



CHARTIERS TOWNSHIP POLICE DEPARTMENT

2 BUCCANEER DRIVE, HOUSTON, PENNSYLVANIA 15342

Phone: 724-745-8030 or 745-4126 • Fax: 724-873-1546

Police Candidate Physical Agility Components

Illinois Agility Run	23.5 Seconds	
Sit Ups	1 minute	as per chart*
Push Ups	No Time Limit	13
Quarter Mile Run	110 Seconds	(1) Lap around track
Stretcher Carry (2 Person)		100 feet, 200 lbs.
Trigger Pull	No Time	Strong Hand: 30 min. Weak Hand: 15 min.

*

- Male Standard sit up: 21 – 29 30 – 39 40 – 49 50 – 59 60+
35 32 27 21 17
- Female Sit Up: 21 – 29 30 – 39 40 – 49 50 – 59 60+
29 22 17 12 4

Waiver

I, the undersigned, understand the above physical agility requirements and hereby release from liability, Chartiers Houston School District, the Township of Chartiers and all those involved in this testing process, in the event of injury to myself or damage to my property while participating in the Physical Agility Test.

Signed _____ Date ____/____/____