

DIRATHNOTE 3120
24 JUNE 2010

DIRECTOR OF ATHLETICS NOTICE 3120

SUBJ: PLEBE SUMMER PHYSICAL TRAINING PROGRAM

REF: (a) COMDTMIDINST 3120.1 SERIES

ENC: (1) ENDURANCE COURSE STANDARDS
(2) OBSTACLE COURSE STANDARDS

1. Purpose. To issue specific standardized guidance for the administration of the Plebe Summer Physical Training Program.

2. Background. The Physical Education Program (PEP) is an integral part of the Fourth Class Development process. The intent of PEP is to take a newly reported Midshipman through the preparatory and conditioning phases of physical fitness, and to give Midshipmen the tools to execute the maintenance phase on their own. The objectives of PEP are:

- a. A 100% passing rate for the Naval Academy Physical Readiness Test (PRT) by the end of Plebe Summer.
- b. To have 75% of PRT grades be A and B.
- c. To minimize the injury rate.
- d. To effect a lifestyle change among the incoming class of midshipmen. This new lifestyle should be one that values physical fitness, discipline, and teamwork. Effecting a lifestyle change is most important because this will significantly reduce the probability of a midshipman failing to meet the Naval Academy's Physical Education (PE) requirements.

3. Responsibility.

a. Officer in Charge (OIC). The OIC is responsible for all training during Plebe Summer (reference (a)). Physical training of any kind is NOT authorized without specific approval of the OIC or their delegated representative. Any requests to deviate from planned physical training will be via the Physical Education Department Executive Officer (PE XO) to maintain consistency within the physical mission program.

b. Physical Education Department Executive Officer (PE XO).

(1) Authority to coordinate PEP has been delegated to the Physical Education Department Executive Officer (PE XO). PEP is led by a qualified instructor assigned by the PE XO. The instructor present during PEP is responsible for that session.

(2) The PE XO controls ALL Physical Training (PT) events outside of regularly scheduled PE evolutions, to include Discretionary Physical Training (DPT). Intensive Training Exercise (ITE) is an approved program and shall be strictly followed IAW reference (a).

c. Plebe Summer Medical Officer. The Plebe Summer Medical Officer provides medical support at all PEP sites. PEP is not conducted unless a sufficient number of qualified medical personnel are present.

d. Either the CO or the SEL will accompany their Fourth Class and Detailers to all Physical Training events scheduled at NSA Annapolis (NSA).

4. Concept of Operations. PEP and the Outdoor Endurance/Obstacle/Confidence Courses are run in accordance with the procedures listed in later paragraphs of this notice.

5. Medical Support. Training will not commence unless the required medical personnel are on site. If a Corpsman leaves the course or range to treat an injury, training will cease until a replacement Corpsman arrives.

2. Events conducted at NSA shall have the following support:

a. Squad Endurance Course - 2 Corpsmen assigned (1 at the start/finish and 1 at the mid-point).

b. Obstacle Course - 1 Corpsman assigned.

c. Confidence Course - 1 Corpsman assigned.

e. Additionally, staged centrally by the Obstacle Course will be the NHC Annapolis Patient Transport Vehicle. All medical personnel at NSA will be in communications with each other via radio.

6. Safety

a. Safety is the responsibility of every Officer, Senior Enlisted Leader and Midshipman assigned to the Regiment, including Midshipmen Fourth Class. If an unsafe situation exists or is suspected, those present must halt training until the problem is resolved. This includes, but is not limited to, an exhausted or ill Midshipman Fourth Class who requests excusal from a PEP session, a course staff member quickly correcting a Midshipman Fourth Class' technique on the Obstacle Course, a PEP Instructor slowing a run to allow a Midshipman Fourth Class to catch up, or calling for the medical evacuation of an individual who has sustained a heat injury.

b. Ref (a) outlines the heat stress training restrictions for all training events.

c. Because Plebe Summer is a fast paced, physical environment, training injuries may occur regardless of precautions taken. Injuries which are the result of hazing, abuse, or carelessness, are not tolerated.

7. Action

a. All Hands will read and understand the entire contents of this notice prior to participating in PEP.

b. The Physical Education Department, Regimental Operations and Schedules, and Brigade Medical will coordinate transportation, instruction, and medical supervision for companies scheduled for PEP, Obstacle Course, Squad Combat Course, Confidence Course and the Squad Endurance Run.

