



MIDDLETOWN TOWNSHIP POLICE DEPARTMENT



MIDDLETOWN TOWNSHIP POLICE DEPARTMENT BENEFITS

- Starting pay after Act 120 Certification is \$89,662.56 and \$112,624.70 after three years
- Medical benefits that include dental, vision, & prescription without co-pays or payroll deduction
- Educational/Military incentive
- College reimbursement program
- Equipment and uniform allowance
- Training Opportunities
- Pension

PHYSICAL AGILITY TEST

30% Standards	Male Standards by Age					Female Standards by Age				
Age Range	18-29	30-39	40-49	50-59	60+	18-29	30-39	40-49	50-59	60+
Sit Ups (1 Minute)	35	32	27	21	17	30	22	17	12	4
300 Meter Run (Time in seconds)	62.1	63	77	87	87	75	82	106.7	106.7	106.7
Push Ups (1 Minute)	26	20	15	10	10	13	9	7	7	7
1.5 Mile Run (MM:SS)	13:08	13:48	14:33	16:16	16:39	15:46	16:46	18:26	20:17	22:34

This is **NOT** a cumulative test. Each event is pass/fail. If one event is failed, the entire test is failed. There is no “averaging” of scores. There are no second attempts at any event.

Test participants must meet the standards at the 30th percentile to continue to the written portion of the test.

TESTING ORDER:

1. 1 MINUTE SIT UPS
2. 300 METER RUN
3. 1 MINUTE PUSH UPS
4. 1.5 MILE RUN