

OBSTACLE COURSE

JOINSDPDNOW.COM **PRACTICE PHYSICAL ABILITIES TEST**



**MEET A RECRUITER
COURSE IS FREE
BRING A FRIEND**

▶ **MUST BE 18 TO PARTICIPATE**

ABOUT THE COURSE

- ▶ Simulates a foot pursuit - 450 yards
- ▶ 3:15 passing time
- ▶ Two 6 ft. ladders
- ▶ Stairs (67 steps)
- ▶ Cone Pattern
- ▶ Climb 3 ft., 4 ft., & 6ft. Walls
- ▶ 155 lbs dummy drag

WHEN & WHERE

Every Tues & Thurs at 1PM

Every 1st Sat of the Month at 9AM

**4230 Spruance Road
San Diego, CA 92101**

Shorts or loose-fitting clothes that do not restrict arm and leg movements are suggested as appropriate clothing. Footwear should be comfortable athletic shoes with a gripping rubber sole.

***Course may be cancelled without notice due to inclement weather.