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Division of Administrative Services
470 Worcester Road
Framingham, MA 01 702

From: Michelle Small, Chief Administrative Officer

To: Candidates for Appointment to the 94th RTT

Date: September 28, 2026

Re: Physical Fitness Reporting Instructions

Unless otherwise rescheduled, fitness assessments will be conducted at the:

Massachusetts State Police Academy
340 West Brookfield Road
New Braintree, MA 01531

If the fitness assessment for any particular day or session is to be rescheduled to an indoor track, candidates will be notified via a bulletin that will be posted no later than the day before the scheduled session. Unless otherwise notified, all candidates shall report to the State Police Academy for their fitness assessment. Candidates must monitor the "Fitness Assessment" link for notifications about their particular fitness assessment session. As a rule, only icy or slippery conditions will result in a decision to relocate the fitness assessment to an indoor venue.

Fitness Assessment Reporting Times – Fitness Assessments will be conducted during the month of October & November. Please note there is one reporting time, no earlier than 0700 hours and no later than 0745. You will receive confirmation once you pick your date on the 94th RTT form.

- Candidates will enter the Academy complex through the main gate; they'll be greeted by a Trooper who will guide them to the parking area (lower gymnasium lot).
- Upon arrival candidates will remain in their vehicles and will be provided further check-in instructions by an Academy Staff member.

What To Bring: – Candidates must bring the following:

- a photo ID (driver's license or military ID),
- the Candidate's Medical Certification Form signed by a physician, nurse practitioner or physician's assistant (the Medical Certification Form is posted at "Fitness Assessment" link) NOTE: You will not be permitted to participate in the 1.5-mile run without this signed form.
- the Candidate's Physical Fitness Screening Release Form (the Physical Fitness Screening Release Form is posted at "Fitness Assessment" link 94th RTT>>Fitness Assessment)
- Your original 94th RTT Application. The 94th RTT Application is a very lengthy and detailed application. Be sure to leave yourself sufficient time to complete this application well before your scheduled reporting time. The application must be filled out accurately, completely and truthfully; failure to do so can result in disqualification.
- Pages 23 and 24 of the Application must be notarized by a notary public before participation in the Physical Fitness Test. Please only use binder clips, do not staple or bind your application. The 94th RTT Application is posted at the "Forms and Application" link.
- Veterans only - regardless of status, a copy of the Candidate's certification of disability as issued by Veterans Administration *if applicable*.
- Due to the likelihood of a long training day, we're recommending that candidates pack a brown-bag style lunch/hydration. Any food should be left in vehicles and NOT brought into the gymnasium during the check-in process.

Failure to bring any one of these documents may result in your dismissal from the scheduled selection activities.

What to Wear: – Candidates will report in a "V" neck T-shirt, gym shorts, running shoes and socks. All candidates shall wear a sweatshirt and sweatpants over their t-shirt and gym shorts. As dictated by the weather and personal preference, candidates may in addition to the above requirements, wear appropriate cold weather gear, gloves and/or knit hat.

What You will be Required To Do;

A. **1.5 – Mile Run** - The fitness assessment includes a 1.5 mile run. This run will take place outside on a paved surface. The qualifying times for the 1.5 mile run are posted to the "Fitness Assessment" link. Failure to satisfy the posted minimum qualifying time will be recorded as such. Anyone failing to meet or exceed the qualifying time will be rescheduled for one additional opportunity. Re-tests are typically scheduled two weeks after the initial failure. In the event a candidate fails a second time, he or she will be removed from further consideration.

B. **One minute pushups** – Failure to satisfy the posted minimum required repetitions will be recorded as such. Anyone failing to meet or exceed required repetitions will be rescheduled for one additional opportunity. Re-tests are typically scheduled two weeks after the initial failure. In the event a candidate fails a second time, he or she will be removed from further consideration.

C. **300 meter run** – Failure to satisfy the posted minimum qualifying time will be recorded as such. Anyone failing to meet or exceed the qualifying time will be rescheduled for one

additional opportunity. Re-tests are typically scheduled two weeks after the initial failure. In the event a candidate fails a second time, he or she will be removed from further consideration.

D. **Photo/Finger Prints/Tattoo Inspection** – In addition to the fitness assessment, candidates will be photographed, fingerprinted and inspected for tattoos that are visible when wearing the Department's Summer Class B uniform shirt.

Age Reminder:

As stated on MGL Chapter 22C, Section 10: Appointments to department of state police; governor's authorization; restrictions; No person who has not attained the age of 21 shall be enlisted for the first time as an officer of the state police. No person shall be eligible to take a competitive examination conducted pursuant to section 11 if the person has attained the age of 35 on or before the final date for the filing of applications for such examination, as stated in the examination notice.

This age requirement is strictly enforced. In the event you are age ineligible you will not be processed as an eligible candidate, and you will be removed from all further consideration that may arise from the current list.

Failure to attend this or any other scheduled activity shall be considered a voluntary withdrawal from the selection process. As a reminder, it is your responsibility to provide MSP Human Resources with any contact information changes.