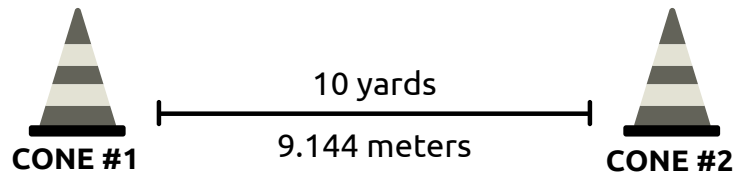


MATERIALS

Before you start, make sure you have:

- Two cones
- Measuring tape
- Stop watch



PROCEDURE AND SCORING

[WATCH THE VIDEO HERE](#)

PREPARATION: Create a start line and finish line measured at 10 yards (9.144 meters) with cones.

EXERCISE:

1. Participant will be timed as they run/walk/roll from the start to finish.

SCORING: The time it takes participant to go from start to finish line is recorded as their total time.

