Update for the Hays Drill Meet

Marine Corps Combat Fitness test – (5 per team) each team must have at least **1 female per team, all cadets will compete in each event**

1. Run 880 yards (two laps around a track) simulated Movement to Contact in battle dress uniform fast**.**
2. Lift a 30-pound ammunition can overhead from shoulder height for max reps for two minutes.
3. Perform a maneuver-under-fire simulated event, a timed 300-yard shuttle run in which cadets are paired up with a team and perform the following tasks: sprints, agility course, high crawl, low crawl, body drag, fireman carry, ammo can carry, push-ups and grenade throw.
4. Scoring, each cadet will be graded as a 17-year-old.
5. Uniform is boots, and cammie trousers. Cadets may wear unit shirts.
6. The Scores will be added up to determine the top 3 teams.

Inspection Platoon (**10 cadets**) Uniform for the inspection platoon will be Blue Dress “B” with ribbons and badges. White gloves will be worn they are not optional.

Inspection will be conduct like regionals.

1. Inspection will begin for all cadets at 0830
2. Each school has been assigned a number.
3. Cadets will line up on their number in the gym.
4. They will be marched in as a group.

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| A | B | C | D | E | F | G | H | I | J | K |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 1 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 1 | 2 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 1 | 2 | 3 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 1 | 2 | 3 | 4 |
| 6 | 7 | 8 | 9 | 10 | 11 | 1 | 2 | 3 | 4 | 5 |
| 7 | 8 | 9 | 10 | 11 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | 9 | 10 | 11 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9 | 10 | 11 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 10 | 11 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 11 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |