

# Physical Fitness Test (PFT)

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## *Description Information*

The PFT is a 500 yard course which consists of running on a variety of different surfaces, up and down one flight of stairs, and a mini obstacle course.

After the run, two hand-held weights of 45 pounds each are carried a distance of 50 yards and are then set down. Another 45 pound weight is carried for 75 yards and then set down, Lastly, a 30 pound weight is carried for a final distance of 110 yards and then set down.

Candidates must complete the PFT in the required time of 5 minutes and 5 seconds to pass the PFT portion of the selection process.