PLEBE SUMMER PHYSICAL EDUCATION EVOLUTIONS

1. PEP

a. PEP is scheduled from 0600 until 0730 on Monday, Tuesday, Thursday, Friday and Saturday and is normally held on Rip Miller (Turf) Field. Sessions are conducted in accordance with the day-to-day PEP schedule published by the PE XO.

b. The Regiment completes an Initial Strength Test (IST) during the forming phase (typically Training Day 3 (TD-3)) as directed in the Plebe Summer Master Training Schedule. Leaders should stress maximum effort. The PE staff determines ability run groups from this test. Additionally, the Regiment takes a Physical Readiness Test (PRT) at the end of the summer. Those failing to make satisfactory progress towards passing the PRT are counseled. Minimum standards for the PRT are as follows:

<u>PRT</u> Minimums	<u>Run</u> Time	<u>Sit-</u> <u>ups</u>	<u>Push-</u> <u>Ups</u>
Male	10:30	65	45
Female	12:40	65	20

c. Tourists, visitors, or Midshipmen not assigned to the Regiment are not allowed to attend PEP without permission from the OIC/PE XO.

d. Uniform_

- Navy Officers and Senior Enlisted Leaders wear Regimental T-shirts, blue USNA mesh shorts, white socks, and running shoes. Those participating in Swim PEP wear either blue issue swimming suits or UDT shorts.
- Marines wear Regimental T-Shirts, green PT shorts (scarlet USMC shorts for those on the platform), white socks, and running shoes. Those participating in Swim PEP wear UDT shorts.
- Physical Education Staff wear PE Staff shirts and blue USNA mesh shorts, white socks, and running shoes.
- Detailers wear Detailer T-shirts, blue Navy shorts, white socks, and running shoes. Those participating in Swim PEP wear issued swimming suits.
- Midshipmen Fourth Class wear blue-rim T-shirts, blue Navy shorts, white socks, and running shoes. Those participating in Swim PEP wear issued swimming suits and bring a towel.
- Swim PEP participants bring white works on specified days as outlined in the POD or as directed to support survival skills training.

e. Safety

- A number of corpsmen consistent with the size of the group training as well as a safety vehicle at each PEP site. As often as possible, the safety vehicle should be an ambulance.

- Only fully physically qualified Midshipmen participate in PEP. Injured Midshipmen only conduct physical training if it does not interfere with the healing process.

2. Swim PEP

a. Swim PEP is conducted during normally scheduled PEP periods for Midshipmen Fourth Class whose injuries preclude their participation in the regular PEP routine but still allow for some level of physical activity. Midshipmen Fourth Class are assigned to Swim PEP based upon the recommendation from Brigade Medical and their Chain of Command. Once a Midshipman Fourth Class heals sufficiently to allow them to resume normal physical activity, they return to PEP.

b. The Physical Education Department coordinates and leads Swim PEP. Swim PEP is conducted in the Lejeune Hall pool. A Company Officer from the 4th Class Regiment will be assigned to monitor the conduct of the Detailers during this evolution.

c. Swim PEP provides a low impact workout focused on building and maintaining upper and lower body strength and cardiovascular conditioning.

d. A Detailer from each company escorts the company's Midshipmen Fourth Class to Swim PEP. Detailer escorts must muster their company with the instructor at the pool. A Detailer from each company must pick-up the Midshipmen Fourth Class after the workout. A member of the Midshipman Regimental Staff records the muster and provides a copy to Regimental Operations after training.

3. Remedial Swimming. Midshipmen who fail to meet the initial swimming requirements participate in the remedial swimming program. Summer Remedial swimming takes place during scheduled swim lessons.

4. Squad Endurance Course

a. The Squad Endurance Course is a 1.3 mile run conducted at NSA over rough wooded terrain of varying ground elevation. The Endurance Course is a conditioning run which builds and strengthens leg muscles, increases lung capacity, develops cardiovascular endurance and builds teamwork. The first run is an introduction/orientation running of the course. The second run is a timed evaluation of each squad and contributes to the color competition. The Regimental Staff consults with the PE XO and Course OIC to provide the tactical scenario that drives this training.

b. Overview

i. The endurance course is marked. The start and finish lines are co-located within the campground. There is one checkpoint along the route at approximately the course midpoint. Detailers move their platoons from the boat basin to the assembly area as directed by the tactical scenario and the Course OIC. Platoon commanders conduct stretching exercises with their platoons prior to departure for NSA and while in the assembly area, if required.

