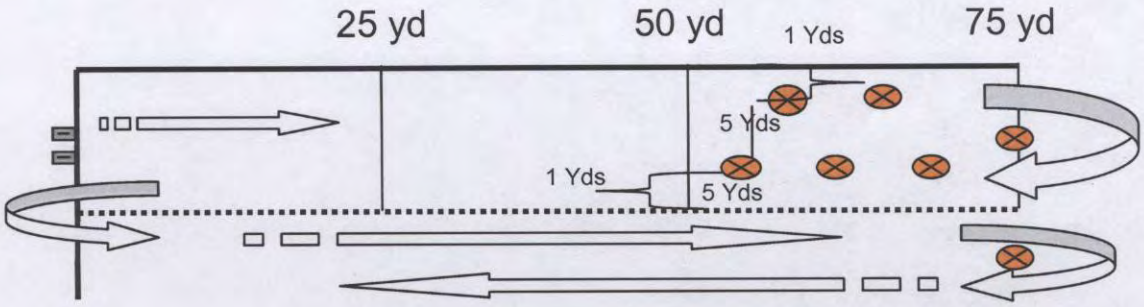
MFR SEMPER FIT
CHALLENGE SERIES

FY10 Event #6 – Ammo Can Run - Sprint

(only the official SF Challenge Series Results form will be accepted)

Lane Marking



30 lb Ammo Cans

Small cone, pylon, red/yellow utility flag, small sandbag or other visible marker

Preparation :

- **Competitors should ensure proper preparation and warm-up has been completed prior to this activity!**

Leg 1: **Starting Position** – Prone position

- "Ready, Go!"
- Pick up two (2) 30 lb ammo cans
- (With Ammo Cans) 50 yd Sprint - 25 yd Diagonal Run between cones/markers
- (With Ammo Cans) Maneuver around 75 yd. marker and return with 25 yd diagonal run between cones/markers - 50 yd Sprint to starting marker
- Ground ammo can (both cans must be placed in the same position as start - 10 sec penalty if tipped over)

Leg 2:

- Full, unobstructed Sprint to 75 yd cone/marker
- Maneuver around 75 yd. marker and return in full, unobstructed Sprint to Finish

Spotters/Monitors :

- Time Starts on your announcement of "Ready, Go!" and ends once competitor crosses finish line after Sprint
- If Ammo Cans are not placed properly/are tipped over – then assess a 10 second penalty
- **Female Competitors:** As with CFT, subtract 26% off time
  (Ex: 3:01= 181 sec x .26 = 47 sec; 181 – 47 = 134 sec = Score of 2:14)

Minimum to Qualify: As Fast As You Can!

Deadline to submit results: COB, 23 April 2010

THIS ONE COULD GET UGLY!