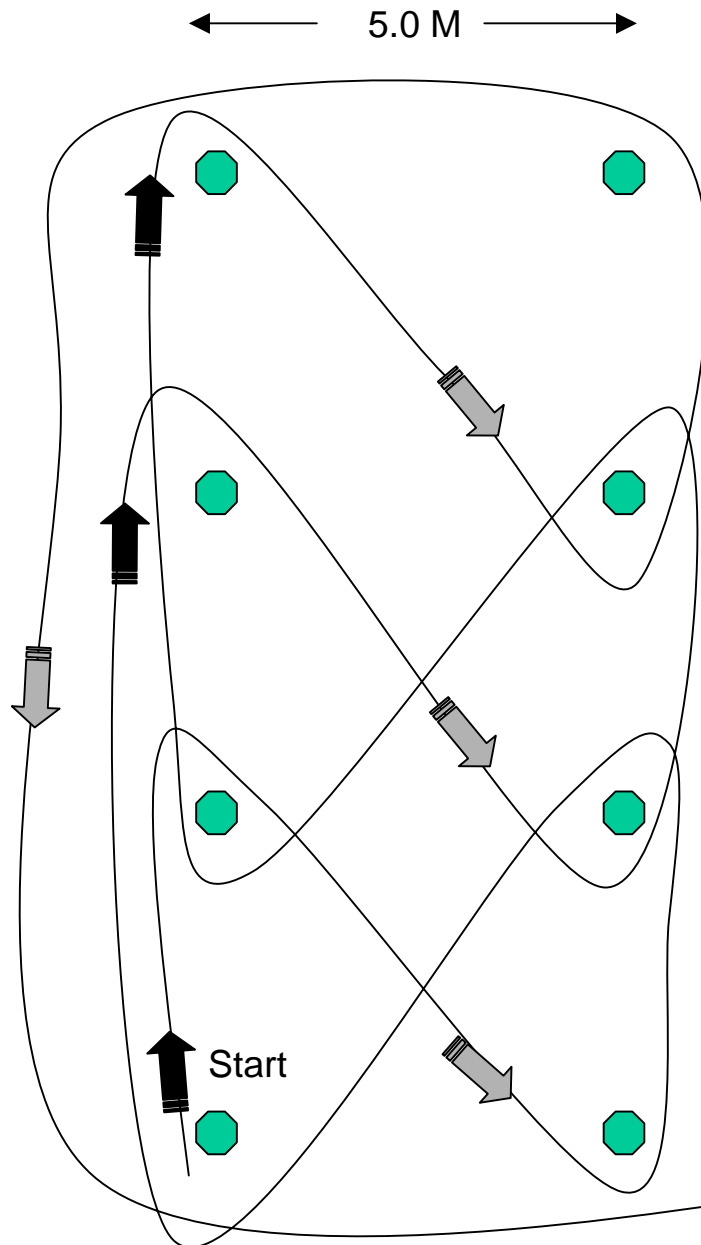


2008 QLD M30 Endurance Test



Test Procedure:

Cones in phase one are 5M apart and cones in phase two are 10M apart. Player starts when ready and runs as far as possible in 90 seconds, scoring one point for each completed return-run in second phase of test. Player's body must always face North in phase one until top left cone has been reached (forwards & backwards). Route is shown in illustration. No contact to be made with markers and feet are to be on the outside of markers at turns. Score 1 to 10 is recorded.

