

## SEA TRIALS 2007 PHASE GUIDE

### Farragut Field [Guests Welcome]

- ✓ Herndon Monument Run
- ✓ Box Challenge
- ✓ Bear Pit
- ✓ Tug-of-War
- ✓ Damage Control

### Mcdonough Hall Gym

*[Due to space constraints and wet environment Guests will not be allowed in Mcdonough Hall Gym]*

- ✓ Underwater Tug-of-War
- ✓ Underwater Weight Relay
- ✓ Basketball Court Suicide Runs
- ✓ Creative Strength Conditioning
- ✓ Boxing Ring Combat Simulator

### Hospital Point [Guests Welcome]

- ✓ Zodiac Races
- ✓ Company Challenge Pit
- ✓ Medivac Relay
- ✓ Wet & Sandy

### Transition from USNA to the Naval Station

- [Due to safety concerns Guests should ride the provided shuttle bus to Naval Station]*
- ✓ 3 Mile Intelligence Gathering Mission Based Run from Hospital Point to Naval Station Navy Exchange Parking Lot.

### Naval Station West [Guests Welcome]

- ✓ Dong Ha Bridge Crossing
- ✓ Paintball War Games
- ✓ Log PT
- ✓ Endurance Course I
- ✓ Endurance Course II

### Naval Station East [Guests Welcome]

- ✓ Obstacle Course
- ✓ Riverine Warfare Training
- ✓ Pugil Stick Challenge
- ✓ Rucksack Run

CO	0515-0545	0545-0605	0605-0625	0625-0645	0645-0705	0705-0725	0725-0745	0745-0805	0805-0825	0825-0845	0845-0905	0905-0925	0925-0945	0945-1005	1005-1025	1025-1045	1045-1105	1105-1125	1125-1145	CO
1	Transit to Farragut	Herndon Farragut	Box Challenge	Bear Pit	Tug of War	DC	Transit to MacD	Tug of War	Weighted Relays	Weighted Relays	Suicide Runs	Creative Strength-ening	Combat	Zodiac	Challenge Pit	Medic	Wet and Sandy	Transit to Run	1	
2	Transit to Farragut	Box Challenge	Bear Pit	Tug of War	DC	Herndon	Box Challenge	Weighted Relays	Suicide Runs	Suicide Runs	Creative Strength-ening	Combat	Tug of War	Weighted Relays	Zodiac	Challenge Pit	Medic	Wet and Sandy	Transit to Run	2
3	Transit to Farragut	Bear Pit	Tug of War	DC	Herndon	Box Challenge	Bear Pit	Creative Strength-ening	Combat	Tug of War	Weighted Relays	Suicide Runs	Suicide Runs	Weighted Relays	Wet and Sandy	Challenge Pit	Medic	Wet and Sandy	Transit to Run	3
4	Transit to Farragut	Tug of War	DC	Herndon	Box Challenge	Bear Pit	Transit to MacD	Creative Strength-ening	Combat	Tug of War	Weighted Relays	Suicide Runs	Suicide Runs	Weighted Relays	Wet and Sandy	Challenge Pit	Medic	Wet and Sandy	Transit to Run	4
5	Transit to Farragut	DC	Herndon	Box Challenge	Bear Pit	Transit to MacD	Transit to MacD	Combat	Tug of War	Weighted Relays	Suicide Runs	Creative Strength-ening	Combat	Challenge Pit	Medic	Wet and Sandy	Wet and Sandy	Transit to Run	5	
6	Transit to MacD	Tug of War	Weighted Relays	Suicide Runs	Creative Strength-ening	Combat	Transit to Hospital Point	Challenge Pit	Zodiac	Challenge Pit	Wet and Sandy	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	6	
7	Transit to MacD	Weighted Relays	Suicide Runs	Creative Strength-ening	Combat	Tug of War	Transit to Hospital Point	Zodiac	Zodiac	Challenge Pit	Medic	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	7	
8	Transit to MacD	Suicide Runs	Creative Strength-ening	Combat	Tug of War	Weighted Relays	Transit to Hospital Point	Wet and Sandy	Zodiac	Challenge Pit	Medic	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	8	
9	Transit to MacD	Creative Strength-ening	Combat	Tug of War	Weighted Relays	Suicide Runs	Transit to Hospital Point	Medic	Wet and Sandy	Zodiac	Challenge Pit	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	9	
10	Transit to MacD	Tug of War	Weighted Relays	Suicide Runs	Creative Strength-ening	Combat	Transit to Hospital Point	Challenge Pit	Medic	Wet and Sandy	Zodiac	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	10	
11	Transit to Hospital Point	Zodiac	Challenge Pit	Medic	Wet and Sandy	Weighted Relays	Transit to Run	Challenge Pit	Medic	Wet and Sandy	Zodiac	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	11	
12	Transit to Hospital Point	Zodiac	Challenge Pit	Medic	Wet and Sandy	Weighted Relays	Transit to Run	Challenge Pit	Medic	Wet and Sandy	Zodiac	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	12	
13	Transit to Hospital Point	Wet and Sandy	Challenge Pit	Zodiac	Challenge Pit	Medic	Transit to Run	Challenge Pit	Medic	Wet and Sandy	Zodiac	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	13	
14	Transit to Hospital Point	Wet and Sandy	Challenge Pit	Zodiac	Challenge Pit	Medic	Transit to Run	Challenge Pit	Medic	Wet and Sandy	Zodiac	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	14	
15	Transit to Hospital Point	Challenge Pit	Medic	Wet and Sandy	Challenge Pit	Zodiac	Transit to Run	Challenge Pit	Medic	Wet and Sandy	Zodiac	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	15	
16	Transit to Run	Dong Ha Bridge	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	16	
17	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	17	
18	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	18	
19	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	19	
20	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	20	
21	Transit to NSW	Dong Ha Bridge	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	21	
22	Transit to NSW	Paintball	E-Course 1	Log PT	E-Course 2	Dong Ha Bridge	Transit to Run	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	22	
23	Transit to NSW	E-Course 1	Log PT	E-Course 2	Dong Ha Bridge	Paintball	Transit to Run	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	23	
24	Transit to NSW	E-Course 1	Log PT	E-Course 2	Dong Ha Bridge	Paintball	Transit to Run	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	24	
25	Transit to NSW	E-Course 2	Dong Ha Bridge	Paintball	E-Course 1	Log PT	Transit to Run	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	25	
26	Transit to NSE	Ruck Run	O-Course 1	O-Course	Pugil Sticks	Rear Pit	Transit to Farragut	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	26	
27	Transit to NSE	Ruck Run	O-Course	O-Course	Pugil Sticks	Rear Pit	Transit to Farragut	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	27	
28	Transit to NSE	Rear Pit	Rear Pit	Rear Pit	Rear Pit	Rear Pit	Transit to Farragut	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	28	
29	Transit to NSE	Rear Pit	Rear Pit	Rear Pit	Rear Pit	Rear Pit	Transit to Farragut	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	29	
30	Transit to NSE	O-Course	O-Course	O-Course	O-Course	O-Course	Transit to Farragut	Paintball	E-Course 1	Log PT	E-Course 2	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	Transit to Run	30	