

UNIT - FORCE Combat - Date

Group 1		Group 2		Group 3		Group 4	
0700	Intro/Kit Prep/Warm-up	0725	Intro/Kit Prep/Warm-up	0750	Intro/Kit Prep/Warm-up	0815	Intro/Kit Prep/Warm-up
0725	Dep March	0750	Dep March	0815	Dep March	0840	Dep March
0825	5 min Break	0850	5 min Break	0915	5 min Break	0940	5 min Break
0830	FORCE circuit	0855	FORCE circuit	0920	FORCE circuit	0945	FORCE circuit
0845	Finish	0910	Finish	0935	Finish	1000	Finish

Group 1 - Participants		Group 2 - Participants		Group 3 - Participants		Group 4 - Participants	
1.		1.		1.		1.	
2.		2.		2.		2.	
3.		3.		3.		3.	
4.		4.		4.		4.	
5.		5.		5.		5.	
6.		6.		6.		6.	

Group 5		Group 6		Group 7		Group 8	
0840	Intro/Kit Prep/Warm-up	0905	Intro/Kit Prep/Warm-up	0930	Intro/Kit Prep/Warm-up	0955	Intro/Kit Prep/Warm-up
0905	Dep March	0930	Dep March	0955	Dep March	1020	Dep March
1005	5 min Break	1030	5 min Break	1055	5 min Break	1120	5 min Break
1010	FORCE circuit	1035	FORCE circuit	1100	FORCE circuit	1125	FORCE circuit
1025	Finish	1050	Finish	1115	Finish	1140	Finish

Group 5 - Participants		Group 6 - Participants		Group 7 - Participants		Group 8 - Participants	
1.		1.		1.		1.	
2.		2.		2.		2.	
3.		3.		3.		3.	
4.		4.		4.		4.	
5.		5.		5.		5.	
6.		6.		6.		6.	

		<h1><u>UNIT FORCE Combat Tracker</u></h1>						
CADTC HQ								
Date:								
Event Activity:		Force Combat			Training Level:		OPI:	
Participants	Name	Rank	SN	Branch	Standard achieved? (Y/N)	5 Km March time	Force Combat Circuit Time	
Group 1								
1								
2								
3								
4								
5								
6								
Group 2								
1								
2								
3								
4								
5								
6								
Group 3								
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Group 4								
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Group 5							
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Group 6							
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Group 7							
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Group 8							
1							
2							
3							
4							
5							
6							