



HOSTED BY:

**HENDERSON**

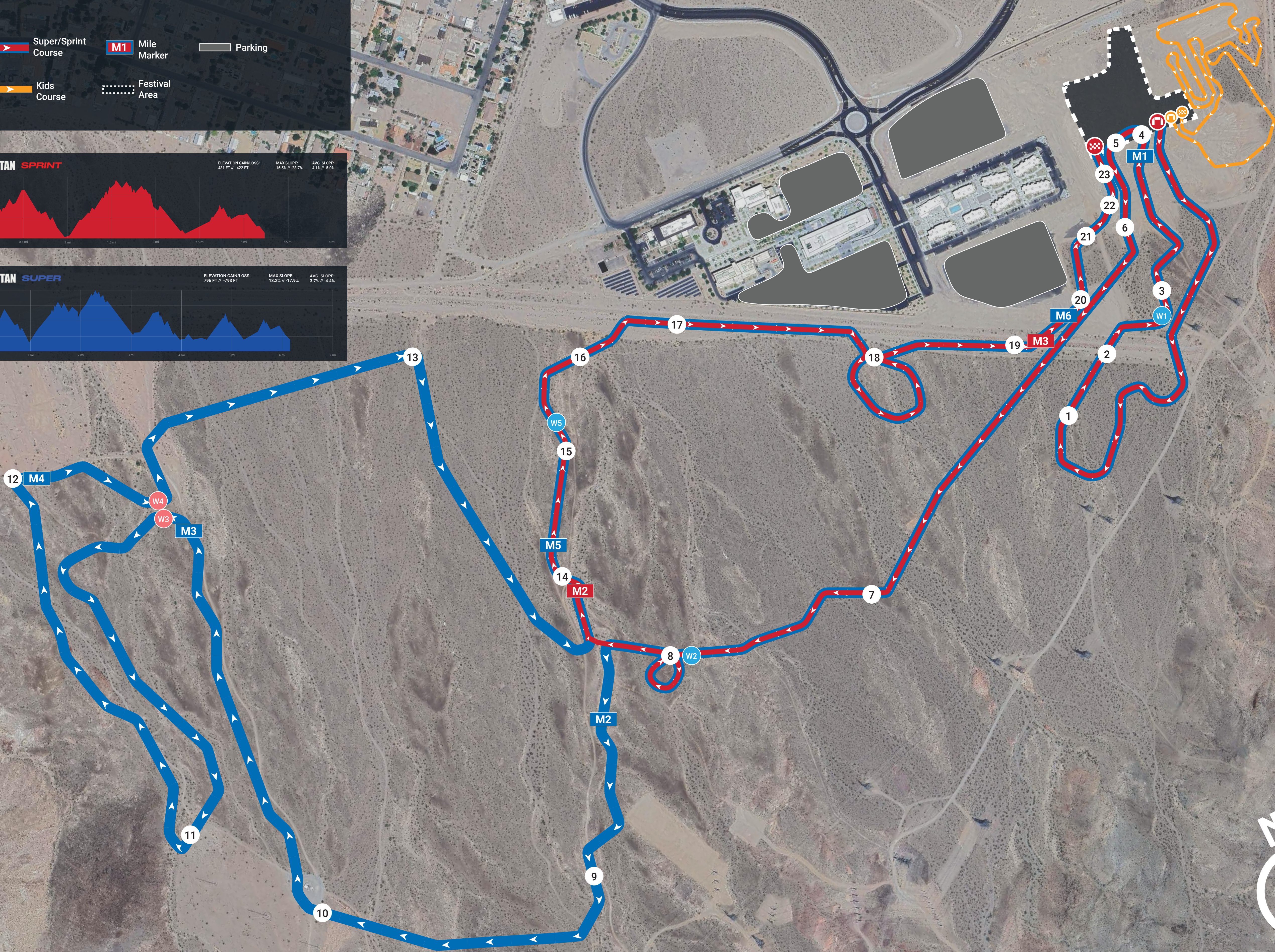
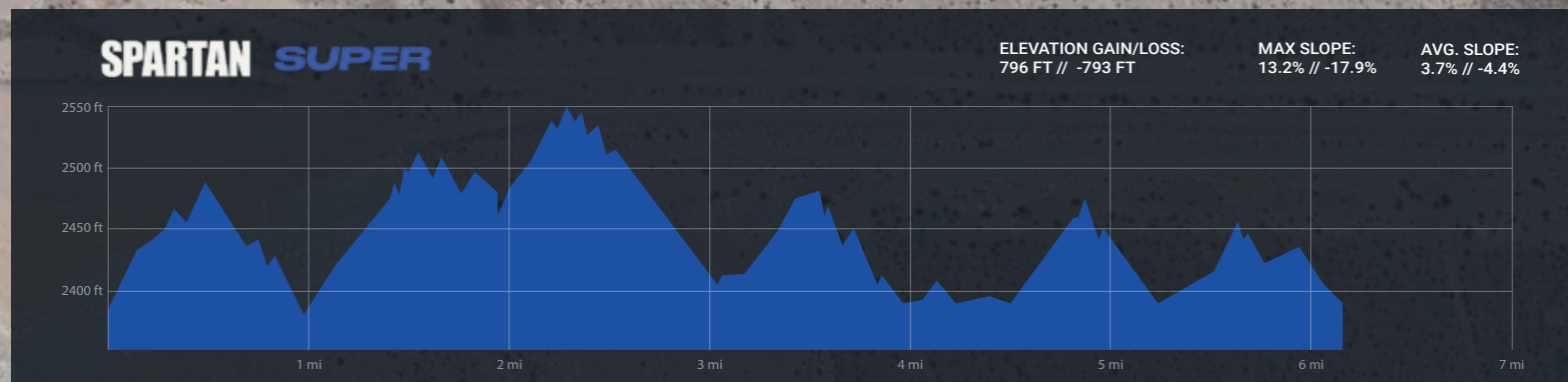
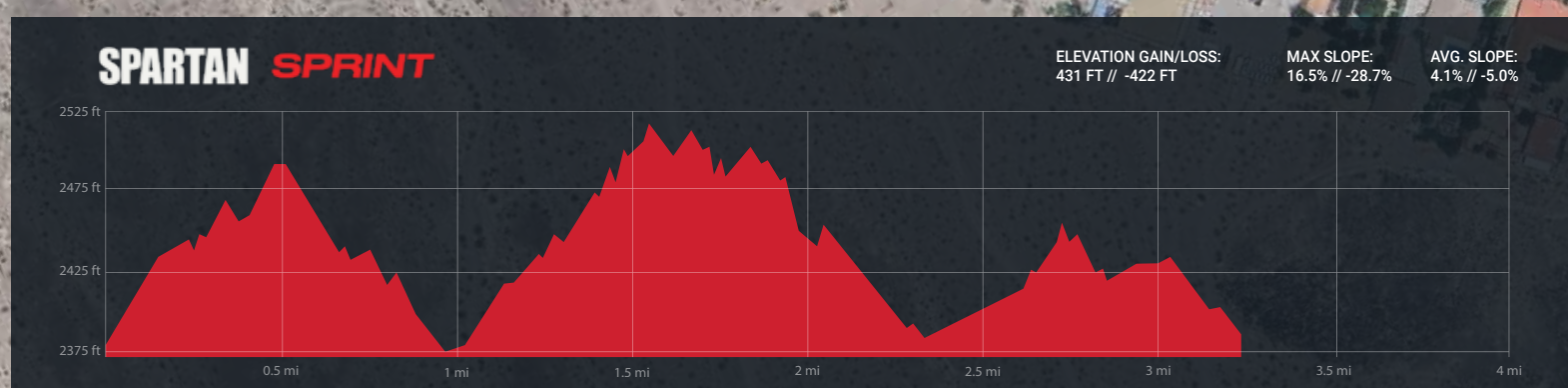


