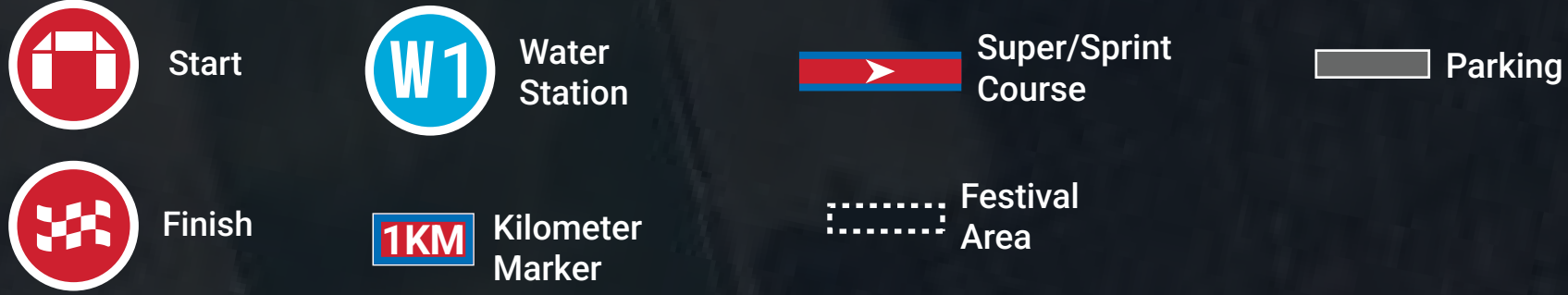


KEY

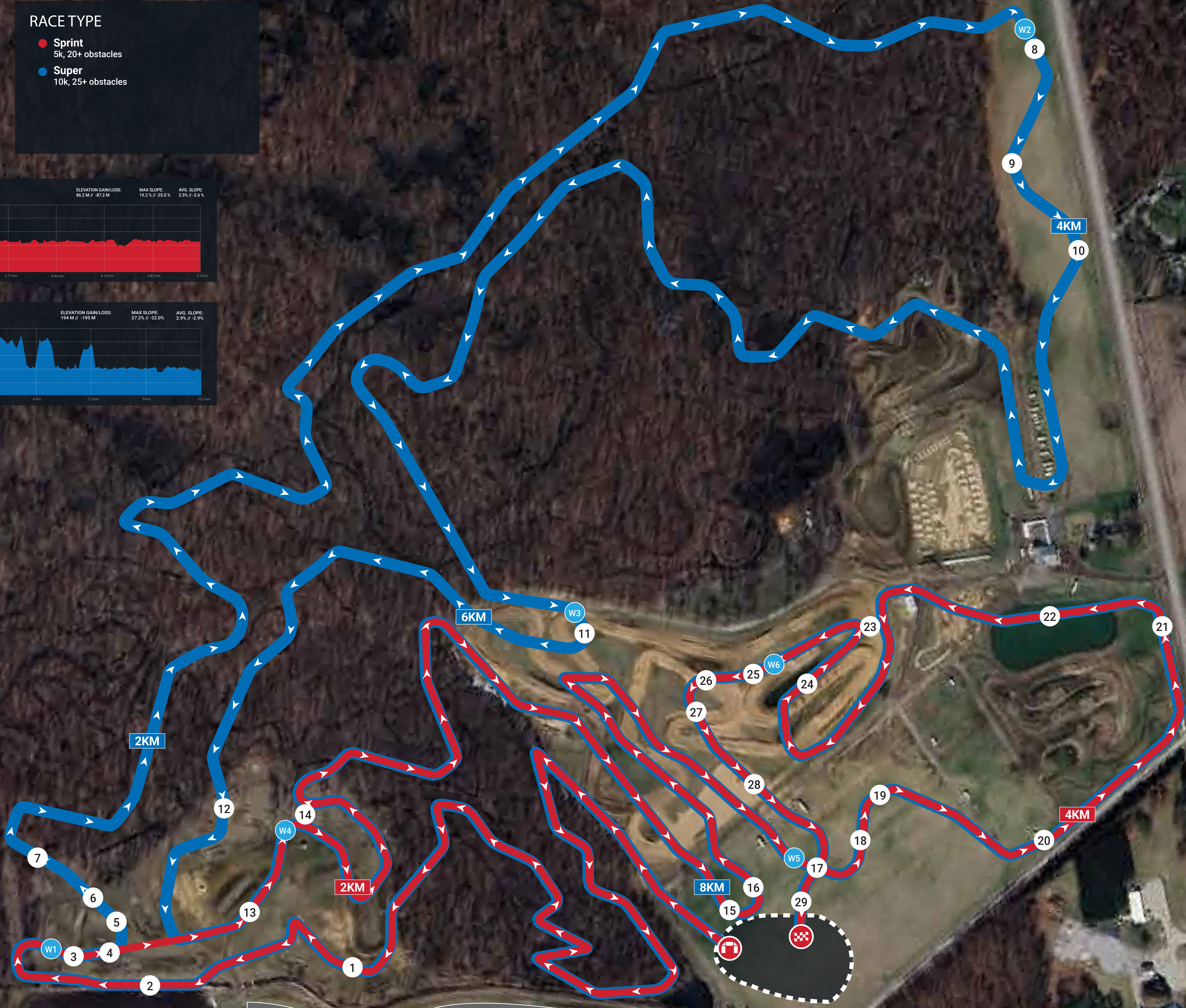
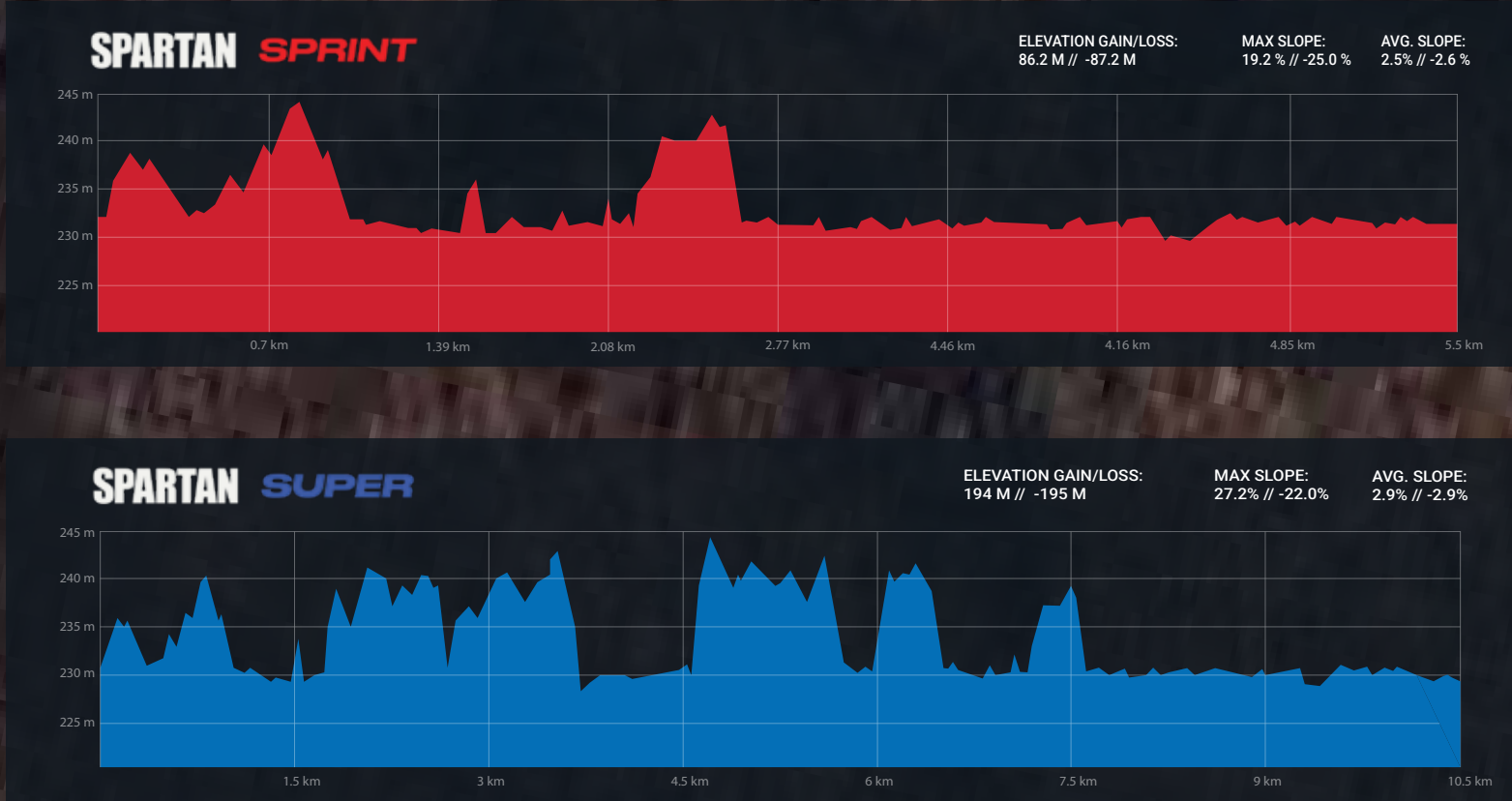


RACE TYPE

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

OBSTACLE GUIDE

- ● 1 HURDLES
- ● 2 WATER CROSSING
- ● 3 OVER WALLS (4' WALL)
- ● 4 6' WALL
- ● 5 7' WALL
- ● 6 8' WALL
- ● 7 ROLLING MUD
- ● 8 TRENCHES
- ● 9 BEATER
- ● 10 VERTICAL CARGO
- ● 11 PLATE DRAG
- ● 12 10' WALL
- ● 13 MONKEY BARS
- ● 14 SANDBAG CARRY
- ● 15 ROPE CLIMB
- ● 16 HERCULES HOIST
- ● 17 A-FRAME CARGO
- ● 18 MULTI-RIG
- ● 19 STAIRWAY TO SPARTA
- ● 20 SPEAR THROW
- ● 21 SLIP WALL
- ● 22 SWIM
- ● 23 BUCKET CARRY
- ● 24 SCRIM NET LOW CRAWL
- ● 25 INVERTED WALL
- ● 26 CLIFF CLIMB
- ● 27 ATLAS CARRY
- ● 28 BARBED WIRE CRAWL
- ● 29 FIRE JUMP
- ● 30 OBSTACLE



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.