



California Army National Guard
C Co, 1st BN, 19th Special Forces Group (Airborne)

GREEN BERETS

Special Forces Readiness Evaluation (SFRE)

NorCal: 08 - 11 SEP 22

Location: Fort Hunter Liggett Bldg: TBD Report Time: 1400-1700

SoCal: 18 - 20 NOV 22

Location: JFTB Los Alamitos Bldg: TBD Report Time: 1400-1700



SFRE Prerequisites:

E3 - E7 & O2(P) - O3 / AGE: minimum 19yo - NO MAX / **GT Score:** 105 / **MUST** be on a duty status

SFRE Gates:

- Able to perform a minimum of **64 Push-Ups**, **72 Sit-Ups**, and **Run 2mi.** in 13:42
- Able to **Ruck March** with **45 lbs** dry at 12 miles in UNDER 3 hours
- Able to do Pull Ups, Climb a Rope, & Swim 100 meters

DO NOT ATTEND IF NOT PREPARED

Visit our website and Contact SSG Martinez to Register:

ng.ca.caarng.mbx.specialforces@army.mil

(714) 497-7447 (Call/Text)

CalGuard.CA.Gov/Co_C_SF

Instagram: **@CA_Special_Forces**

