



Special Forces Readiness Evaluation (SFRE) Event

REC/1/19th SFG (A)



FY 17 SFRE Dates



- **FY16 Date**
 - 5-7 August 2016

- **FY17 Dates**
 - 18-20 November 2016
 - 13-15 January 2017
 - 10-12 March 2017
 - 7-9 April 2017
 - 19-21 May 2017
 - 9-11 June 2017
 - 14-16 July 2017



FY 16 SFRE Standards

- **STANDARDS**

- Soldiers wishing to challenge the SFRE MUST show up with a completed, approved Chapter 5 USAJFKSWCS stamped Special Forces Physical, and approved split train request signed off by your unit.
- The minimum standard for the Army Physical Fitness Test (APFT) is 60 points in each event with a total score of 240 or higher in their age group. Note: for entrance into the SFQC students must achieve a cumulative APFT score of 240 points in the 17-21 year old age group, and a raw score of 52 push-ups, 62 sit-ups, and a 14:54 2 mile run time. The candidate will also meet height/weight standards IAW AR 600-9.
- Must be able to complete 7 pull-ups (from a straight arm dead hang) and a 30 foot rope climb, unassisted.



FY 16 SFRE Standards (continued)

- **STANDARDS**

- Soldiers must pass a 5 mile run in 40 minutes or less in the ACU/OCP and running shoes.
- Soldiers must have a GT score of 110 or higher.
- Soldiers must possess, or have initiated, a SECRET security clearance.
- The minimum time standard for the 12 mile ruck march is 3 hours or less with a 45 pound pack, not including water, and carrying a weapon (rubber M16). Candidates must wear standard military uniform (ACU or OCP), boots, and PC and carry the following:
 - 4 quarts (3.8L) minimum of water
 - One Meal Ready to Eat (MRE)
 - Required items from the packing list



Packing List

<u>QTY</u>	<u>ITEM</u>
1	Rucksack (MOLLE)** with minimum 45 pounds of weight
2	ACU/OCP tops** (1 garrison, 1 field)
2	ACU/OCP bottoms** (1 garrison, 1 field)
3	Tan military t-shirts**
1	ACU/OCP patrol cap**
2	Pairs boots**
3	Pairs boot socks**
1	Army Physical Fitness Uniform (APFU), complete with athletic shoes**
1	Reflector belt**
2	Pairs athletic socks**
1	Military ID**
1	ID tags**
1	Notebook**
2	Pens and pencils**
2	Water carrying containers, min. 4 liter combined capacity (canteens/Camelbacks)**
1	Shave/hygiene kit**
1	Sleeping bag
1	Sleeping pad
1	Sunglasses
1	Sunscreen
2-3	Sets civilian clothes
1	Towel
1	Pair shower shoes
1	Cold weather gear and gloves (seasonal)

****Required items that will be in your ruck or on you for the 12 mile ruck march.**

Notes: Barracks do not have linen. Most candidates use their sleeping bags. TA 50 (LBV, chest rig, etc.) will not be needed. There is a PX available and Wi-Fi on base.



Training Schedule (Typical)

<u>DATE</u>	<u>TIME</u>	<u>PERSONNEL</u>	<u>EVENT/SUBJECT/FILE/CLASSIFICATION</u>	<u>LOCATION</u>	<u>TRAINER</u>	<u>TEXT REF.</u>	<u>UNIFORM</u>	<u>COMMENTS</u>
FRIDAY								
			Day 1					
	0800-1130	Cadre	Drill Prep				D	Vehs, MREs, Billets
	1130-1200	Cadre	Coordination meeting				D	
	1200-1300	Cadre	Lunch				D	
	1300-1330	All Pers	Formation				P	
	1330-1500	All Pers	APFT/Pull ups			FM 21-20	P	Safety Belts/Vest
	1500-1530	All Pers	Personal Hygiene					
	1530-1600	All Pers	Medical/Foot Care Class				D	
	1600-UTC	All Pers	Rest, Refit, Prep for Ruck March Event				C	
SATURDAY								
			Day 2					
	0630-0700	Cadre	Coordination meeting				D	
	0700-1100	All Pers	Ruck March				F	Rubber Ducks, Rucks
	1100-1130	All Pers	Rope climb				F	
	1130-1200	All Pers	Personal Hygiene					Safety Belts/Vests
	1200-1230	All Pers	Lunch				D	
	1230-1330	All Pers	Selection Prep POI				D	
	1330-1430	All Pers	Land Nav POI				D	
	1430-1530	All Pers	PAI Test				D	
	1530-UTC	All Pers	Rest, Refit, Prep for 5 Mile Run Event				C	
SUNDAY								
			Day 3					
	0630-0700	Cadre	Coordination meeting				D	
	0700-0800	All Pers	5 Mile Run				P	Safety Belts/Vests
	0800-0830	All Pers	Personal Hygiene					
	0830-1030	All Pers	Counseling				D	
	1030-UTC	All Pers	Cleaning, Equipment turn-in, Return to HOR				D	

*****NOTES*****
 PT UNIFORM WILL BE ARMY APFU, SUMMER OR WINTER AS REQUIRED

UNIFORM	DESCRIPTION
D	DUTY UNIFORM
F	FIELD UNIFORM
P	PT UNIFORM
C	CIVILIAN CLOTHES



Recommendations

- Schedule a SF/ABN Chapter 5 physical as early as possible. Physicals take a minimum of 6 weeks to complete.
- Apply for a security clearance ASAP.
- If you don't have a GOVCC apply for one through your unit.
- If you have not started rucking 3 days a week, start.
- You must pass all SFRE gates within 120 days of attending SFAS.