ii. Units move through the endurance course by squad (10-12 Midshipmen Fourth Class and 1 Squad Leader). The Course OIC releases squads from the start point at approximately two minute intervals. Squad leaders set the pace and lead the squad from the front. Squad leaders maintain squad integrity at all times. The squad runs in a column formation. Rate of advance for the 1.3 mile cross-country run is a light/moderate running pace. Squad leaders must maintain accountability for their squads while on the course. At a minimum, squad leaders must ensure accountability at the start, after the rope, check point one, and at the finish. Each squad's time is stopped after the final member is across the finish line.

iii. Squad leaders muster and form their squads for return to the designated assembly area for cool down and must ensure that their Midshipmen Fourth Class hydrate after the cool down exercises. Squad leaders must monitor their Midshipmen Fourth Class for heat stress following this event.

v. Upon completion of the event, each time is assigned a point value as dictated by enclosure (1). The platoon and company with the highest combined points will earn the greatest number of color points. In the event of a tie, the fastest squad time will be the deciding factor.

c. Logistics

i. The uniform and equipment for the Endurance Course consists of camouflaged utility trousers, combat boots, brown T-shirt and canteens. Detailers and staff wear appropriate T-shirts. Canteens are not carried while on the endurance course, but are staged as directed by the

Course OIC.

ii. As directed, Regimental operations ensures utility boat transportation to and from the Squad Endurance Course.

d. Command

Course OIC PE E-Course Officer
Course Logistics Designated Regimental Operations Staff
Safety Observers PE TAD Officers and Detail Staff

e. Safety

i. The Course OIC briefs safety precautions to all participants prior to starting the course:

(1) DO NOT cross over tree bridges.

(2) Safety ropes are placed along the route and must be used during periods of inclement weather. Ropes are optional during dry weather.

(3) Go over or around all fallen tree obstacles. NEVER go under the tree.

(4) Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Course OIC assesses the situation when a training time-out is called.

ii. Two Corpsmen are required at the Endurance Course (1 at the start/finish and 1 at the mid-point). Training will not commence unless the Corpsmen are on site. If a Corpman leaves the course to treat an injury, training will cease until a replacement Corpman arrives.

iii. Communications. This event requires (3) handheld radios. Radios are located at the start/finish point, check point one, and with the Course OIC.

5. Obstacle Course

a. The Obstacle Course provides a variety of obstacles which challenge and test dexterity, strength, agility, and coordination. In many combat situations, success depends upon the ability to perform one or more of these skills, often while carrying field equipment and when fatigued. The first run is an

introduction/orientation running of the course. The second run is a timed evaluation and contributes to the color competition. The Regimental Staff consults with the PE XO and Course OIC and administers a tactical scenario that drives this training.

b. Midshipman Fourth Class line both sides of the course for a walk-through demonstration given by the staff. Staff members demonstrate the primary and alternate methods of negotiating the obstacles and emphasize safety and proper technique. After the demonstration, Midshipmen Fourth Class line up two abreast at the start of the course. A staff member regulates the start of each pair. Instructors should emphasize proper technique in negotiating the obstacles, not speed. Once a Midshipman Fourth Class negotiates the course, he/she may run it again, time permitting, as directed by the staff. Otherwise, the Midshipmen Fourth Class move as directed by the Course OIC.

c. During course execution, each obstacle has a staff member present to provide coaching on the obstacle and to act as a safety observer. Course negotiation is an individual effort. Midshipmen Fourth Class will not assist each other over obstacles. Staff members must correct improper techniques and unsafe practices.

d. On the initial (practice) run of the course Midshipmen will be allowed to use the red assist platforms if required. During the second training period Midshipmen are evaluated for time. They are required to attempt each obstacle without the ramp. If they fail to negotiate the obstacle without the ramp they then may try again with the ramp (they do not start the course over).

e. Each individual Obstacle Course time will be assigned a point value based on enclosure (2). Every Midshipmen Fourth Class who attempts the Obstacle Course will be assigned 40 points and those who cannot attempt the Obstacle Course will receive zero points.

f. The Platoon and Company with the highest combined individual score will be declared the winner. In the event of a tie, the unit with the most members who successfully completed the Obstacle Course will be confirmed as the winner. If there still remains a tie, the fastest individual time will determine the winner.

g. Logistics

i. The uniform is utility trousers (properly bloused), web belt (buckle shifted to left hip), brown T-shirt, and combat boots. Jewelry and watches are not worn on the course. Midshipmen Fourth Class must bring a full canteen to the course. The Course OIC directs staging of

canteens and equipment.

