Physical Fitness Test (PFT)

*Description Information*

The PFT includes a 500-yard run course on a variety of different surfaces, up and down one flight of stairs, and a mini obstacle course. In addition, three (3) weight carries are performed:

1. Two hand-held weights of 45 pounds each are carried a distance of 50 yards and are then set down.
2. Single 45-pound weight is carried for 75 yards and then set down.
3. Lastly, a single 30-pound weight is carried for a final distance of 110 yards and then set down.

Candidates must complete the PFT in the required time of 5 minutes and 5 seconds to pass the PFT portion of the selection process.