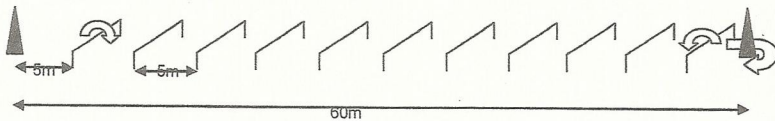


USMRA Decoy Physical Test

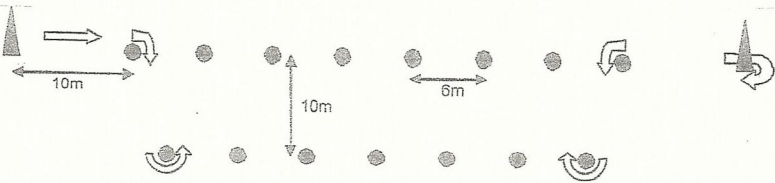
The minimum passing score for the physical tests is an average of 13 points (running score+slalom score+hurdle score)

Running test 2x500 meters without costume for level 1 and level 2 with a rest period of 3 minutes between the runs.

Hurdle test: Out and back (120 meters) with costume over 11 bars at 50 centimeters high spaced 5 meters apart . Penalty of 1 point per fallen bar.



Slalom Test: Out and back (160 meters) without costume around cones.



Running		Slalom Test		Hurdles Test	
L1&L2	Points	L1/L2	Points	L1/L2	
03:05	20	1:35	20	0:30	20
03:15	19	1:36	19	0:31	19
03:25	18	1:37	18	0:33	18
03:35	17	1:38	17	0:35	17
03:45	16	1:39	16	0:37	16
03:55	15	1:40	15	0:39	15
04:05	14	1:41	14	0:41	14
04:15	13	1:42	13	0:43	13
04:25	12	1:43	12	0:45	12
04:35	11	1:44	11	0:47	11
04:45	10	1:45	10	0:49	10
04:55	9	1:46	9	0:51	9

Scale of Points for Physical Test for USMRA Decoys

THE CANDIDATE MUST USE THE SAME BITE SUIT IN THE PHYSICAL TEST AND PERFORMANCE TEST