



## Combat Fitness Assessment - Sprint

### The Set Up

Place cones at the following distances:

- a. 300 meters
- b. 200 meters
- c. 100 meters
- d. 50 meters
- e. 25 meters
- f. 07 meters

### The Conduct

01. Start at the 300m line
02. On command run to the 200m line
03. Adopt the prone position
04. Fire 2 rounds from the strong side (Body)
05. Transition to the support side
06. Fire 2 more rounds (Body)
07. Reload (Support side)
08. Run to the 100m line
09. Adopt the kneeling position
10. Fire 2 rounds from the support side (Body)
11. Transition to strong side
12. Fire 2 more rounds (Body)
13. Reload (strong side)
14. Run to the 50m line
15. Adopt the standing position
16. Fire 2 rounds from the strong side (Body)
17. Transition to support side
18. Fire 2 more rounds (Body)
19. Reload (support side)
20. Run to the 25m line
21. Adopt the standing position



22. Fire 2 rounds support side (Head)
23. Transition to strong side
24. Fire 2 more rounds (Head)
25. Reload (strong side)
26. Run to the 7m line
27. Adopt the standing position
28. Fire 2 rounds strong side (Head)
29. Transition to support side
30. Fire 2 more rounds (Head)
31. Unload

### **Dress and Equipment**

- a. Full Combat Uniform
- b. Body Armor
- c. Belt Order with Pistol
- d. Ballistic Helmet

### **Round Count**

5 x Magazines of 4 rounds

### **Time Limit**

3:00 minutes

### **Target and Scoring**

Target - IPSC

A-Zone = 5 points

C-Zone = 4 points

D-Zone = 2 point

### **Accuracy Pass - 80 points**

Minimum of 50 points to the body

Minimum of 30 points to the head