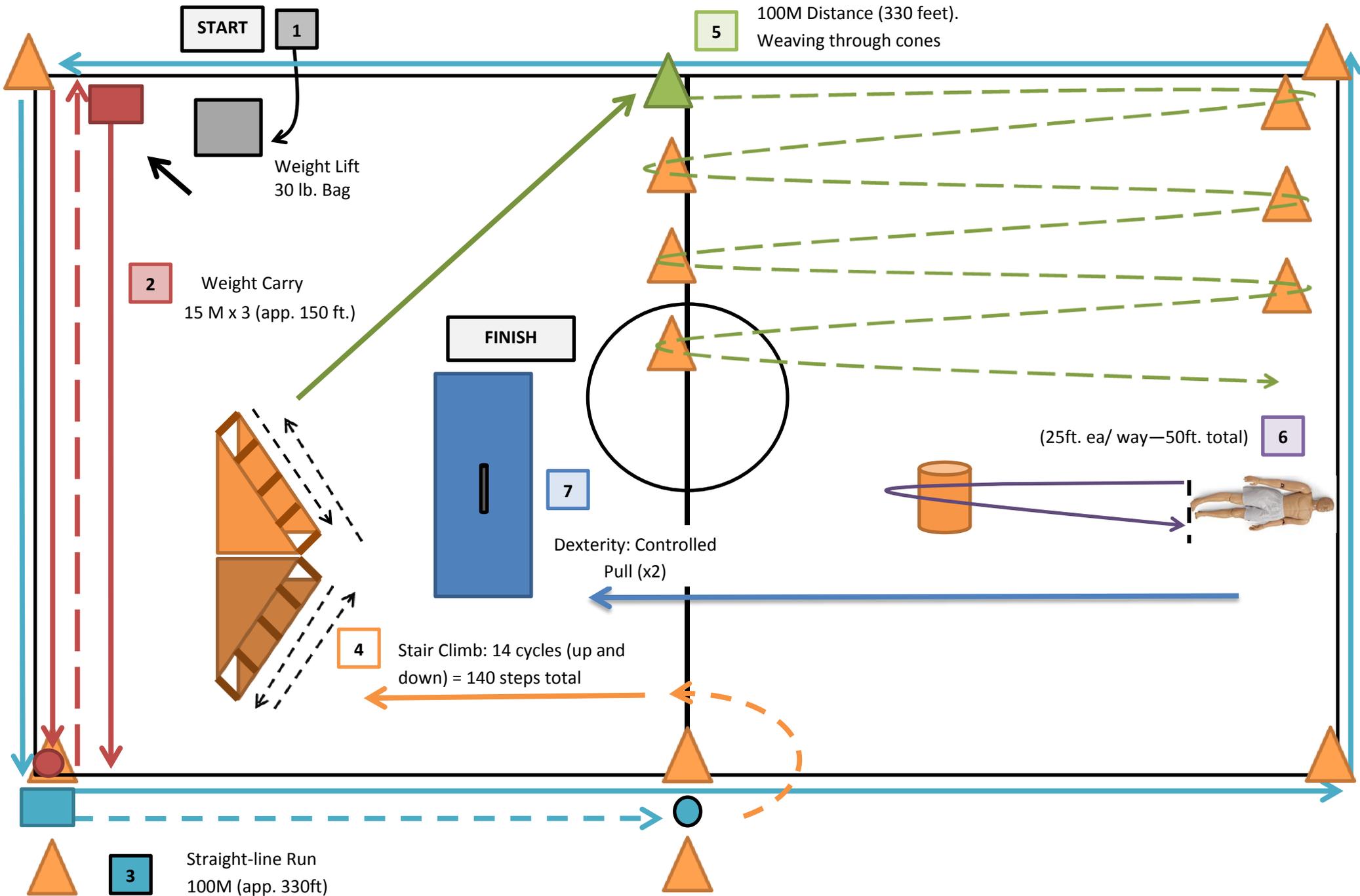


MTC COURT OFFICER PHYSICAL ABILITY DIAGRAM



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Diagram Key

Note: This diagram is laid out on the dimensions of a basketball court. The dimensions of a court are 15M by 28M.

STATION

1. WEIGHT LIFT

- a. A Medium-Sized Bag (Approx. 26" by 18" by 10") weighing 30 lbs. will be picked up from the ground, placed on a waist-high table and then placed back on the floor.

2. WEIGHT CARRY

- a. 30 lb. canvas bag of lead shot carried across gym 3 times (Approx. 150ft.)

3. STRAIGHT-LINE RUN

- a. 100M run around perimeter of basketball court (perimeter = 86M). Approx. 1.16 laps/330 ft.

4. STAIR CLIMB

- a. To achieve ascending 14 total flights (10 steps per flight = 140 steps total) 7 flights of stairs will be ascended and descended. Candidates will have to climb up and down a 5-step staircase 14 times.

5. OBSTACLE RUN

- a. Candidates will run 100M (approximately 330 feet). They will loop around a total of 7 cones and complete this process once. No single straightaway will be longer than 14 M.

6. DUMMY DRAG

- a. A 165 lb. Dummy will be dragged 25ft to a turnaround point and back 25ft. The total drag will be 50ft.
- b. The dummy will be face-down on the ground, feet facing the center court. The candidate must flip the dummy and turn the dummy so its head is facing the center.

7. DEXTERITY

- a. With feet stationary, the candidate must laterally hook the weighted (37lbs of force) handcuff extension to the center pole in a controlled manner and then lower the handcuff bar back to the start without dropping the weight. The candidate must then complete the same movement on the opposite side.