

## Annex C: Cross Country Rescue

- Teams Will Negotiate a .9-mile course while carrying a weighted litter and ruck sacks.
- Male and mixed teams are required to transport 6 ruck sacks and a litter. Female Teams will transport 4 rucks and a litter.
- Both the start and finish lines are in the same spot, positioned behind the football field at the opening next to the softball field.

