

SOWT Physical Ability Stamina Test (PAST) CRITERIA

A11.1. This test must be conducted in a 3-hour time frame and in the order listed below. Record PAST results on unit letterhead or attached "Evaluation Worksheet". Members are encouraged to complete the test in its entirety to determine weak/strong points in his physical condition. Test administrators should sign and have commanders endorse test results with a copy provided to the member. This test is comprised of seven events; the member must pass every event. Failure of any event will result in the overall failure of the PAST.

***NOTE:** The PAST requirements are designed to test for a minimum fitness level for entry into the SOWT training pipeline. Candidates should continue to train throughout their cross-training application and the recruiting process, to exceed these minimums in order to enhance their chances of success.*

A11.1.1. 2 x 25 Meter Underwater Swim: Provide the member 3-minutes of rest between underwater swims. If members surface or break the water surface during any portion of the swim, the test will be stopped and considered a failure. Swimsuits and swim goggles/scuba mask are the only equipment items allowed. After completion of the underwater allow a 10 minute rest before next event.

A11.1.2. 500 Meter Surface Swim: This swim is conducted using the freestyle, breaststroke or sidestroke. The swim is continuous (non-stop). If a member stops any time during the swim, the test will be stopped and considered a failure for the entire PAST. Swimsuit and goggles/scuba mask are the only equipment items allowed. After completion of the swim, allow a 30-minute rest prior to the next event.

A11.1.3. 1.5 Mile Run: Physical training (PT) clothes and good running shoes are the only required items. The run must be continuous (non-stop). If a member stops anytime during this run, the test will be stopped and considered a failure. Members will be given a 10-minute break prior to the next event. Test should be conducted on a measured running track.

A11.1.4. Calisthenics: Four calisthenics exercises are evaluated, each with specific time parameters and specific exercise form mechanics. All members will exercise to either muscle failure or time completion, whichever occurs first. The intent is to have members do as many "good form" repetitions in the time allotted or when muscle failure is reached. Allow a 3-minute rest between each calisthenics exercise.

***NOTE:** Exercise form is strictly enforced during the PAST and in the training pipeline. Those repetitions done without proper form will not be counted and be to the members disadvantage.*

A11.1.5. Pull-ups: Pull-ups are a two-count exercise. Starting position is hanging from a bar, palms facing away from the candidate with no bend in elbows. Hand spread is approximately shoulder width apart. Count one; pull the body up until the Adam's apple clears the top of the bar. Count two; return to starting position. Legs are allowed to bend, but must not be kicked or manipulated to aid upward movement. If the candidate falls off, stops, or releases the bar, the exercise is terminated.

A11.1.6. Sit-ups: Sit-ups are a two-count exercise. Starting position is back flat on the surface, fingers interlocked behind the head, head off the surface, and knees bent at approximately a 90-degree angle. Another individual may hold the individual's feet during the exercise. Count one; sit up so that the shoulders are directly above the hip/pelvis area or 90 degrees to surface. Count two; return to the starting position. The exercise is continuous. If the member stops, the exercise is terminated. If the member's buttocks rise from the surface or his fingers are not interlocked behind his head during the repetition, the repetition is not counted.

A11.1.7. Push-ups: Push-ups are a two-count exercise. Starting position is hands, shoulder width apart, with arms straight and directly below the chest on the surface; the legs are extended, back and legs remain straight. Count one; lower the chest until the elbows are bent at a 90-degree or lower angle. Count two; return to the starting position. The only authorized rest position is the starting position. If the knees touch the ground the exercise is terminated. The member will not raise his buttocks in the air, sag his middle to the surface, or raise any hand or foot from their starting position. If a hand or foot is raised, the exercise is terminated.

A11.1.8. Additional PAST event for SOWT graduates applying for SOWAC retraining: Three-mile rucksack march while carrying a 50-pound load, wearing issue military boots, in a time of less than 45 minutes (45:00). Wear a military standard issue ALCE rucksack weighted with an internal 50-pound load. Boots must be military style leather. Do not wear running shoes or other commercial style boots. March will be conducted on a hard surface or track. Terrain should be relatively flat with no extreme elevation changes. This exercise is evaluated as a prerequisite to entering the Special Operations Weather Apprentice course. This event may be conducted on a separate day from the other PAST requirements.

PAST Current Standards	
2 x 20 Meter Underwater Swim	PASS/FAIL (3 min between each)
10 min rest	
500 Meter Surface Swim	(MAX TIME: 11:42)
30 min rest	
1.5 Mile Run	(MAX TIME: 10:10)
10 min rest	
Pull-ups	(>= 8 in 2min)
2 min rest	
Sit-ups	(>= 48 in 2min)
2 min rest	
Push –ups	(>= 48 in 2min)
30 min rest or another day	
*RETRAIINEES ONLY: 3Mile Ruckmarch w/ 50lbs	(MAX TIME: 45:00)