



GRENADE THROW

100-YARD COURSE

1. From the starting line, run 30 feet and hurdle a 2½ foot barrier. This may be a fixed rail or a movable hurdle.

2. Run 30 feet and vault a 4 foot fence.

3. Run 18 feet and weave in and out of four posts. Use four fixed posts, rounded at the top, 3 feet high, placed at 6 foot intervals.

4. Run 30 feet and scale an 8 foot wall.

5. Run 25 feet, fall or dive to ground and roll under a rope stretched two feet above the ground.

6. Run 30 feet and jump or leap an 8 foot ditch.

7. Run 30 feet, mount and run over three balance platforms. Use two 12 foot platforms and one 4 foot platform, 1 foot wide and 2 feet high.

8. Run 25 feet, mount, run up ramp, and jump to ground. This may be a 12 foot plank, 1 foot wide, supported on the ground at the near end and inclined upward to a 4 foot height at the far end.

9. Run through to the finish line.

440-YARD COURSE

1. Climb Ladder, 14 feet high, go up, over and down.

2. Hand walk (Parallel Bars), 5 feet long, 4 feet 6 inches high, 22 inches apart.

3. Balance Beams, 2 feet high, 30 feet long, 4 inches wide.

4. Dodging Posts (padded), 4 feet 6 inches long, 6 feet apart.

(Continued on page 18)