

20-M SHUTTLE RUN TEST

1. Objective of the 20-m Shuttle Run Test:
 - a. The 20-m Shuttle Run Test is progressive. It begins with an easy pace and gradually becomes more challenging as time passes. The 20-m Shuttle Run Test is an individual assessment and is based on personal ability.
 - b. The 20-m Shuttle Run Test consists of running a distance of 20 m repeatedly at a specified pace that increases each minute. Each cadet will be expected to run until they can no longer keep up the required pace.
2. Conducting the 20-m Shuttle Run Test
 - a. Have the cadets line up in their respective lanes at the starting line and wait for instructions from the CD.
 - b. Play the CD. The scorekeeper will record the number of laps completed on the score sheet. The supervisors at each line will inform the scorekeeper when a cadet does not cross the line before the beep.
 - c. The 20-m Shuttle Run Test is complete when all the cadets have not reached the line before the beep for the second time.
3. Scoring the 20-m Shuttle Run Test
 - a. The 20-m Shuttle Run Test will be scored using the Individual Score Sheet for the 20-m Shuttle Run Test located at in CATO 14-18 Annex A, Appendix 1
 - b. Each box on the score sheet represents a lap (a 20-m length). When the cadet completes a lap, they receive a check mark. If they are unsuccessful, they receive an X. The test ends when a cadet cannot complete a lap the second time. The second incomplete lap does not count toward the cadet's score.