



**PRINCE GEORGE'S COUNTY POLICE**  
**Applicant Physical Requirement Test**  
**(APRT)**



NAME (LAST): \_\_\_\_\_ (FIRST): \_\_\_\_\_ SEX: \_\_\_\_\_ RACE: \_\_\_\_\_

AGE: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ D.O.B. \_\_\_\_\_  
MM DD YY

CONTACT PHONE #: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

**Minimum Scores for Police Applicant**

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

EVENT	SCORE/COMPLETED	INITIALS
1. Push-Ups (1 minute)		
2. Sit-Ups (1 minute)		
3. 1.5 Mile Run		

\_\_\_\_\_ **PASS**      \_\_\_\_\_ **FAIL**

**Note:** Applicants that reach the level of an official background investigation, for the Academy, **must** take and pass the APRT a second time!

APPLICANT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

INSTRUCTOR NAME (PRINT): \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

**REMARKS...** \_\_\_\_\_