

ROSEVILLE POLICE DEPARTMENT

Physical Agility Test - Rowing

Test Instructions & Parameters



CANDIDATE INSTRUCTIONS

The Roseville Police Department's physical agility testing will consist of a timed 2000 meter row based on each candidate's age, gender, and weight.

A 2000 meter row is approximately 1.25 mile in distance and is a challenging test. Once you start the rowing test, you will not be allowed to stop until you have completed the 2000 meter distance. You should remain in constant motion. If you stop, the test is over.

Refer to the chart below to determine that maximum amount of time you have to complete the test.

Maximum Time Allowed for 2000m Row													
MEN		Age					WOMEN		Age				
		20-29	30-39	40-49	50-59	60+			20-29	30-39	40-49	50-59	60+
Weight (in pounds)	100	10:33.2	10:37.7	10:45.3	10:48.3	10:51.3	Weight (in pounds)	100	10:13.6	10:18.0	10:22.4	10:26.8	10:28.3
	110	10:25.2	10:30.2	10:38.5	10:41.8	10:45.1		110	10:08.8	10:13.6	10:18.5	10:23.3	10:24.9
	120	10:17.2	10:22.6	10:31.7	10:35.3	10:38.9		120	10:04.0	10:09.3	10:14.5	10:19.8	10:21.6
	130	10:09.1	10:15.1	10:24.9	10:28.8	10:32.7		130	09:59.2	10:04.9	10:10.6	10:16.3	10:18.2
	140	10:01.1	10:07.5	10:18.1	10:22.3	10:26.5		140	09:54.3	10:00.5	10:06.6	10:12.8	10:14.8
	150	09:53.1	09:59.9	10:11.3	10:15.8	10:20.3		150	09:49.5	09:56.1	10:02.7	10:09.3	10:11.5
	160	09:45.1	09:52.4	10:04.5	10:09.3	10:14.1		160	09:44.7	09:51.7	09:58.7	10:05.7	10:08.1
	170	09:37.1	09:44.8	09:57.7	10:02.8	10:07.9		170	09:39.8	09:47.3	09:54.8	10:02.2	10:04.7
	180	09:29.1	09:37.2	09:50.9	09:56.3	10:01.7		180	09:35.0	09:42.9	09:50.8	09:58.7	10:01.4
	190	09:21.0	09:29.7	09:44.1	09:49.8	09:55.6		190	09:30.2	09:38.5	09:46.9	09:55.2	09:58.0
	200	09:13.1	09:22.1	09:37.3	09:43.3	09:49.4		200	09:25.4	09:34.1	09:42.9	09:51.7	09:54.6
	210	09:05.1	09:14.6	09:30.5	09:36.8	09:43.2		210	09:20.5	09:29.8	09:39.0	09:48.2	09:51.3
	220	08:57.0	09:07.0	09:23.6	09:30.3	09:37.0		220	09:15.7	09:25.4	09:35.0	09:44.7	09:47.9
	230	08:49.0	08:59.5	09:16.8	09:23.8	09:30.8		230	09:10.9	09:21.0	09:31.1	09:41.2	09:44.5
	240	08:41.0	08:51.9	09:10.0	09:17.3	09:24.6		240	09:06.0	09:16.6	09:27.1	09:37.7	09:41.2
250	08:33.0	08:44.3	09:03.2	09:10.8	09:18.4	250	09:01.2	09:12.2	09:23.2	09:34.1	09:37.8		

Rowing technique is an essential part of completing the rowing test successful. Please refer to Concept2's website to learn how to row, user proper rowing technique and common errors: <http://www.concept2.com/indoor-rowers/training/technique-videos>

TEST RESULTS

CANDIDATE _____ TEST DATE _____

GENDER _____ WEIGHT _____ AGE BRACKET _____

EVALUATOR _____ FINISH TIME _____

PASS FAIL