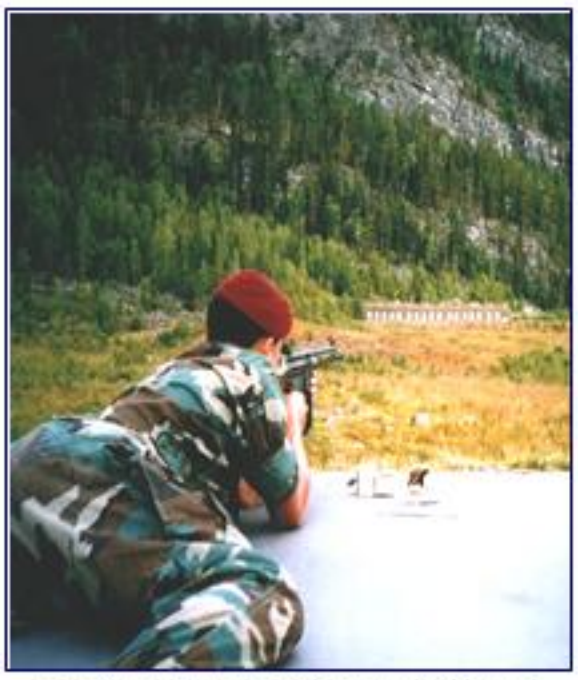
NATO MILITARY TRAINING & COMPETITION

FOR RESERVE OFFICERS AND CADETS

Belgium
August, 2005

JOIN AN ELITE JOINT SERVICE U.S. TEAM

Italy
July, 2006



RIFLE MARKSMANSHIP
200 meters

ORIENTEERING/
LAND NAVIGATION
10-15 kilometers

PISTOL MARKSMANSHIP
25 meters

LAND OBSTACLES
500 meters

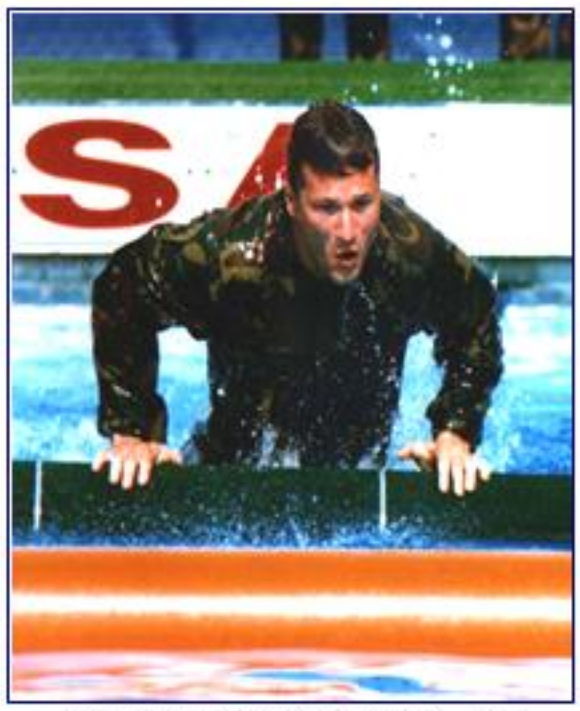
TRYOUT STANDARDS FOR MEN

800m Run	2:30
5-mile Run	32:00
50m Swim	:35

TRYOUT STANDARDS FOR WOMEN

800m Run	3:00
5-mile Run	37:30
50m Swim	:40

Run to Win



WATER OBSTACLES
50 meters

2004 U.S. MILITARY SKILLS COMPETITION TEAM
Theresan Military Academy, Weiner Neustadt, Austria

www.uscior.army.mil