ii. As directed, Regimental Operations ensures utility boat transportation to and from the Obstacle Course.

h. Command

Course OIC PE O-Course Officer
Course Logistics Designated Regimental Operations Staff
Safety Observers PE TAD Officers, Regt Ops, and Detail Staff

i. Safety

i. O-Course OIC and staff inspect the course prior to the scheduled period of instruction to determine if any unsafe conditions exist. Pay particular attention to wet or slippery surfaces.

ii. Course supervisors must closely monitor Midshipmen Fourth Class lacking confidence, upper body strength, balance or who are afraid of heights.

iii. One Corpsman is required to be stationed at the Obstacle Course. Training will not commence unless the Corpsman is on site. If the Corpsman leaves the course to treat an injury, training will cease until a replacement Corpsman arrives. Additionally, staged centrally by the Obstacle Course will be the NHC Annapolis Patient Transport Vehicle.

iv. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Course OIC assesses the situation when a training time-out is called.

6. Climbing Wall

a. Midshipmen Fourth Class receive instruction at the Climbing Wall during two scheduled climbing periods. The first period is indoctrination and instruction and the second is skills practice.

b. PE certified Climbing Wall Instructors supervise training. Midshipmen Fourth Class assemble at the Climbing Wall for a walk-through demonstration given by the staff. Staff members demonstrate proper methods for donning a climbing harness, tying-in to a rope and belaying. After the demonstration, Midshipmen Fourth Class divide into groups and practice donning the harness, tying-

in, and belaying with a staff member. Instructors emphasize safety, proper technique and communication, not speed.

c. Midshipmen Fourth Class may climb in groups using a three person belay as directed by the staff and as time permits once all Midshipmen Fourth Class practice the skills.

d. Each group of Midshipmen Fourth Class has a staff member to provide verbal assistance and act as a safety observer while climbing on the wall. Staff members must recognize improperly applied techniques and unsafe practices and immediately correct deficiencies.

e. Logistics. The uniform for the climbing wall is regulation PE gear. Jewelry and watches are not worn while climbing. Midshipmen Fourth Class must bring a full canteen. The Climbing Wall OIC directs staging of canteens and equipment. The Climbing Wall staff provides all required climbing equipment.

f. Command

Course OIC PE Climbing Wall Officer
Course Logistics Designated Regimental Operations Staff
Safety Observers PE TAD Officers

g. Safety

i. The Course OIC conducts an operational check of the emergency phone located next to the Climbing Wall prior to each session.

ii. A PE certified Climbing Wall Instructor inspects the area prior to the event to determine if any unsafe conditions exist. Pay particular attention to belay lines, climbing gear and wet or slippery surfaces.

iii. Climbing Wall supervisors must closely monitor Midshipmen Fourth Class lacking confidence, upper body strength, balance or who are afraid of heights.

iv. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Course OIC assesses the situation.

7. High Ropes Confidence Course (Confidence Course)

a. Midshipmen Fourth Class receive instruction on the Confidence Course (CC) during one scheduled period. The training

period includes indoctrination, instruction, and skills practice/application.

b. PE certified CC Instructors supervise training. The CC staff conducts a course overview and discusses/demonstrates the course. Midshipmen Fourth Class practice CC skills on low obstacles prior to the course demonstration. A complete staff CC demonstration illustrates the techniques required on each obstacle and emphasizes safety. The staff also introduces fall and recovery techniques as well as course emergency exit points. Midshipmen Fourth Class begin the course individually and complete the entire course from start to finish after the demonstration. Instructors must ensure participants maintain a safe distance between each other at all times. Instructors must emphasize proper technique, not speed.

c. Midshipmen Fourth Class complete the course a second time if time permits.

d. Staff members are positioned along each phase of the course while Midshipmen Fourth Class negotiate the course. Staff members, wearing safety harnesses, man selected obstacles to ensure safety and to offer assistance. Staff members must recognize improperly applied techniques and unsafe practices and act immediately to correct these deficiencies.

e. Logistics

i. The uniform for the course is utility trouser (properly bloused), web belt, brown T-shirt, and combat boots.

ii. Jewelry and watches are not worn while on the course. Midshipmen Fourth Class must bring a full canteen to the course. The course OIC directs staging of canteens and equipment.

iii. As directed, Regimental Operations ensures utility boat transportation to and from the Confidence Course.

f. Command

Course OIC PE Confidence Course Officer
Course Logistics Designated Regt Operations Staff
Demonstrators PE TAD Officers

g. Safety

i. A PE qualified CC Instructor inspects the course

prior to training to determine if any unsafe conditions exist. Pay particular attention to rope condition and turnbuckle integrity.

