



KEY

Start

Kids Start

Water/
Pack Refill

Super/Sprint
Course

M1
Mile
Marker

Parking
Lot

Finish

Kids Finish

*Obstacle

Kids
Course

Festival
Area

OBSTACLE GUIDE

- 1

OVER WALLS (4' WALLS)
- 2

HURDLES
- 3

7' WALL
- 4

BENDER
- 5

PLATE DRAG
- 6

TWISTER
- 7

STAIRWAY TO SPARTA
- 8

OLYMPUS
- 9

BEATER
- 10

6' WALL
- 11

Z WALL
- 12

INVERTED WALL
- 13

MULTI-RIG
- 14

BUCKET CARRY
- 15

ROLLING MUD
- 16

DUNK WALL
- 17

SLIP WALL
- 18

SPEAR THROW
- 19

HERCULES HOIST
- 20

BARBED WIRE CRAWL
- 21

CLIFF CLIMB
- 22

MONKEY BARS
- 23

ROPE CLIMB
- 24

ATLAS CARRY
- 25

SANDBAG CARRY
- 26

A-FRAME CARGO
- 27

HELIX
- 28

FIRE JUMP

