



**MAHWAH POLICE DEPARTMENT
ENTRY LEVEL PATROL OFFICER**



Physical Fitness and Written Test Procedures

Phase 1: Physical Fitness Test

Photo ID Required

Date: May 18, 2025

Time: Registration: 7:30 AM, Test: 8:00 AM

Location: Mahwah High School Athletic Field, 50 Ridge Road, Mahwah, NJ

Attire: Dress for Physical Activity – RAIN OR SHINE

Physical Test will be consistent with the New Jersey Police Training Commission (PTC) Physical Conditioning Entrance Exam

You must meet the minimum standard on tests #1-5 to move to Phase 2.

<u>Test:</u>	<u>Minimum to pass:</u>	<u>To Earn a Higher Score:</u>
1. Vertical Jump:	15 inches	Over 15", additional points
2. 1 Minute Sit-up:	28 repetitions	More repetitions, additional points
3. 300 Meter Run:	70.1 seconds	N/A – This test is Pass/Fail
4. 1 Minute Push-up:	24 repetitions	More repetitions, additional points
5. 1.5 Mile Run:	15:55 minutes	Faster time, additional points

Additional Strength Assessments:

- 6. Bench Press – max weight, 3 attempts
- 7. Pullups – max, 1 attempt

Phase 2: Written Test

Photo ID Required

Date: May 20, 2025

Time: Registration: 6:30 PM, Test: 7:00 PM

Location: Bergen County Law and Public Safety Institute - 281 Campgaw Road, Mahwah NJ

Written Test provided by IO Solutions

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Please direct questions regarding this position to kiorio@mahwahpd.org