



# Mission Police Department

## Physical Agility Pre-requisites:

<b>Date:</b>	
<b>Place:</b>	
<b>Time:</b>	

Amount	Event	Max Time
25	Sit Ups	One Minute
25	Push Ups	One Minute
25	Squats	One Minute
50 ft.	Dummy Drag	One Minute
One Mile	Run	Under 13 minutes
100	Meter Sprint	
5-yard / 10-yard / 15-yard	Serpentine Sprint	

Wear comfortable clothing and foot wear. You may bring liquids to drink.

**It is necessary to pass all seven (7) phases of the physical agility test to continue the process of being hired with the Mission Police Department.**

Retest for any failed portion of the physical agility test will be conducted within two (2) weeks of the original test date.