical Conditioning Passing Requirements:

Vertical Jump:	15 inches
1 Minute Sit-up:	28 repetitions
300 Meter Run:	70.1 seconds or less
1 Minute Push-up:	24 repetitions
1.5 Mile Run:	15:55 minutes or less

If the applicant fails to meet these minimum requirements as noted above, the applicant will be dismissed from the process for failure to meet the minimum requirements of the physical training standards.