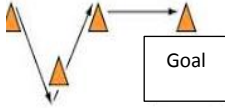


Start



Skill

- Cornhole:
 - Score 3 points or more to advance
 - On board = 1 pt.
 - In-hole = 3 pts.
- Soccer Ball Dribble
 - Dribble ball around designated cones in a zig-zag pattern
 - Score into mini net
- Target Practice
 - Hit target with football to advance
 - 10 yard distance



Sprint/Handoff



Strength

- Platform Loading
 - Load 6 sandbags onto platform
 - Weight is 20-25 lbs. each
- Tire Drag
 - Drag 1 set of tires 5 yards
 - Drag other set of tires back
 - 2 average road tires stacked
- Sandbag Carry
 - Carry 2 sandbags around a 10 yard circumference circle
 - Weight 20-25 lbs. each
- Tire Flip
 - Flip large tire 3 full times

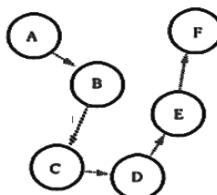
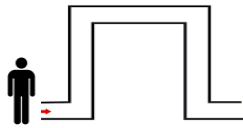


Sprint/Handoff



Agility

- Up & Under
 - Jump over box row (1 ft)
 - Crouch under road block (3ft)
 - 3 times each
- Route Run
 - Transport stack of empty milk crates through maze
 - 5 sec. penalty for any drops
- Oops-a-Daisy Station
 - Transport ball from station A to station B, then B to C, until end of route
 - Avoid obstacles along route

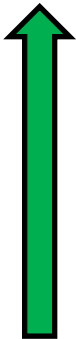
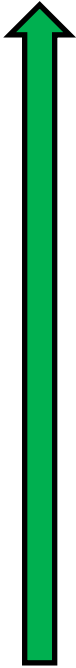


Finish

****DESTRUCTION OF ANY OBSTACLE = 5 SECOND PENALTY**

Speed

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- Army Crawl
 - crawl 10 yard distance
 - destruction of obstacle = 5 second penalty



- Pallet Hurdle
 - Hurdle/climb & clear 2 pallet stacks about 3.5 feet tall



Sprint/Handoff

