

“Run, Jump, Ding” Challenge

Objective:

This is not a timed event. The goal of this challenge is to be accurate with an elevated heart rate. Starting at the 50-yard line (PCC loaded and slung) the competitor will run to the 15-yard line, turn around and run to the 30-yard line. The competitor will run back and forth from the 30-yard line to the 15-yard line 5 times (complete loop equals 1 time). Once the competitor reaches the 30-yard line for the last time, they will turn and run to the 20-yard line and immediately do 10 jumping jacks. Once the competitor has finished their 10 jumping jacks, they will immediately engage the 8” steel target (blue), 8” steel target (orange), 10” steel target (purple), 10” steel target (green), and silhouette steel target (pink) all with 1 round each. To successfully pass this challenge, the competitor and the challenger(s) must complete the exercises and tasks.

Tasks:

Moving and hit (ding) on each target

Distance:

Moving, running from the 50-yard line to the 15-yard line (1x), running from the 15-yard line to the 30-yard line (5x) and running from the 30-yard line to the 20-yard line (1X) (shooting position)

Loadout:

5 round total: 1 magazine with 5 live rounds

Time:

N/A

Targets:

- 1: 8” steel plate (blue)
- 2: 8” steel plate (orange)
- 3: 10” steel plate (purple)
- 4: 10” steel plate (green)
- 5: Silhouette steel plate (pink)

Skills Strengthened:

Stress induced shooting (simulated with the use of cardio)