Scenario #1: Chase and Apprehension  
Time: < 6:54 to pass

Start Position in Chair
1. Chair to Cone 1 (40 ft.) and back (around chair) 2 times
2. Chair to Cone 2 (60 ft.) while completing the following obstacles:
   a. 4 foot broad jump
   b. 4 foot “fence” climb
   c. Crawl under obstacle (2 foot high)
3. Cone 2 to mat
4. “Roll Drill”, 3 repetitions (a-d equals 1 repetition)
   a. Start on top of 100 lb. heavy bag with left knee on mat
   b. Roll to right until bag is over body
   c. Continue roll in same direction until back on top of heavy bag (complete when right knee touches mat)
   d. Perform complete turn to left until left knee touches mat
5. 17 push-ups
6. “Roll Drill”, 3 repetitions
7. Mat to Cone 2 while completing the following obstacles:
   a. 4 foot broad jump
   b. 4 foot “fence” climb
   c. Crawl under obstacle (2 foot high)
8. Cone 2 to step box
9. 25 Steps (up and down) on step box
10. “Roll Drill”, 3 repetitions
11. 17 push-ups
12. “Roll Drill”, 3 repetitions
Scenario #2: Rescue  
*Time: \(< 3:27\) to pass*

1. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
2. 25 Steps (up and down) on step box
3. Run from Cone 1 to Cone 2 (50 ft.) and back 2 times
4. Drag 65 lb. dummy from Cone 3 to Cone 4 (25 ft.) and back to Cone 3 (past line adjacent to cone each way)