



Number

Name

Entrance Standard (4:08)

Exit Standard (3:58)

Lap

Shuttle Run

Kettlebell Carry

Hurdle(Over)

Stairs (3-cones)

Hand Release

Hurdle(Under)

72" Jump

Fence

Hand Release

Dummy Drag

Handgun (15)

(Dominant)

Handgun (15)

Support)

Photo Array

Cones Missed

Raw Time

Total Penalties

Official
Adjusted
Time[illegible]

Instructor/Staff Member/Assessor

ID#

X -Failed component
-2 -2 second penalty

-1-Lap around gym

- Shuttle Run, must touch cones/kettlebell (+ 2 sec)

- Fail to place kettlebell back (+ 2 sec)

- Must be controlled, knock down (+2 sec)

- Each cone thrown down or missed (+ 2 sec)

-Sprawl (Hand Release), fail to lift hands off floor (+2 sec)

- Be controlled-sliding, touch, or knock down (+ 2 sec)

-Fail to clear (+2 sec)

-Run thru (+ 15 sec)

-At least 1 hand on fence

-Run Around (+ 15 sec)

-Sprawl (Hand Release), fail to lift hands off floor (+2 sec)

-Cone is struck with dummy,
(+2 sec)

-Fail to count out for each pull; or over line (+2 sec)

- Fail to count out for each pull; or over line (+2 sec)

- Time stops only when correct photo is chosen

- Fail to run around any cone on course, (+2 sec)

- If Applicant fails to attempt or skip two components, they are disqualified (X)
- If Applicant is unable to complete stairs, test stopped (Failure)
- If Applicant is unable to lift or drag the dummy the distance, test stopped (Failure)