

ORPAT COURSE

Name: _____

Date: _____

STAGE 1	Warning	Penalty	Added Time
Balance Beam (start over)			
5-Foot Jump (5 seconds)			
Stair Climb (redo)			
Obstacle Crawl (2 seconds)			
18" Jumps (2 seconds)	1 st	2 nd	
3-Foot Vault (redo)			

LAP 1	LAP 2	LAP 3	LAP 4	LAP 5	LAP 6
Back	Front	Back	Front	Back	Front

STAGE 2	180° ROTATION						WALL			
	1	2	3	4	5	6	B	B	F	F
PUSH										
PULL										

STAGE 3	Pass	Fail
Dummy Drag		

Score	Raw Time	Penalty Time	Final Time

Instructor's Name: _____

Date: _____