



KEY

Start	Kids Start	Water/ Pack Refill	Mile Marker	Super Course	Festival Area
Finish	Kids Finish	Obstacle/ Penalty Loop	Mile Marker	Kids Course	Parking/ Shuttle
				Super/Sprint Course	

OBSTACLE GUIDE

- 1 OVER WALLS (4' WALLS) ● ●
- 2 ROLLING MUD ● ●
- 3 INVERTED WALL ● ●
- 4 MONKEY BARS ● ●
- 5 WATER CROSSING ● ●
- 6 OLYMPUS ● ●
- 7 TWISTER ● ●
- 8 THE BOX ● ●
- 9 PIPE LAIR ● ●
- 10 BEATER ● ●
- 11 BENDER ● ●
- 12 STAIRWAY TO SPARTA ● ●
- 13 7' WALL ● ●
- 14 HURDLES ● ●
- 15 USANA ATLAS CARRY ● ●
- 16 CRAFT A-FRAME CARGO ● ●
- 17 SEZZLE SPEAR THROW ● ●
- 18 TITAN FITNESS MULTI-RIG ● ●
- 19 SANDBAG CARRY ● ●
- 20 BARBED WIRE CRAWL ● ●
- 21 BUCKET CARRY ● ●
- 22 FITAID ROPE CLIMB ● ●
- 23 AC+ION Z WALLS ● ●
- 24 VERTICAL CARGO ● ●
- 25 DUNK WALL ● ●
- 26 SLIP WALL ● ●
- 27 HERCULES HOIST ● ●
- 28 HELIX ● ●
- 29 FIRE JUMP ● ●

