



MAHWAH POLICE DEPARTMENT ENTRY LEVEL PATROL OFFICER



Physical Fitness and Written Test Procedures

Phase 1: Physical Fitness Test

Photo ID Required

Date: November 17, 2024

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: November 19, 2024

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

THE TOWNSHIP OF MAHWAH AND MAHWAH POLICE DEPARTMENT ARE EQUAL OPPORTUNITY EMPLOYER. WE CONSIDER APPLICANTS FOR ALL POSITIONS WITHOUT REGARD TO RACE, RELIGION, CREED, GENDER, NATIONAL ORIGIN, AGE, MARITAL OR VETERAN STATUS, SEXUAL ORIENTATION, OR ANY OTHER LEGALLY PROTECTED STATUS.

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