



Town of Lexington

Police Department

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Chief of Police

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PHYSICAL AGILITY TEST STANDARDS

The PAT consists of a battery of four (4) tests based upon the “Cooper Standards.” The minimum passing score for each segment is listed below. Failure to pass any stage will result in disqualification from the process. The PAT will be conducted by members of the Lexington Police Department.

All candidates are encouraged to train for the PAT so they are ready and able to perform the tests. All candidates are expected to put forth a maximum effort during the PAT.

- No candidate will be allowed to participate in the PAT if they do not have a signed “Waiver and Release” form with them at the time of their assigned PAT.
- You must also bring a photo ID. (Driver’s license, military ID).
- No firearms are allowed at the PAT testing site except by members of the Lexington Police Department.
- Dress for the weather in appropriate exercise gear. You will be running and performing planks and push-ups. Sneakers must be worn.
- All candidates must bring water. You may bring a snack if desired.
- Candidates who are unsure if they are medically fit to participate in the PAT are encouraged to seek a qualified medical opinion from a physician before committing to the recruitment process.

Preference will be given to higher written test scores and better physical fitness

MALES	20-29	30-39	40-49	50-59
1.5 mile run	12:38	13:04	13:49	15:03
Prone Plank	30 seconds	30 seconds	30 seconds	30 seconds
Push-ups (1 minute)	29	24	18	13
300-meter run (seconds)	59	59	72	84
FEMALES	20-29	30-39	40-49	50-59
1.5 mile run	14:50	15:38	16:21	18:07
Prone Plank	30 seconds	30 seconds	30 seconds	30 seconds
Push-ups (1 minute)	15/23 *	11/19 *	9/13 *	No Data/12 *
300-meter run (seconds)	71	79	94	No Data

Passing the written examination and the PAT does not guarantee any candidate the opportunity for an interview.

As a final note: This PAT is specific to the Lexington Police Department. If you are chosen for the position of police officer and must attend the Massachusetts police academy, you will be required to participate in an additional PAT that is administered by the Commonwealth of Massachusetts.