Items **bolded** below are requirements that must be demonstrated to the Evaluator. Non-bolded items are training steps that may be introduced in class and are helpful for achieving the requirements. All behaviors must have been taught or re-taught to the dog (preferably using a new cue), using only positive reward-based methods.

- [ ] Handler can get the dog excited about and interested in chasing the bag

- [ ] **Handler must assess the dog's fitness level to determine if he is healthy enough for this extreme sprint activity**

- [ ] **Handler knows the rule of 120 and can calculate it for the current conditions**

- [ ] **Handler ensures that the dog is contained/restrained until it is his turn to run the course**

- [ ] **Handler demonstrates either releasing their dog at the appropriate time OR catching the dog at the end of the run** (handler may play either role)

- [ ] **Dog will perform two separate and successful runs, chasing the lure with intent through the complete course**

- [ ] **Handler must perform the calculation to translate run time into miles per hour for each run**

- [ ] **Handler must assist with others' Fast CAT runs at least 4 times, preferably in different jobs (releaser, catcher, timer, start/finish line monitor, lure meister, etc.) as directed by the evaluator**

August 2024