

Test	1X	2X	3X
FOOTBALL / GENERAL TESTING			
40 Yard Dash: No split times	✓	✓	✓
40 Yard Dash with 10 yd split		✓	✓
40 Yard Dash with 10 & 20 yd split			✓
ProAgility (Short shuttle)	✓	✓	✓
L-Drill (3 Cone)	✓	✓	✓
Athlete Speed Tests		✓	✓
SOFTBALL / BASEBALL			
Home to Home	✓	✓	✓
Home to First – Standing start		✓	✓
30 yard – standing start		✓	✓
60 yard – standing start ¹		✓	✓
BASKETBALL			
³ / ₄ court sprint (75 foot)		✓	✓
Lane Agility	✓	✓	✓
Reactive ProAgility ²	✓	✓	✓
SOCCER			
30 meter sprint (standing start)		✓	✓
40 Yd with 30 meter split (standing start)			✓
HOCKEY			
Redline - Blueline	✓	✓	✓
Flower Drill	✓	✓	✓

¹ Requires additional cable (\$35).

² Required RAT pack