

Canada Mondioring Association Decoy Physical Test

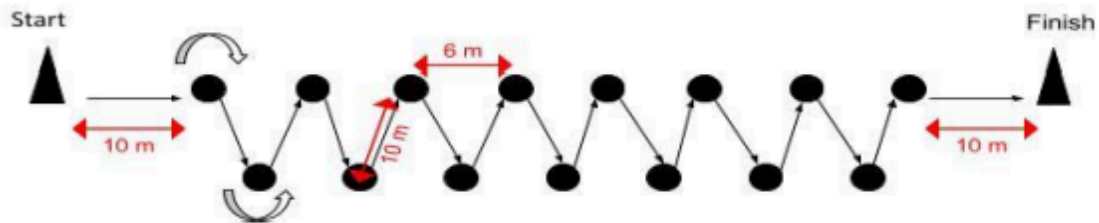
1,000 Meter Run without suit

Points Earned: _____

Time	Points	Time	Points
3:30	20	4:40	13
3:40	19	4:50	12
3:50	18	5:00	11
4:00	17	5:10	10
4:10	16	5:20	9
4:20	15	5:30	8
4:30	14	5:40	7

Slalom Run 160 meters in suit

Points Earned: _____



Each of the 16 black arrows represents 10 meters, for 160 meters in total.
Cones to run around are spaced 6 meters apart.

Time	Points	Time	Points
<= 1:00	20	1:24 - 1:27	13
1:00 - 1:03	19	1:28 - 1:31	12
1:04 - 1:07	18	1:32 - 1:35	11
1:08 - 1:11	17	1:36 - 1:39	10
1:12 - 1:15	16	1:40 - 1:43	9
1:16 - 1:19	15	1:44 - 1:49	8
1:20 - 1:23	14	1:50 - 1:53	7