

rest disqualifies the participant.

(d) The sit-up is not counted if there is a violation of rules.

Scoring: One point is scored for each properly completed sit-up.

(6) 300-YARD DASH

Equipment needed: A smooth track, a starting flag, and at least one stop watch.

Description: At least four participants run at one time. The flag is used as a start. A whistle is blown to warn the timers of the start of the race.

Rules:

- (a) A warm-up period should be held before the start of the run.
- (b) Have men line up in rows of four to be ready to take their turn at the start.
- (c) The timers start their watches when the flag is waved at the start.
- (d) As the men cross the finish line, the timers shout to the recorder the time for each man.
- (e) Runners will start from a standing position without the aid of starting blocks or holes.

Scoring: Record the time to the nearest tenth of a second. Use trained judges for scoring. Each runner should be scored by a judge. The timer counts out the time loudly as each man crosses the finish line.

7. INFORMATION CONCERNING THE ADMINISTRATION OF THE TEST:

a. Careful preparation, planning, and organization is essential to assure the smooth administration of this test and to secure accurate results.

b. All participants will be given at least three periods of practice in each event during the physical training time before they are given the test for official record.

c. Small or large groups of men may be tested at a time, depending upon the personnel available to conduct the test and the time available. Participants may be tested at the rate of 100 men per 50 minutes, with a staff of fifteen men. The total time for each participant should not exceed 25 minutes.

(1) A staff of officers and enlisted personnel in each squadron will be trained to administer the test. Each squadron commander will test his personnel at such time and in such numbers as desired.