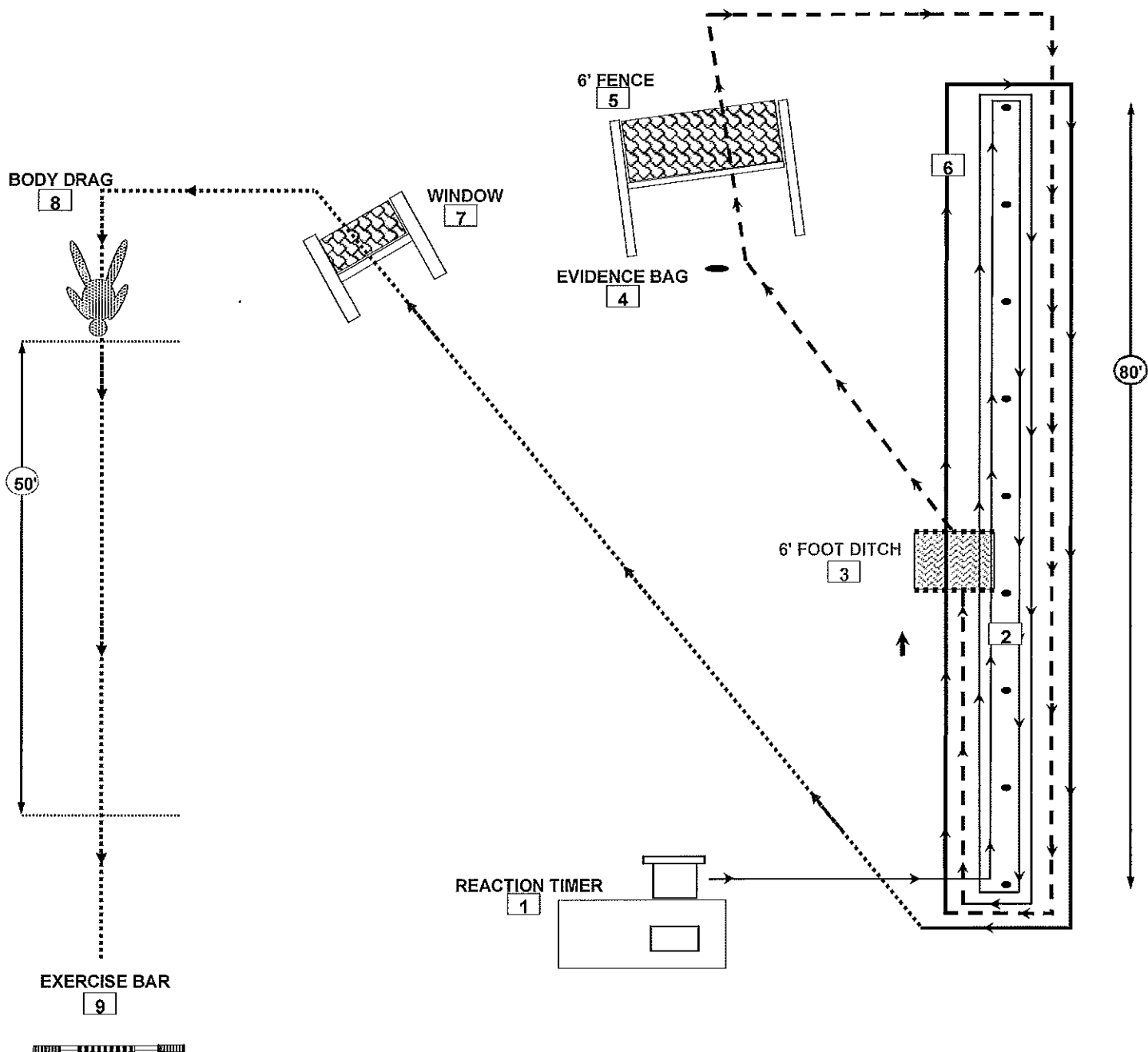


Grand Junction Police Department
Police Officer Recruitment
Physical Ability Course



1. Reaction Timer
2. 2 FULL Laps
3. Jump 6' Ditch
4. Pick up Evidence Bag
5. Climb over 6' Fence
6. 1 FULL Lap - No Ditch
7. Go thru Window
8. Body Drag
9. Exercise Bar (Handcuffing)