

Guard 3 in "Portsmouth 2024"				
Performer: Guard 3 Symbol: G Label: 3 ID:31				
Set	Title	Counts	SIDE A-SIDE B	Drill: Part 1 - Storm Coming FRONT-BACK
1		0	SIDE A: 4.0 steps Inside 40 yd In	8.0 steps In Front Of FRONT Hash (HS)
2		12	SIDE A: 4.0 steps Inside 40 yd In	8.0 steps In Front Of FRONT Hash (HS)
3		44	SIDE A: 1.75 steps Inside 45 yd In	11.75 steps Behind FRONT side line
4		8	SIDE A: 4.0 steps Inside 40 yd In	12.0 steps Behind FRONT side line
5		4	SIDE A: 2.0 steps Inside 35 yd In	10.0 steps Behind FRONT side line
6		8	SIDE A: 2.0 steps Outside 40 yd In	8.0 steps Behind FRONT side line
Performer: Guard 3 Symbol: G Label: 3 ID:31				
Set	Title	Counts	SIDE A-SIDE B	Drill: Part 2 - Stormbringer' FRONT-BACK
7		0	SIDE A: 2.0 steps Outside 45 yd In	On FRONT side line
8		8	SIDE A: 2.0 steps Outside 45 yd In	On FRONT side line
9		16	SIDE A: 4.0 steps Inside 40 yd In	8.0 steps Behind FRONT side line
10		16	SIDE A: 2.0 steps Outside 35 yd In	12.0 steps Behind FRONT side line
11		16	SIDE A: 4.0 steps Inside 30 yd In	1.5 steps In Front Of FRONT Hash (HS)
12		16	SIDE A: On 40 yd In	8.0 steps Behind FRONT Hash (HS)
13		16	SIDE A: On 40 yd In	14.0 steps In Front Of BACK Hash (HS)
14		16	SIDE B: 3.75 steps Outside 50 yd In	8.0 steps Behind FRONT Hash (HS)
15		24	SIDE B: 4.0 steps Outside 40 yd In	On FRONT Hash (HS)
16		8	SIDE B: 2.0 steps Inside 40 yd In	4.0 steps Behind FRONT Hash (HS)
17		16	SIDE B: 4.0 steps Outside 50 yd In	On FRONT Hash (HS)
18		16	On 50 yd In	12.0 steps Behind FRONT side line
19		16	On 50 yd In	12.0 steps Behind FRONT side line
20		16	On 50 yd In	12.0 steps Behind FRONT side line
21		16	SIDE B: 2.0 steps Inside 45 yd In	13.75 steps In Front Of FRONT Hash (HS)
22		16	SIDE B: 2.0 steps Outside 45 yd In	6.0 steps Behind FRONT side line
23		16	SIDE B: 2.0 steps Outside 45 yd In	6.0 steps Behind FRONT side line
24		32	SIDE B: 2.0 steps Outside 50 yd In	6.0 steps Behind FRONT side line
25		16	SIDE B: On 45 yd In	12.0 steps Behind FRONT side line
26		16	SIDE B: 4.0 steps Outside 40 yd In	12.0 steps In Front Of FRONT Hash (HS)
27		16	SIDE B: 3.75 steps Inside 35 yd In	4.0 steps Behind FRONT Hash (HS)
28		16	SIDE B: 2.75 steps Inside 45 yd In	10.25 steps Behind FRONT Hash (HS)
29		16	SIDE A: 1.0 steps Inside 45 yd In	6.0 steps Behind FRONT Hash (HS)
30		16	SIDE A: 2.0 steps Inside 35 yd In	9.5 steps In Front Of FRONT Hash (HS)
31		20	SIDE A: On 35 yd In	12.0 steps In Front Of FRONT Hash (HS)
Performer: Guard 3 Symbol: G Label: 3 ID:31				
Drill: Skyfall				

Performer: Guard 3 (continued)				
Set	Title	Counts	SIDE A-SIDE B	FRONT-BACK
32		24	SIDE A: 4.0 steps Inside 35 yd In	On FRONT side line
33		24	SIDE A: 2.0 steps Outside 40 yd In	4.0 steps Behind FRONT side line
34		24	SIDE A: On 45 yd In	12.0 steps In Front Of FRONT Hash (HS)
35		24	SIDE B: On 45 yd In	12.0 steps In Front Of FRONT Hash (HS)
36		8	SIDE B: On 40 yd In	14.0 steps Behind FRONT side line
37		16	SIDE B: On 40 yd In	4.0 steps In Front Of FRONT Hash (HS)
38		24	SIDE B: 4.0 steps Outside 45 yd In	4.0 steps In Front Of FRONT Hash (HS)
39		16	SIDE A: On 40 yd In	12.0 steps Behind FRONT side line
40		22	SIDE A: On 40 yd In	8.0 steps In Front Of FRONT Hash (HS)
41		18	SIDE A: 1.0 steps Inside 45 yd In	8.0 steps Behind FRONT side line
42		12	SIDE A: 4.0 steps Inside 45 yd In	On FRONT side line
Performer: Guard 3 Symbol: G Label: 3 ID:31				
Set	Title	Counts	SIDE A-SIDE B	Drill: 4 - Drumbreak FRONT-BACK
43		0	SIDE A: 3.0 steps Inside 40 yd In	6.0 steps Behind FRONT side line
44		8	SIDE A: 2.0 steps Outside 40 yd In	10.0 steps In Front Of FRONT Hash (HS)
45		8	SIDE A: 3.75 steps Outside 40 yd In	4.75 steps In Front Of FRONT Hash (HS)
46		16	SIDE A: 2.5 steps Inside 35 yd In	0.25 steps Behind FRONT Hash (HS)
47		8	SIDE A: On 40 yd In	10.0 steps Behind FRONT Hash (HS)
48		16	SIDE A: 4.0 steps Inside 45 yd In	12.0 steps Behind FRONT Hash (HS)
Performer: Guard 3 Symbol: G Label: 3 ID:31				
Set	Title	Counts	SIDE A-SIDE B	Drill: 5 - Thunderstruck FRONT-BACK
49		0	SIDE A: 4.0 steps Inside 45 yd In	12.0 steps Behind FRONT Hash (HS)
50		24	SIDE B: On 40 yd In	On FRONT Hash (HS)
51		32	SIDE B: 4.0 steps Outside 40 yd In	8.0 steps Behind FRONT side line
52		48	SIDE B: On 45 yd In	4.0 steps Behind FRONT side line
53		36	SIDE B: 4.0 steps Outside 40 yd In	14.0 steps Behind FRONT side line
54		28	SIDE B: On 45 yd In	8.0 steps In Front Of FRONT Hash (HS)