SPARTAN CANADA NATIONAL SERIES 26

BLUE MOUNTAIN 17/10/26 - 18/10/26

BLUE MOUNTAIN RESORT

KEY

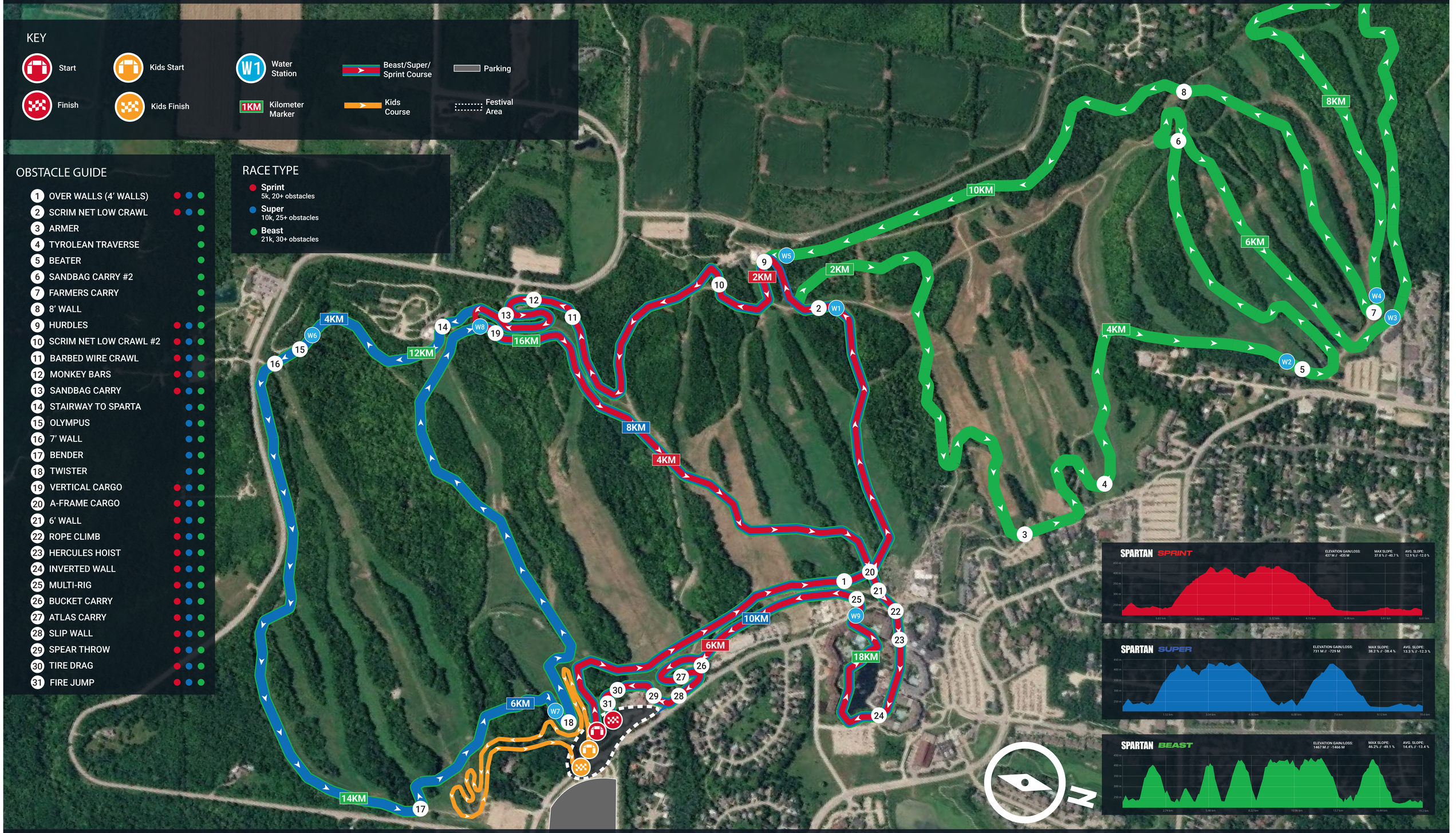
- Start
- Kids Start
- W1 Water Station
- Beast/Super/ Sprint Course
- Parking
- Finish
- Kids Finish
- 1KM Kilometer Marker
- Kids Course
- Festival Area

OBSTACLE GUIDE

1	OVER WALLS (4' WALLS)	● ● ●
2	SCRIM NET LOW CRAWL	● ● ●
3	ARMER	●
4	TYROLEAN TRAVERSE	●
5	BEATER	●
6	SANDBAG CARRY #2	●
7	FARMERS CARRY	●
8	8' WALL	●
9	HURDLES	● ● ●
10	SCRIM NET LOW CRAWL #2	● ● ●
11	BARBED WIRE CRAWL	● ● ●
12	MONKEY BARS	● ● ●
13	SANDBAG CARRY	● ● ●
14	STAIRWAY TO SPARTA	● ●
15	OLYMPUS	● ●
16	7' WALL	● ●
17	BENDER	● ●
18	TWISTER	● ●
19	VERTICAL CARGO	● ● ●
20	A-FRAME CARGO	● ● ●
21	6' WALL	● ● ●
22	ROPE CLIMB	● ● ●
23	HERCULES HOIST	● ● ●
24	INVERTED WALL	● ● ●
25	MULTI-RIG	● ● ●
26	BUCKET CARRY	● ● ●
27	ATLAS CARRY	● ● ●
28	SLIP WALL	● ● ●
29	SPEAR THROW	● ● ●
30	TIRE DRAG	● ● ●
31	FIRE JUMP	● ● ●

RACE TYPE

- **Sprint** 5k, 20+ obstacles
- **Super** 10k, 25+ obstacles
- **Beast** 21k, 30+ obstacles



SPARTAN SPRINT — ELEVATION GAIN/LOSS: 437 M // -435 M — MAX SLOPE: 37.8 % // -40.7 % — AVG. SLOPE: 12.9 % // -12.0 %

SPARTAN SUPER — ELEVATION GAIN/LOSS: 731 M // -729 M — MAX SLOPE: 38.2 % // -38.4 % — AVG. SLOPE: 13.3 % // -12.3 %

SPARTAN BEAST — ELEVATION GAIN/LOSS: 1467 M // -1466 M — MAX SLOPE: 46.2% // -49.1 % — AVG. SLOPE: 14.4% // -13.4 %

Due to the nature of our events this map is subject to change. The number of obstacles will stay consistent with the standards indicated above, but the obstacles themselves will remain classified.

*Please note obstacles are separated into two categories, Mandatory Obstacles and Pass/Fail Obstacles. Pass/Fail Obstacles consist of single attempt and multiple attempt obstacles. The Rules of Competition can be found on the Spartan website.