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