

# Yellowstone County Detention Facility

## Physical Ability test



The Sprint Drag Carry (SDC) is a 250-meter shuttle event designed by the US Military to test anaerobic capacity, muscular strength, and endurance. The test is applicable to situations a Detention Officer will face and has been adopted by the facility to test detention officer applicants.

The test consists of:

- Sprint: 25m and back 25m
- Drag: Pull a 90lb sled backwards 25m and back 25m
- Lateral: Lateral shuffle 25m down and 25m back
- Carry: Carry two 40lb kettlebells 25m down and 25m back
- Sprint: 25m down and 25m back

Applicants must complete the SDC in **2 minutes 35 seconds** or under to be eligible.

Click the link below to view a video example of the SDC (for informational purposes only)

[\(SDC\) Example Link \(for informational purposes only\)](#)

If you have any questions, contact the training sergeant: 406-254-7941