

## **Endurance Team WARNO:**

### **MISSION:**

All teams participating in the upcoming endurance race are required to meet the following fitness standards to ensure the safety of competitors and uphold the integrity of the competition.

### **TASK ORGANIZATION:**

Each team will consist of 6 competitors, including one female midshipman and (at your own discretion) up to 3 MECEP/OCs. Teams must designate a Squad Leader NLT 17 FEB 2025. The Squad Leader will be responsible for ensuring all team members meet the required standards as well as passing down pertinent information about the race.

### **EXECUTION:**

#### **1. Mandatory Fitness Standards:**

- 3-Mile Run - Must be completed within 24 minutes or less.
- Pull-Ups - Must complete at least 10 full pull-ups with proper form.
- Plank Hold - Must hold a plank for the maximum duration allowed under PFT standards.
- Swimming Proficiency:
  - Swim 300 yards (12 laps in a standard pool) successfully.
  - Tread water for a minimum of 1 minute unassisted.

#### **2. Squad Leader Selection:**

- Each team must designate a Squad Leader NLT 17 FEB 2025.
- The Squad Leader will coordinate all team efforts and ensure compliance with requirements.

### **ADMINISTRATION & LOGISTICS:**

Any failure to meet the fitness requirements may result in disqualification from the event.

### **COMMAND & SIGNAL:**

For any questions or clarifications, contact through the event OIC (MIDN Wiltz; [jewi1870@colorado.edu](mailto:jewi1870@colorado.edu)) or CO Meet email. Further instructions will be disseminated as required.