ii. Course supervisors must closely monitor Midshipmen Fourth Class lacking confidence, upper body strength, balance or who are afraid of heights.

iii. One Corpsman is required to be stationed at the Confidence Course. Training will not commence unless the Corpsman is on site. If the Corpsman leaves the course to treat an injury, training will cease until a replacement Corpsman arrives.

iv. Anyone observing an unsafe condition or imminent danger will call a training time-out. All individuals halt training until the Course OIC assesses the situation when a training time-out is called. Training will not recommence until the Course OIC deems the unsafe situation resolved.

v. The Balance Beam jump to the Cargo net is no longer part of training and SHALL not be conducted during this training evolution.

8. Intensive Training Exercises (ITE). These events are used to emphasize unit or individual discipline, motivation and teamwork. Appropriate times to use ITE are when an individual or the entire unit consistently fails to achieve the performance standards through lack of teamwork, motivation, or the unit as a whole fails to maintain good order and discipline. Appropriate examples of use include: platoon or company consistently late, individual consistently displays poor room standards, etc. The PE XO is responsible for all Physical mission training events, however, the Plebe Detail members are authorized to conduct ITE in accordance with ref (a). Plebe Detail members authorized to use ITE: Squad Leaders, Platoon Commanders, and Company Commanders in the Midshipman's direct chain of command and approved by their CO or SEL. Qualifications for using ITE also include attendance at all scheduled training during LDEP. Requirements to use ITE are as follows:

a. The Detail must maintain squad, platoon, or company integrity during the event, and must hold in their possession an ITE card and a watch or comparable timing device.

b. Squad Leaders administering ITE must keep track of the ITE sessions administered daily per individual Midshipman Fourth Class (max. two sessions) in their Squad Leader Notebooks and inform

their Company Commander or Company Executive Officer as soon as possible after each use but no later than 2000.

c. The CO or SEL must be present in order to conduct ITE.

d. Squad Leaders may execute individual or squad ITE. Platoon or Company Commanders may execute squad or platoon level ITE. Company Commanders or Executive Officers may execute Company level ITE. It is the responsibility of the Squad Leader to inform the chain of command if ITE is no longer an option due to number of sessions already executed (max. 2 per day per Midshipman Fourth Class). If any individual, squad or platoon has exercised ITE twice in one day the next larger unit will also be considered to have met the maximum number of ITE sessions for that day. Unit integrity will not be violated to enable a larger unit to ITE. (i.e., one individual or squad may not be pulled from the ranks to ITE a Platoon or Company.)

e. Platoon level ITE requires a minimum of two Midshipmen First Class and Company level ITE requires a minimum of four to act as safety observers. One of the observers for Platoon level ITE must be the Platoon Commander. Additionally, one of the observers for a Company level ITE must be the Company Commander or Executive Officer. For Squad Leader ITE, a safety observer is not required and the Squad Leader will supervise the squad or individual.

f. ITE is not motivational physical training. Detailers will not participate in the exercises with the Fourth Class Midshipmen. They will, however, reinforce the reasons for ITE during the exercises.

g. No more than two ITE sessions per day per Midshipman Fourth Class.

h. Only one ITE session in any 60-minute period.

i. Use must be documented in the Company 0800 report.

j. Use of ITE is guided by the current heat condition for "PEP" as outlined in reference (a). ITE may be conducted inside air conditioned buildings when heat conditions preclude conducting ITE outside.

k. Unit leaders must use discretion as to location, time of day, and surrounding conditions such as ambient conditions, previous training events, presence of visitors, etc.

l. Under no circumstances will Midshipmen Fourth Class be pushed beyond their physical capabilities.

m. Any member of the Detail found abusing the ITE program will have their qualification immediately revoked and may face additional disciplinary action.

n. Unit leaders will conduct upper and lower body stretching routines before any ITE event.

o. Detail must ensure the individual/unit hydrates before and after ITE.

p. Midshipmen Fourth Class must be in PE Gear, White Works, or Camouflage Utilities. They will remove their cover, blouse and empty their pockets before conducting ITE.

q. ITE events are not performed under any of the following conditions:

(1) While a Midshipman Fourth Class is in a medically restricted/light duty status.

(2) Thirty minutes prior to meals, or sixty minutes following the completion of meals.

(3) In soggy or watered-down areas, or on terrain that is itself hazardous for this training.

