



# Burlington Police Department

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## PHYSICAL AGILITY TEST STANDARDS

Be advised that the PAT consists of a battery consisting of (4) tests based upon the "Cooper Standards." The minimum passing score for each segment is listed below. Failure to pass any stage will result in immediate disqualification from the process.

All candidates are encouraged to train for the PAT so they are ready and able to perform the tests. All candidates are expected to put forth a maximum effort during the PAT. The Burlington Police Department requires successful candidates to pass these minimum standards at the 40<sup>th</sup> percentile where entry into an MPTC academy requires only the 30<sup>th</sup> percentile.

<b>MALES</b>	<b>Age: 21-29</b>	<b>Age: 30-39</b>	<b>Age: 40-49</b>
1.5 mile run	12:53	13:24	14:07
Sit-ups (1 minute)	37	33	28
Push-ups (1 minute)	27	21	16
300-meter run	59 seconds	59 seconds	72 seconds
<b>FEMALES</b>	<b>Age: 21-29</b>	<b>Age: 30-39</b>	<b>Age: 40-49</b>
1.5 mile run	15:14	15:58	16:46
Sit-ups (1 minute)	31	24	19
Push-ups (1 minute)	22 mod /14 FB*	17 mod / 10 FB*	11 mod / 8 FB*
300-meter run	71 seconds	79 seconds	94 seconds

\*Modified versus full-body push-ups

The PAT will be conducted by members of the Burlington Police Department assigned to NEMLEC SWAT and RRT, in addition to other assigned personnel of various ranks.