# ARMY COMBAT FIELD TEST (CFT)

## EVENTS




### 1. ONE-MILE RUN
1 mile



### 2. DEAD-STOP PUSH-UPS
30 repetitions



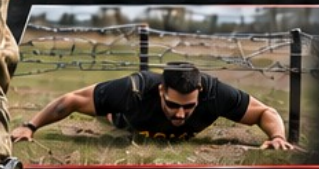
### 3. 100-METER SPRINT
100 meters



### 4. SANDBAG LIFT
16 lifts of a 40-pound sandbag onto a 65-inch platform



### 5. WATER CAN CARRY
50-meter carry of two 40-pound five-gallon Army water cans



### 6. MOVEMENT DRILL
50 meters total
(25-meter high crawl followed by a 25-meter 3–5 second rush)




### 7. FINAL ONE-MILE RUN
1 mile to finish the sequence