

## SHERIFF'S OFFICE

MICHAEL G. MASTRONARDY  
SHERIFF

JON G. LOMBARDI  
UNDERSHERIFF

THOMAS J. DELLANE  
UNDERSHERIFF



### OCEAN COUNTY POLICE ACADEMY

659 Ocean Avenue  
Lakewood, New Jersey 08701

TELEPHONE  
732-363-8710

FAX NUMBER  
732-905-8345

WEBSITE  
[oceancountypoliceacademy.org](http://oceancountypoliceacademy.org)

To: All Prospective DT Instructor Course Students

From: Sgt. Thomas Slinchak, Ocean County Sheriff's Office

Date: 18 March 2026

Subject: Mandatory PTC Physical Fitness Testing

Please be advised, in accordance with Police Training Commission (PTC) Standards for implementing a Defensive Tactics (DT) Instructor Course, all prospective candidates registered for the course are required to attend and successfully complete the PTC State Physical Fitness Test (PFT) at the Mid-Test Standards (see those standards below). You are hereby notified that the initial testing date for this course will occur at the Ocean County Police Academy (OCPA) on April 20, 2026 at 1300 hours. There will be a re-test date for anyone that fails any portion of the PFT on May 11, 2026 at 1300 hours if necessary. If you fail any singular portion of the test you are required to re-take the entirety of the PFT.

Candidates should arrive 30 minutes prior to the PFT start time for registration and check-in. You are required to bring photo identification and dress in appropriate clothing to participate in the PFT. The PFT will occur regardless of weather conditions unless it is deemed unsafe to do so, and candidates are encouraged to dress appropriately for the weather that day. Candidates are also strongly encouraged to eat appropriately that day well in advance of the PFT, and to bring adequate hydration with them to testing. Upon successful completion of the PFT, registration will be finalized and you will receive additional instructions and information regarding the DT Instructor Course that begins May 18, 2026.

Thank you in advance for your cooperation with this process and interest in assisting the DT training cadre here at OCPA.

Respectfully,

Sgt. Thomas Slinchak

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**PTC Mid-Test Physical Standards**

- Vertical Jump: 15 inches
- 1 Minute Sit-up: 28 repetitions
- 300 Meter Run: 70.1 seconds or less
- 1 Minute Push-up: 24 repetitions
- 1.5 Mile Run: 15:55 or less