



PRINCE GEORGE'S COUNTY POLICE

Applicant Physical Requirement Test (APRT)



Dear Applicant:

Listed below are the minimum requirements to pass the Prince George's County Police Pre-Employment Applicant Physical Requirement Test (APRT). The APRT will be performed under the guidance of a Prince George's County Police Officer/s. It is highly recommended that you train for this test. Passing applicants will be scheduled for the Written Examination by a Recruiter. Written Examinations are administered on the third Saturday of every month.

Note: Those selected for employment will have to pass the APRT, a second time, prior to starting the Academy!

- * **Push-Ups** (Muscular Endurance) • push-ups performed in one minute, based on age and gender.
- * **Sit-Ups** (Muscular Endurance) • bent leg sit-ups performed in one minute, based on age and gender.
- * **1.5 Mile Run** (Cardiovascular) • performed in less time allowed based on age and gender.

Minimum Scores for Entrance as a Prince George's County Police Officer

Female	Age	Push-Ups (1 Minute)	Sit-Ups (1 Minute)	1.5 Mile Run
	20-29	14	30	15:55
	30-39	10	25	16:45
	40-49	8	20	17:45
	50-59	5	15	19:00

Male	Age	Push-Ups (1 Minute)	Sit-Ups (1 minute)	1.5 Mile Run
	0-29	25	35	13:30
	30-39	20	30	14:15
	40-49	15	25	15:00
	50-59	10	20	15:45