

OBSTACLE COURSE

Tire Flip- Tire must be flipped over and back in the starting box, can be completed by as many team members as you choose.

Attic Hole- All team members must get through the attic hole and down the slide.

Five-Foot Wall- All team members must negotiate the five-foot wall.

Ninja Boards- All team members must negotiate the ninja boards without touching the ground between the boards.

Balance Beam- All team members must negotiate the balance beam. At the end of the balance beam one team member must jump in the well and throw the sandbag out.

Low Crawl- All team members must crawl low from the window opening and low crawl to the window opening on the opposite side of the obstacle.

Weaver- All team members must negotiate the weaver. Over the blue beams and under the black beams.

Rope Swing- All team members swing from the tire to the telephone pole platform without touching the ground. Then walk to the cable platform.

Cable- All team members ascend the cable to the tower. Once at the tower, send the pulley back to a waiting team member.

Tower- All members negotiate the tower and fast rope to the ground.

Tube- All members must get through the elevated tube.

Tire Swing- All team members through the tire obstacle. Can't touch the ground inside the obstacle.

Monkey Bars - All team members through the monkey bars. You must touch every bar and no walking on top.

Spider Wall- All team members must scale along the spider wall without touching the water.

Ranger Rope- All team members up and over the belly buster and negotiate the ranger rope. You can't use ropes to get over belly buster.

Trust Walk- All team members (pair) must negotiate the obstacle without touching the ground.

Cut off time for the Obstacle Course is 20 minutes. You get three attempts at each obstacle, if your team cannot complete an obstacle a five-minute penalty will be assessed to your time. You must start with a rappelling harness or riggers belt, if you use our harness, you must drop it after completing the fast rope.