



OBSTACLE COURSE

This test must be completed in less than 6 minutes, 45 seconds. It is designed to measure balance, muscular strength and endurance, flexibility, aerobic and anaerobic capacity plus motor skills.

THE TEST WILL INCLUDE:

Two 220-Yard Runs

A low crawl of 7 feet

Jumping over obstacles of 12 to 24 inches in height

Scaling a 40 inch wall

Two 50-foot sprints

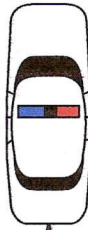
Dragging a 150 LB dummy 100-feet

Serpentine movements around a series of pylons

Firing a weapon 6 times with both dominant and non-dominant hands



START
FINISH



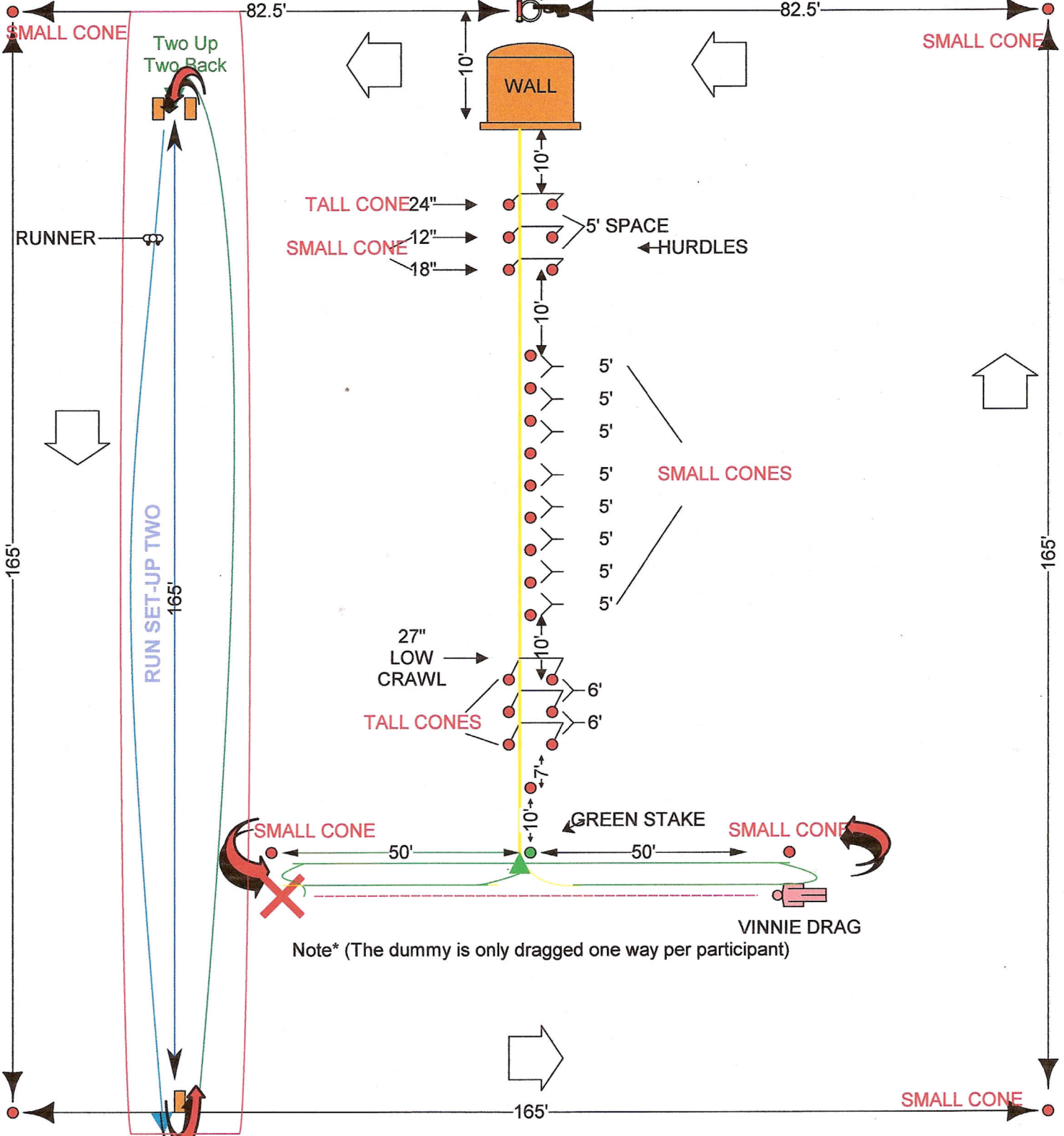
6' 45" DFS

6' 04" FDLE

Bucket, Baton, Gun

3 Feet in a Yard

RUN SET-UP ONE



TALL CONE 24"
SMALL CONE 12"
SMALL CONE 18"
5' SPACE
HURDLES

5'
5'
5'
5'
5'
5'
5'
5'
5'
SMALL CONES

27" LOW CRAWL
TALL CONES 6'
6'

SMALL CONE 50'
GREEN STAKE
SMALL CONE 50'
VINNIE DRAG

Note* (The dummy is only dragged one way per participant)

SMALL CONE 165'
SMALL CONE 165'