



## Annex B:Tire Flip & Team Run

- **Tire Flip:** Male and mixed teams will flip a 600-pound tire from the goal line to the 50-yard line and back. Female Raider Teams will flip a 400-pound tire from the goal line to the 52-yard line and back. There will be no more than 5 members on the tire at any time and team members will never position themselves in front of the front of the tire for safety reasons
- **Team Run:** The Team Run event will consist of all 10 team members completing one mile, (4 laps) around the track. The teams must begin and finish the run together. The first two laps of the race will begin in the two inside lanes, then transition to the two outside lanes.