



**MAHWAH POLICE DEPARTMENT  
ENTRY LEVEL PATROL OFFICER**



**Physical Fitness and Written Test Procedures**

**Phase 1: Physical Fitness Test**

**\*\*\*Signed MPD Physician’s Disclaimer and Photo ID Required\*\*\***

**Date:** May 3, 2026

**Time:** Registration: 7:30 AM, Test: 8:00 AM

**Location:** Mahwah High School Athletic Field, 50 Ridge Road, Mahwah, NJ

**Attire:** Dress for Physical Activity – RAIN OR SHINE

**Physical Fitness Test will be consistent with the New Jersey Police Training Commission Physical Conditioning Entrance Exam**

**You must meet the minimum standard on tests #1-5 to advance to Phase 2.**

<u><b>Test:</b></u>	<u><b>Minimum to Pass:</b></u>	<u><b>To Earn a Higher Score:</b></u>
1. Vertical Jump:	15 inches	Over 15”, additional points
2. 1 Minute Sit-up:	28 repetitions	More repetitions, additional points
3. 300 Meter Run:	70.1 seconds	N/A – This test is Pass/Fail
4. 1 Minute Push-up:	24 repetitions	More repetitions, additional points
5. 1.5 Mile Run:	15:55 minutes	Faster time, additional points

**Additional Strength Assessments:**

- 6. Pullups – maximum, 1 attempt
- 7. Bench Press – maximum weight, 3 attempts

**Phase 2: Written Test**

**\*\*\*Photo ID Required\*\*\***

**Date:** May 6, 2026

**Time:** Registration: 6:30 PM, Test: 7:00 PM

**Location:** Bergen County Police Academy - 281 Campgaw Road, Mahwah NJ

**Written Test provided by IO Solutions**

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Please direct questions regarding this position to [kiorio@mahwahpd.org](mailto:kiorio@mahwahpd.org)