

CITY OF CHATTANOOGA POLICE ABILITY TEST



In order to advance to the 1.5 Mile Run, candidates must pass four of the first five events and they must be completed within the time limits assigned. Candidates must complete the 1.5 Mile Run in the specified time.

The test consists of **SIX** events:

1. 21 Sit-Ups in 60 seconds
2. 18 Push-Ups in 60 seconds
3. Bench Press: 1 rep = 66% of total body weight
4. Vertical Jump: 1 rep = 14.5 inches
5. 300 Meter Run in 73 seconds or less
6. 1.5 Mile Run in 16:36 or less