

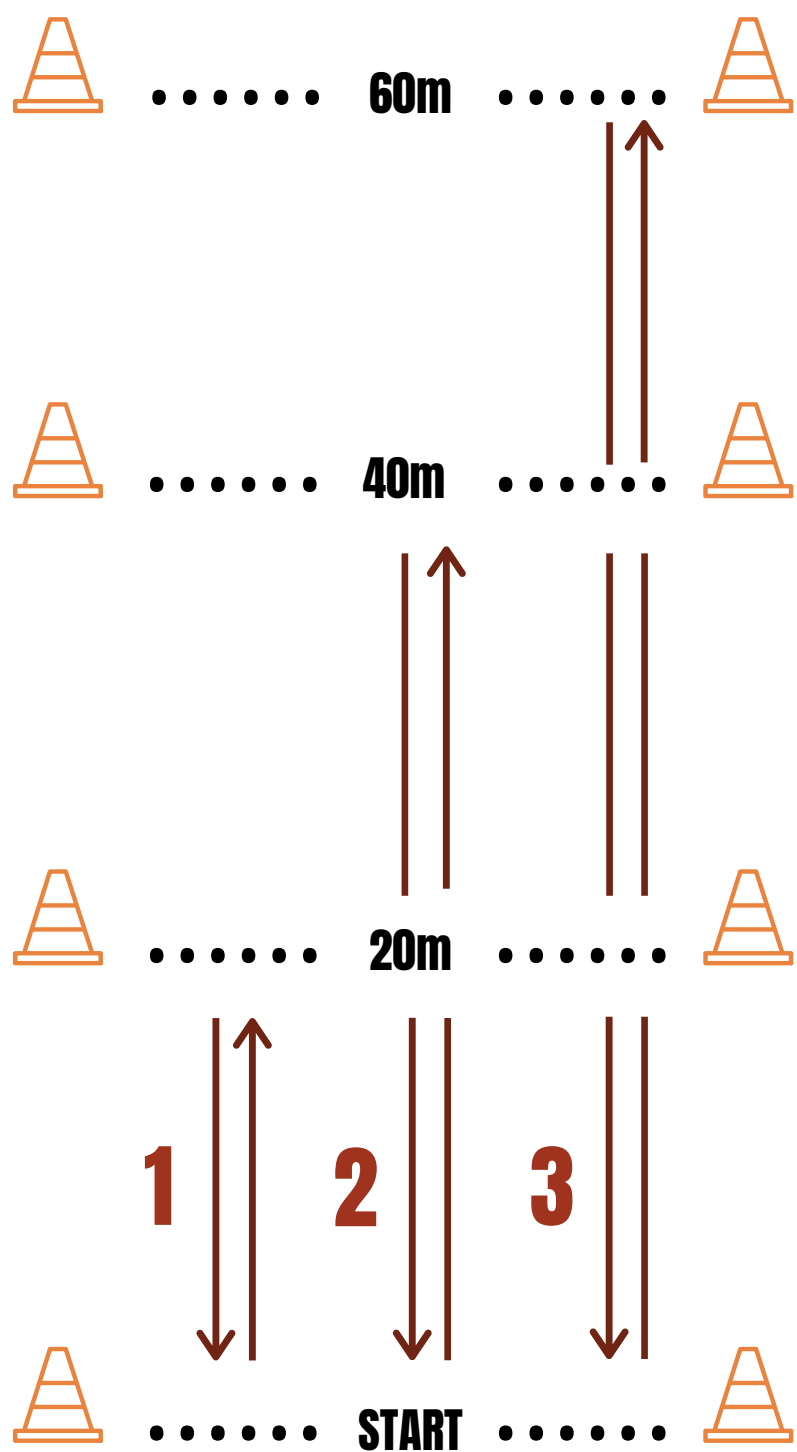
MATCH OFFICIAL FITNESS TESTING

BRONCO TEST

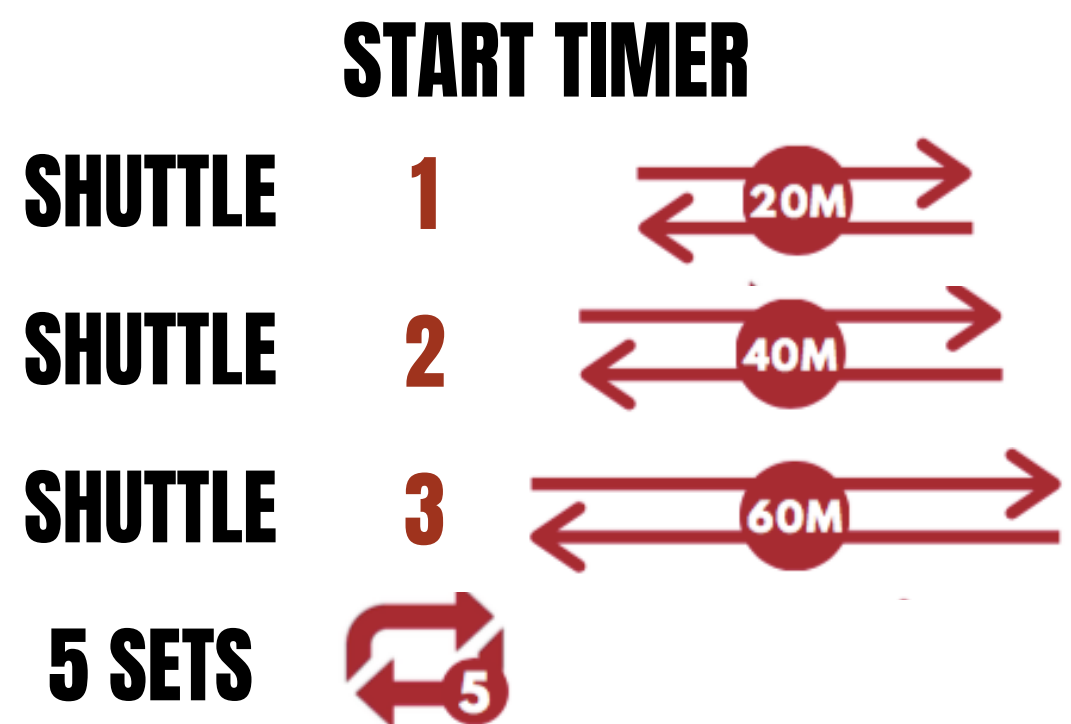
WHAT IS THE TEST?

The Bronco Test is a hard-aerobic running assessment where participants have to complete a sequence of shuttle runs over 20m, 40m and 60m for five sets. The participants' aim is to complete the test in as quick a time as possible.

SET UP THE TEST



RUNNING THE TEST



RECORD TIME ACHIEVED ONCE 5TH SET IS COMPLETE

RECORDING RESULTS

TIME SHOULD BE RECORDED ONCE THE 5TH SET HAS BEEN COMPLETED.

1 X 20M, 40M, 60M SHUTTLE = 1 SET

FOR MASS TESTING, THIS TEST WORKS WELL WORKING IN PAIRS RECORDING ONE ANOTHER'S TIMES RATHER THAN A SINGLE TESTER COLLECTING ALL THE DATA

PGMOT & NLMOT

Referees - Males <5.15 Females: <5.45

ARs - Males <5.30 Females: <6.00

REFEREE SOCIETIES

Regional 1 - Males <5.15 Females: <5.45

Regional 2 - Males <6.15 Females: <6.30

County 1 to 4 - <7.00 Both Males and Females

Women's Champ 1 - Males <5.15 Females: <5.45

Women's Champ 2 - Males <6.15 Females: <6.30

Women's NC 1 to 3 - <7.00 Both Males and Females

#BEPARTOFTHETEAM
#SEEITBEITREFIT