## KEY



## OBSTACLE GUIDE

- |    |                         |   |   |
|----|-------------------------|---|---|
| 1  | OVER WALLS (4' WALLS)   | ● | ● |
| 2  | HURDLES                 | ● | ● |
| 3  | BARBED WIRE CRAWL       | ● | ● |
| 4  | MONKEY BARS             | ● | ● |
| 5  | SLIP WALL               | ● | ● |
| 6  | PLATE DRAG              | ● | ● |
| 7  | SPEAR THROW             | ● | ● |
| 8  | SANDBAG CARRY           | ● | ● |
| 9  | 7' WALL                 |   | ● |
| 10 | BEATER                  |   | ● |
| 11 | BENDER                  |   | ● |
| 12 | STAIRWAY TO SPARTA      |   | ● |
| 13 | OLYMPUS                 |   | ● |
| 14 | TITAN FITNESS MULTI-RIG | ● | ● |
| 15 | ATLAS CARRY             | ● | ● |
| 16 | Z WALL                  | ● | ● |
| 17 | INVERTED WALL           | ● | ● |
| 18 | BUCKET CARRY            | ● | ● |
| 19 | VERTICAL CARGO          | ● | ● |
| 20 | ROPE CLIMB              | ● | ● |
| 21 | HERCULES HOIST          | ● | ● |
| 22 | CRAFT A-FRAME CARGO     | ● | ● |
| 23 | FIRE JUMP               | ● | ● |



Due to the nature of our events this map is subject to change. Detailed maps can be found on the event webpage or onsite at the information tent where applicable.

\*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 penalty for Competitive racers (red headbands) on ALL pass/fail obstacles is a penalty loop. The penalty for Open heat racers (black headbands) will be EITHER a penalty loop OR 30 burpees; course signage will indicate which penalty to expect. The Rules of Competition can be found on the Spartan website.