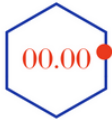


GLENDALE PD



PHYSICAL AGILITY TEST (PAT) PRACTICE SHEET



SUGGESTED COMPLETION TIME
(IN MINUTES OR SECONDS)

COMPLETE EACH OF THE FOLLOWING CHALLENGES.
THE FASTER YOU GO THE BETTER.
TRY TO BEAT THE **SUGGESTED** SCORE!

23.8 s

99 YARD FOOT PURSUIT

Run a 99yd obstacle course, vaulting a 34in obstacle

Your time:

12.7 s

SOLID FENCE

Run 5 yd, climb a 6ft solid fence, then run another 25 yd.

Your time:

7.4 s

CHAIN LINK FENCE

Run 5 yd, climb a 6ft chain link fence, then run another 25 yd.

Your time:

10.3 s

BODY DRAG

Lift and drag a 165lb lifelike dummy for 32ft.

Your time:

1m:39s

500 YD RUN

Run 500 yds (1 lap + 60 yards on a standard running track).

Your time:

14 m
PASS/
FAIL

1.5 MILE RUN

Complete a one and a half mile run in under 14 minutes.

Your time:

PASS/
FAIL

10 PUSH UPS + 15 SIT UPS

READY FOR THE REAL THING?
APPLY ONLINE AT JOINGPD.COM

