



sa army

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Bulletin

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Strive for Communication Excellence

SA ARMY FITTEST SOLDIER COMPETITION: 17 TO 21 SEPTEMBER

The SA Army Fittest Soldier Competition will take place from 17 to 21 September 2012 at the SA Army Gymnasium, Heidelberg.

The competition consists of the following team and individual categories:

- * Team Categories
 - * Fittest unit.
 - * Fittest Formation.
 - * Fittest Formation/Brigade Headquarters.

- * Individual Categories
 - * Men up to 34.
 - * Men 35 to 44.
 - * Men 50 plus (New category).
 - * Women up to 29.
 - * Women 30 to 39.
 - * Women 40 to 49.
 - * Women 50 years and older (New category).
 - * Senior soldiers (Generals, OCs, CWOs and RSMs).

The programme is as follows:

Monday 17 September 2012. All participants report to the SA Army Gymnasium.

Tuesday 18 September 2012

- * 08:00 Opening parade.
- * 08:45 Training surprise. (This activity has been compiled by the hosting fmn, the SA Army Training Formation).
- * Agility T Test.
- * Bleep Test.
- * Pool Crossing Event.
- * Weigh-in of Back Packs.
- * Flower Ceremony – Small prize-giving.

19 September 2012

- * 06:30 Morning Parade.
- * 07:30 Fun Run.
- * SANDF Fitness Test (4 km walk, sit-ups, push-ups and 2,4 km run).
- * Pool Crossing event.
- * Weigh-in of Back Packs.
- * Flower Ceremony – Small prize-giving.

20 September 2012

- * 06:00 Morning parade.
- * Endurance Walk/Run (Men - 20 Km and 20Kg, Women – 15 Km and 15 Kg)
- * Prize-giving lunch.

21 September 2012. Return to home units.

More than 300 competitors (40 units and 9 HQ teams) as well as a number of senior soldiers have been nominated to participate in the competition. So get those sneakers on the road.

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