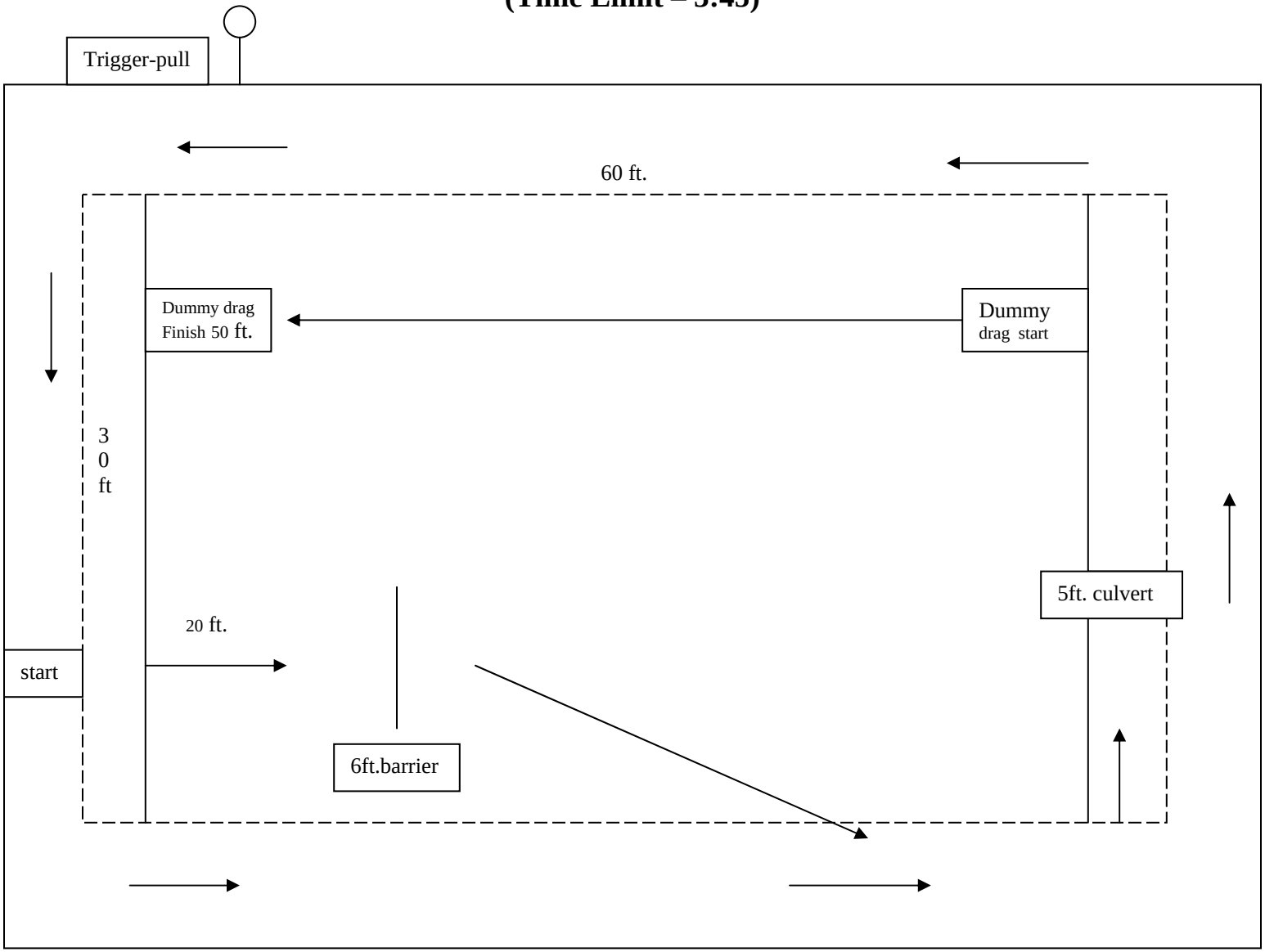
PAT Course
(Time Limit – 3:45)



1. Run 20 ft. and surmount a 6-foot chain link fence.
2. Run 7 laps (distance ¼ mile) around the yellow (dashed) line.
3. Leap the 5-foot culvert.
4. Drag the 175 pound dummy 50 feet
5. Pick up the inert weapon, extend your arm so that the barrel protrudes through the ring and dry fire a total of 21 times with your dominant hand and 6 with your other without touching the ring.