(4) Any indoor location other than the main passageways of Bancroft Hall and designated gym areas.

(5) ITE will not be conducted inside any room within Bancroft Hall.

(6) In any unsafe location (e.g., roadways, confined spaces).

(7) From the start of personal time until reveille the following morning.

(8) Within 24 hours of live virus inoculation.

(9) In the ceremonial areas on the Yard.

(10) When ITE interferes with other scheduled training.

(11) On PEP recovery days off (usually Wednesday and Sunday)

(12) The day prior to or the day of a scheduled PRT

r. ITE sessions should begin with the Detail explaining why the Midshipmen Fourth Class warranted ITE. The Detail should also relate the use of ITE to the mission of Plebe Summer.

s. Company Commanders are accountable for the overall safety of their company. They are fully accountable for the ITE being conducted within their companies.

t. AUTHORIZED TECHNIQUES:

(1) An Intensive Training Exercises (ITE) session consists of physical activity appropriate for the current training day.

(2) When physical exercises are used as ITE events, the exercises are conducted in the exact order listed with a 10 second transition between each exercise. Exercises may be skipped, but they may not be shuffled in at the end of the session. If the session is stopped at any point in the card due to time constraints or any other factors, that session will be counted as one whole session.

(3) Exercises and repetitions are not administered in such a rapid manner they cannot be executed properly.

(4) The only authorized ITE events and numbers of repetitions are listed below.

EXERCISE	COUNT	MAX DURATION
JUMPING JACKS	2CT	50
SIDE LEG LIFT (RIGHT LEG)	2CT	40
8 COUNT BODY BUILDERS	8CT	20
SIT-UPS	2CT	40
PUSH-UPS (STANDARD)	2CT	30
SQUATS	4CT	20
MOUNTAIN CLIMBERS	4CT	20
ARM CIRCLES	N/A	5 MIN
SIT-UPS	2CT	40
SIDE LEG LIFT (LEFT LEG)	2CT	40

Figure 8.1, ITE Card

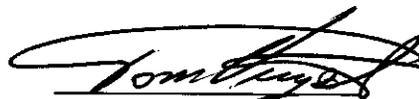
9. Company/Platoon Discretionary Physical Training (DPT). The purpose of this training is to allow Company Commanders occasional short duration discretionary training to build teamwork,

camaraderie, and motivation. Discretionary training events are not used as a disciplinary tool. Authority to coordinate physical events outside of PEP is delegated to the PE XO. The PE XO is responsible for all DPT events. Company Operations Officers will prepare requests to perform DPT along with a detailed training plan. These requests should be submitted up the chain of command to the Regimental PMO and then to the Company Officer NLT 2000 the night prior. The CO will notify the OIC via the Battalion Officer of the planned DPT. Reference (a) delineates the DPT plans pre-approved plans by the PE XO, however the company must still obtain permission in advance to conduct these DPTs.

Special Guidelines

Midshipmen Fourth Class will not enter any river, marsh, fountain or any other body of water surrounding or aboard the Naval Academy or NSA unless the activity is part of a scheduled training event approved by the OIC (i.e. Severn River near endurance course, obstacle course, or the confidence course).

Midshipmen Fourth Class will not be allowed or ordered to negotiate the obstacle or endurance courses except during scheduled training or with prior authorization from the OIC and in the presence of qualified safety observers.

 23 June 2010
Tom Virgetts DATE
Head, Physical Education
UNITED STATES NAVAL ACADEMY

Distribution:

Non-Mids

Enclosure 1

Endurance Course Standards

Time	Score
12:00 or less	100
12:11-12:20	99
12:21-12:30	98
12:31-12:40	97
12:41-12:50	96
12:51-13:00	95
13:01-13:10	94
13:11-13:20	93
13:21-13:30	92
13:31-13:40	91
13:41-13:50	90
13:51-14:00	89
14:01-14:10	88
14:11-14:20	87
14:21-14:30	86
14:31-14:40	85
14:41-14:50	84
14:51-15:00	83
15:01-15:10	82
15:11-15:20	81
15:21-15:30	80
15:31-15:40	79
15:41-15:50	78
15:51-16:00	77
16:01-16:10	76
16:11-16:20	75
16:21-16:30	74
16:31-16:40	73
16:41-16:50	72
16:51-16:00	71
17:01-17:10	70
17:11-17:20	69
17:21-17:30	68
17:31-17:40	67
17:41-17:50	66
17:51-18:00	65
18:01-24:00	50