



IRON TEAM

Prince George's County Police Department Special Operations Division

10TH ANNUAL

IRON TEAM ENDURANCE COMPETITION

Dates: October 2, 2019

Time: 7:00 AM

**Location: 7400 BROOKLYN BRIDGE ROAD
Laurel, Maryland 20707**

The Prince George's County Police Department's, Special Operations Division will be hosting their Ninth Annual Iron Team Endurance Competition in October 2, 2019. The competition will be held at: 7400 BROOKLYN BRIDGE ROAD LAUREL, MARYLAND 20707.

Each four-person team will perform the following exercises:

- Monkey Bars (perform while wearing a gas mask)
- Rubik's Cube (perform while wearing a gas mask)
- Keg Throw (perform while wearing a gas mask)
- Hamster Ball/ Clean and Press
- Box Push
- I Beam Hit
- Individual Tire Flips
- Tire Pull
- Chain Drag
- Fire Hose Carry
- Wall Climb
- 100-yard Zodiac Boat Paddle *
- 100-yard Zodiac Boat Carry (land)
- 35-yard Water Crossing *
- Trail Run
- Sit ups
- Bear Crawl

*All participants will don life vests prior to entering the water and will be required to wear them until they the water.

➤ Above events are from 2017, distances are approximate and subject to change.
Contact: Sgt. Bud Bergstrom at bebergstrom@co.pg.md.us or 240-695-3137.

<https://www.princegeorgescountymd.gov/405/Iron-Team>