



KEY

Start

Kids Start

Water/
Pack Refill

Ultra/Beast/
Sprint Course

Mile
Marker

Parking/
Shuttle

Finish

Kids Finish

*Obstacle

Kids
Course

Festival
Area

OBSTACLE GUIDE

- 1

HURDLES
- 2

OVER UNDERS
- 3

INVERTED WALL
- 4

OVER WALLS (4' WALLS)
- 5

VERTICAL CARGO
- 6

ATLAS CARRY
- 7

CRAFT A-FRAME CARGO
- 8

BARBED WIRE CRAWL
- 9

ROLLING MUD
- 10

DUNK WALL
- 11

SLIP WALL
- 12

SPEAR THROW
- 13

ROPE CLIMB
- 14

BUCKET CARRY
- 15

MONKEY BARS
- 16

ARMER
- 17

BEATER
- 18

OLYMPUS
- 19

6' WALL
- 20

TYROLEAN TRAVERSE
- 21

7' WALL
- 22

BARBED WIRE CRAWL #2
- 23

APE HANGER
- 24

STAIRWAY TO SPARTA
- 25

BENDER
- 26

IRISH TABLES
- 27

SANDBAG CARRY
- 28

PLATE DRAG
- 29

8' WALL
- 30

THE BOX
- 31

Z WALL
- 32

SANDBAG CARRY #2
- 33

HERCULES HOIST
- 34

TITAN FITNESS MULTI-RIG
- 35

FIRE JUMP

