

Obstacle	Description	How to Avoid Penalty
1. The ground is LAVA	A Junkyard style mini course is needed to be crossed without any teammate touching the ground. *There may or may not be an item to be carried through as well :—D*	No teammate touches the ground or drops the item
2. Jump-squats as a TEAM	Can be divided up and shared in any combination as long as the <b>total amount</b> is completed	Completion
3. 5 ft wall	Straight wall, 5ft high	All teammates make it over
4. Truck Push	“Truck” is a loose term. Our friends from S.T.A.T have donated a cool piece of equipment. Don’t worry, it’ll take all 4 of you to move it	Travel from point A to point B, completion
5. Push ups as a TEAM	Can be divided up and shared in any combination as long as the <b>total amount</b> is completed	Completion
6. Inverted wall	Wall angled towards the runner making the climb inverted. Slats for handholds	All teammates make it over
7. Spinning Hurdle	Car tires threaded on an elevated wooden log spin making it hard to get the traction needed to climb over	All teammates make it over
8. Monkey bars	Just like on the playground as kids	All teammates must get from the beginning to the end without touching the ground
9. Piggy back and push ups	2 riders and 2 carriers needed. The teammates who choose to do the riding must do 20 pushups at each stopping point. The other 2 teammates must carry their rider to each point	Completion
10. 6 ft wall	Straight wall, 6ft high	All teammates make it over
11. A-frame Rope climb	A-frame style wall over a fence. Use either a rope or a cut out window for help getting traction	All teammates make it over
12. Crane and tote tank	S.T.A.T. comes through again with some BIG MACHINERY. You’ll have to decide who and how many team mates pull a weighted wall up while the remaining teammate push or pull the water filled tote tank underneath it to the other side.	Getting the tote tank from point A to point B
13. Mountain climbers as a TEAM	Can be divided up and shared in any combination as long as the <b>total amount</b> is completed	Completion
14. Javelin pass	Directions at the obstacle will be given after 2 complete laps up and down the bleacher stairs	Explained at obstacle
15. Build A Bridge	Each team has access to 4 empty 50 gallon water drums, a raft, and 2 oars. The team must move the drums from back to front while propelling their raft with all teammates on top of the drums a certain distance	All teammates must get from the beginning to the end without touching the ground
16. Combination Low Crawl and Hurdles with Water Ballon Bombs	Crawl through the mud and under a net, climb under and over various size hurdles, all while avoiding the occasional water balloon grenade	Completion
17. Viking Table	Get ready to climb over a high saw horse style wall	All teammates make it over
18. Skittle Surprise	Details will be provided at the obstacle but all you need to know is that moving tiny things is hard when your arms are tired!	Completion
19. Progressive Relay Carry	Teammates carry the same bucket around a marked out shape but every time the bucket is transferred to a new person, more weight is added into the bucket. *Last person carries the most weight*	Every teammate must carry their bucket the distance marked out. The bucket cannot touch the ground until the last person carries it
20. 7ft wall	Straight wall, 7ft high	All teammates make it over
21. Not telling!	Basically, you’ll need to keep track of a few things throughout the course in order to pass through this one.	Retrieving the item