



KEY

Start

Kids Start

Water/
Pack Refill

Ultra/Beast/
Super/Sprint
Course

Mile
Marker

Parking

Finish

Kids Finish

*Obstacle

Kids
Course

Festival
Area

OBSTACLE GUIDE

- 1

OVER UNDERS
- 2

OVER WALLS (4' WALLS)
- 3

HURDLES
- 4

6' WALL
- 5

MONKEY BARS
- 6

7' WALL
- 7

STAIRWAY TO SPARTA
- 8

OLYMPUS
- 9

ARMER
- 10

BARBED WIRE CRAWL
- 11

BENDER
- 12

TYROLEAN TRAVERSE
- 13

IRISH TABLES
- 14

MEMORY TEST
- 15

SANDBAG CARRY
- 16

8' WALL
- 17

TWISTER
- 18

BEATER
- 19

INVERTED WALL
- 20

BUCKET CARRY
- 21

ROPE CLIMB
- 22

MULTI-RIG
- 23

BALANCE BEAM
- 24

VERTICAL CARGO
- 25

SANDBAG CARRY #2
- 26

HELIX
- 27

Z WALL
- 28

SLIP WALL
- 29

ATLAS CARRY
- 30

BARBED WIRE CRAWL #2
- 31

SPEAR THROW
- 32

HERCULES HOIST
- 33

CRAFT A-FRAME CARGO
- 34

FIRE JUMP

