

300 Meter Sand Run

The first stage of the test is a 300 meter soft sand run that must be completed in 65 seconds or less. You will transition to the starting line under the direction of a testing officer who will explain how to complete the course. You will be given time to stretch and warm-up for the run. A stop watch will be used and your time will be recorded. This assessment is vital to determining the candidates ability to quickly respond to emergency locations over the various terrains in the environment in which they work. Note: Training intervals under 800 meters are the best preparation for a candidates to successfully complete the 300-400 meter run in the qualifying time.

On Site Testing- 300 meters in 65 seconds or less



Runners take the line for the start of the 300m soft Sand Run



Candidates get a clean start making sure to exaggerate knee lift and forward momentum.



Off Site Testing- 400 meters in 80 seconds or less



In this test situation runners took to an available track for the 400 meter assessment.



These runners had a straight 400 meter course along a closed side street.



Times are recorded for all candidates.

[Suggestions for passing the run \(most females train incorrectly\)](#) Female candidates are encouraged to train purposefully for this part of the test. It has been observed by testing officers that those candidates who have the most difficulty confess that they have trained at longer distances than the recommended sprint distances. To that end, this particular part of the test is traditionally more challenging for females due improper training.