



City of Bowie Police Department

Applicant Physical Fitness Test

The Physical Fitness Test is designed to measure an applicant's fitness level and to ensure the minimum fitness level to perform the duties required in Training Academy and as a Bowie Police Officer. The test is pass or fail and a failure at any event will disqualify the applicant from consideration. The minimum standard is listed below for each event. Some event standards are age and gender based.

Female/Age	Push-ups (1 minute)	Sit-ups (1 minute)	1.5 Mile Run (minutes)
20-29	15	32	15:05
30-39	11	25	15:56
40-49	9	20	17:11
50-59	9	14	19:10

Male/Age	Push-ups (1 minute)	Sit-ups (1 minute)	1.5 Mile Run (minutes)
20-29	29	38	12:29
30-39	24	35	12:53
40-49	18	29	13:50
50-59	13	24	15:14

Fence Climb: Be able to climb a 6 foot wall in less than 15 seconds

- The above PT requirements are the minimum, aim to complete more than the minimum
- Professional athletic attire is required for the PT test, short sleeve shirt and shorts covering to mid thigh and athletic shoes
- Men and women are prohibited from wearing nose and tongue rings.
- Men are prohibited from wearing earrings.
- Women's earrings will not extend below the earlobe