

You won't be eligible to wear the badge or go on entries, but you will test your total fitness.

This physical fitness test will demonstrate your ability to:

- Carry heavy equipment
- Rescue a downed officer
- Shoot on the move
- Pull yourself over obstacles

Have the endurance to accomplish the mission.



Name (please print) _____

Age _____ Circle One: Male Female

Address _____

City/State/ZIP _____

Phone # _____

E-mail address _____

T Shirt Size _____

SWAT Challenge

July 4, 2011

Summer Fest

Entry Fee \$20 (includes T-shirt and Certificate)

Registration 7:30 a.m.

Run starts at 8:30 a.m.

Individual events to follow

You must pre register to get a T-shirt as a very limited number of SWAT Challenge T Shirts will be produced.

In registering for the SWAT Challenge, I acknowledge that no insurance is provided and I assume liability and responsibility for any cost relating to any accident or injury that might occur while participating in the Event. Furthermore, I agree to save and hold harmless the Centralia Police Officer Association, Thorbeckes Fitlife Center, and the City of Centralia, their agents, employees and any volunteers from any liability, damages or expenses in any way to the participants of the Event.

Signature (REQUIRED): _____

Parent or Guardian if under 18 _____

Mail or drop off completed applications to

SWAT Challenge

Centralia Police Dept., 118 W Maple St, Centralia WA 98531

Have you wondered what it takes
to be a SWAT Officer?
Are you up to the challenge?

The CPD Officer's Association
offers the actual entry level
SWAT exam as specified by the
WA State Training Commission.



This test is administered by SWAT
team members to the same
standard that every SWAT officer
must pass on the first day of
SWAT school.

The test is administered at the
start of the first day. If an officer
fails any event, the officer is sent
home right then. There are no
excuses and no exceptions.

Sponsored by



and



**CENTRALIA POLICE OFFICER
ASSOCIATION**

P. O. Box 609
Centralia, WA 98531

Event Coordinator
Sgt James Shannon
736-7680

jshannon@cityofcentralia.com

All proceeds support Centralia Police Officer
Association programs (A Night Out with Santa,
Scholarship Fund and others)

**CPD Officer's Association
SWAT Challenge**



The Events

1.5 mile Run under 12:30

35 Pushups

35 Situps

6 Pullups

There are specific standards for each event which must be
followed precisely for a repetition to count.

**BORST PARK
July 4, 2011**