

**CARLISLE POLICE DEPARTMENT
PHYSICAL FITNESS EVALUATION**

STAGE ONE

One-quarter Mile Run

Applicant is required to start from a position seated in the driver's portion of a vehicle, exit the vehicle, and run a distance of one quarter mile. Along the course of the run, applicant is required to traverse an obstacle four feet in height one time in whatever manner applicant decides, and to both ascend and descend a flight of six steps twice. The course must be completed in two minutes and thirty seconds (150 seconds).

STAGE TWO

Rapid Response/Body Drag

The applicant will be required to run 110 feet to a full size and weight dummy. The applicant will then drag the dummy 35 feet. The test must be completed in 45 seconds.

STAGE THREE

Weight Carry

Applicant will be required to pick up an 80-pound weight and carry it off the ground for a distance of 50 feet without setting the weight down. The weight will be carried in a two-handed grip, in the front of the body, at chest level. This test will be completed within 15 seconds.