

Job Related Abilities Test

The administrators of the test have full discretion in determining whether or not an applicant has successfully completed the test.

- Event #1 Weapons Test** – The test consists of six (6) trigger pulls with each hand within 15 seconds. This event is pass or fail.
- Event #2 300 Meter Run** – The test consists of sprinting 300 meters as fast as possible, with a time limit of 1 minute 22 seconds.
- Event #3 Push-ups** – The test consists of doing a minimum of 10 (ten) push-ups, within one (1) minute. The maximum number of push-ups is 16, also within one (1) minute.
- Event #4 Sit-ups**- The test consists of doing a minimum of 20 (twenty) sit-ups, within one (1) minute. The maximum number of sit-ups is 26.
- Event #5 1 Mile Run**- The test consists of running 1mile, as fast as possible, within 12:00 minutes or faster.

At the end of the physical assessment, a total score of 16 points or higher is required to move forward in the hiring process. A minimum score of 2 points is required to move on to the next event. You may earn a maximum score of 6 (six) points for events 2 through 5. Second attempts will be allowed on all events. If an applicant is not satisfied with the score earned in an event and wishes to attempt to earn a higher score, the second attempt will follow the previous one. The higher of the two (2) scores obtained will be recorded. If a score of 0 (Zero) is earned in any event, that will result in an automatic disqualification (DQ).

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Any applicant wishing to withdraw from the testing should notify any test administrator.

**Job Related Abilities Test (JRAT)
Police Applicant Performance Record**

Applicant Name (Print Last and First Name)

Date of JRAT

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Trigger Pull Weapon Test (15 seconds)

1 st Attempt	Pass	Fail	2 nd Attempt	Pass	Fail
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300 Meter Run

Score _____

Point Value	Time Limit	1 st Attempt	2 nd Attempt	Score
6	1 min 14 sec or faster			
4	1 min 15 sec – 1 min 18 sec			
2	1 min 19 sec – 1 min 22 sec			
0	1 min 23 sec or slower	DQ	DQ	DQ

Push-Ups

Score _____

Points Value	Repetitions	1 st Attempt	2 nd Attempt	Score
6	16			
4	15 – 13			
2	12 – 10			
0	9 or less	DQ	DQ	DQ

Sit-Ups

Score _____

Points Value	Repetitions	1 st Attempt	2 nd Attempt	Score
6	26			
4	25 – 23			
2	22 – 20			
0	19 or less	DQ	DQ	DQ

1 Mile Run

Score _____

Point Value	Time Limit	1 st Attempt	2 nd Attempt	Score
6	11 min 20 sec or faster			
4	11 min 21 sec – 11 min 40 sec			
2	11 min 41 sec – 12 min			
0	12 min 01 sec or slower	DQ	DQ	DQ

Total Final Score _____