

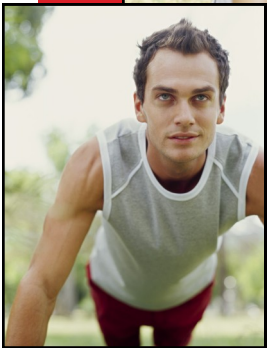
Enid Fire Department

Saving Lives & Property Since 1902



Firefighter

Physical Aptitude Training Day



This will be an opportunity for men and women interested in a career with the Enid Fire Department to practice the firefighter entrance exam physical agility test requirements.

Events include:

- 1-1/2 mile run completed in 13 minutes
- 25 Standard push-ups
- 35 bent-knee sit-ups completed in 2 minutes
- Balance beam exercise
- Barbell carry (125# carried distance of 100 ft.)
- Lower-back/abdominal flexibility exercise



Where:

**Chisholm Trail Expo Center
Exhibition Hall
111 W. Purdue Ave.
Enid, OK 73701**

When:

**Saturday, December 6, 2008
8:00 am to 12:00 pm**

OPEN TO THE PUBLIC

*Applicants must be at least 18 years of age and
not older than 45 years of age by date of employment.*

Enid is an Equal Opportunity Employer