

# USMRA Decoy Physical Agility Test

The Physical Agility Test consists of a 1,000 meter run and a slalom sprint in a suit. The points will be added together for a total point score.

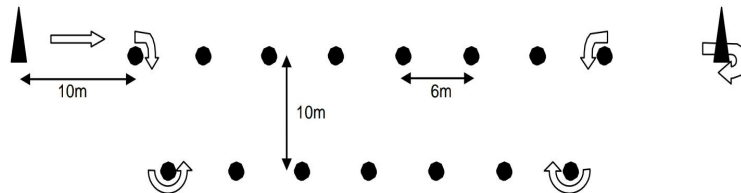
## 1,000 Meter Run without suit

Time	Points	Time	Points
3:30	20	5:10	10
3:40	19	5:20	9
3:50	18	5:30	8
4:00	17	5:40	7
4:10	16	5:50	6
4:20	15	6:00	5
4:30	14	6:10	4
4:40	13	6:20	3
4:50	12	6:30	2
5:00	11	6:40	1

Points Earned: \_\_\_\_\_

## Slalom Test in suit

Total run is 160 meters, with the decoy to run around cones in a slalom pattern 80 meters out and back.



Time	Points	Time	Points
46	20	1:06	10
48	19	1:08	9
50	18	1:10	8
52	17	1:12	7
54	16	1:14	6
56	15	1:16	5
58	14	1:18	4
1:00	13	1:20	3
1:02	12	1:22	2
1:04	11	1:24	1

Points Earned: \_\_\_\_\_

**Total Points Earned:**