PULLMAN POLICE DEPARTMENT
PHYSICAL ABILITY TESTING

The testing procedure for filling the position of Police Officer requires each candidate to pass a physical agility exam. The exam includes: 300-meter run, Sit-ups, Push-ups, 1.5 mile run. **Note:** The passing score is 160, with the range of scores for each test between 30 and 50. Minimum, Maximum, and Mean scores are shaded below in the tables. The participant who scores below the 30-point level has failed the test but will be allowed to continue on the other test items with the option of re-test on the sit-ups and push-ups only. Any re-testing will be done after all four exercises are completed.

300 Meter Run (circle time/score)

Second	Score	Second	Score
56	50	63.5	40
56.5	49.3	64	39.33
57	48.67	64.5	38.66
57.5	48	65	38
58	47.34	65.5	37.33
58.5	46.67	66	36.66
59	46	66.5	36
59.5	45.33	67	35.33
60	44.67	67.5	34.66
60.5	44	68	34
61	43.3	68.5	33.33
61.5	42.67	69	32.66
62	42	69.5	32
62.5	41.33	70	31.33
63	40.67	70.5	30.66
		71	30

Push ups (circle Reps/score)

Reps	Score
35	50
34	48.62
33	47.19
32	45.76
31	44.33
30	42.9
29	41.47
28	40.04
34	38.61
33	37.18
25	35.75
24	34.32
23	32.89
22	31.46
21	30

Sit-ups Scoring (circle reps/score)

Reps	Score
38	50
37	47.625
36	45.25
35	42.875
34	40.5
33	38.125
32	35.75
31	33.375
30	30

1.5 Mile Run (circle time/score)

Time	Score	Time	Score
13:35	50	14:03	39.996
13:36	49.635	14:04	39.639
13:37	49.278	14:05	39.282
13:38	48.921	14:06	38.925
13:39	48.564	14:07	38.568
13:40	48.207	14:08	38.211
13:41	47.85	14:09	37.854
13:42	47.493	14:10	37.497
13:43	47.136	14:11	37.14
13:44	46.779	14:12	36.783
13:45	46.422	14:13	36.426
13:46	46.065	14:14	36.069
13:47	45.708	14:15	35.712
13:48	45.351	14:16	35.355
13:49	44.994	14:17	34.998
13:50	44.637	14:18	34.641
13.51	44.28	14:19	34.284
13.52	43.923	14:20	33.927
13:53	43.566	14:21	33.57
13:54	43.209	14:22	33.213
13:55	42.852	14:23	32.856
13:56	42.495	14:24	32.499
13:57	42.138	14:25	32.142
13:58	41.781	14:26	31.785
13:59	41.424	14:27	31.428
14:00	41.067	14:28	31.071
14:01	40.71	14:29	30.714
14:02	40.353	14:30	30.357
		14:31	30

Total Score:

300 meter run:	
Push-ups:	
Sit-ups:	
1.5 mile Run:	
Total:	

Re-test Scores:

Push-ups:	
Sit-ups:	