

“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 40-yard line (pistol loaded and holstered) the competitor will run to the 10-yard line, turn around and run to the 25-yard line. The competitor will run back and forth from the 25-yard line to the 10-yard line 5 times. Once the competitor reaches the 25-yard line for the last time, they will turn and run to the 15-yard line and immediately do 10 jumping jacks. Once the competitor has finished their 10 jumping jacks, they will immediately draw their pistol from the holster and engage the 8” steel target (orange) with 1 round, 10” steel target (green) with 1 round, and silhouette steel target (pink) with 1 round. 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 40-yard line to the 10-yard line (1x), running from the 10-yard line to the 25-yard line (5x) (not five times round trip, each leg of it counts as one time) and running from the 25-yard line to the 15-yard line (1X) (shooting position)

Loadout:

3 rounds total: 1 magazine with 3 live rounds

Time:

N/A

Targets:

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

Skills Strengthened:

Stress induced shooting (simulated with the use of cardio)