RUNNING A FIGURE OF EIGHT

**Purpose:** To assess agility, speed and body control during rapid turns.

**Method:** The conscript runs as fast as possible a figure of eight around two traffic cones placed 10 metres apart with the start/finish line next to one of the cones. The stopwatch is started concurrently with the starting signal and stopped when the subject crosses the start/finish line again.

**Outcome:** Time in seconds. Results were categorised in quartiles: 1st quartile (<6.03), 2nd quartile (6.03 ≤ time < 6.27), 3rd quartile (6.27 ≤ time ≤ 6.60), 4th quartile (> 6.60).