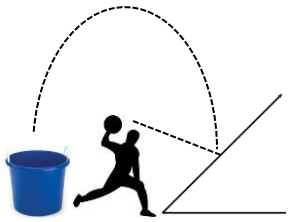


Start



Skill

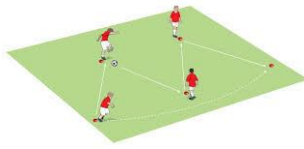
- **Trick Shot** - Throw kickball off 45° angled wall and into a bucket behind you. Only 4 balls to make, if all miss, must go and get them to try again.



- **Cone Flip** - Flip cone on to surface. Cone must flip and land on base of cone



- **Soccer Ball Dribble** -Dribble ball around designated cones in a zig-zag pattern and score into mini net.

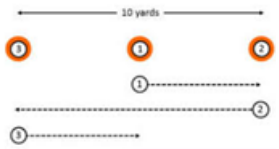


Strength

- **Tire Flip** -Flip large tire 3 full times. Tire must come to a complete stop before next flip.



- **Sandbag Shuffle** - After completing tire flip, transport 4 sand bags into the tire (Approx. 10-yard shuttle run)



- **Kettle Bell Toss** – 20-pound kettle Bell must travel 15 yards in the air, Unlimited Throws



Finish

****DESTRUCTION OF ANY OBSTACLE = 5 SECOND PENALTY**

Speed

5
0
Y
D
S
P
R
I
N
T



Sprint/Handoff



Agility

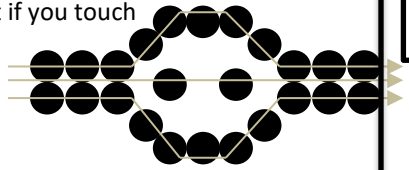
- **Test of Balance** – Use balance beam to clear marked distance. Lines on grass will mark distance. Must restart if you touch restricted area.



- **Slanted Wall Ride**- Use slanted wall to clear marked distance. Lines on grass will mark distance. Must restart if you touch restricted area.



- **Tire Ladder** - Choose your path, and complete the course without stepping outside of the tires. Must restart if you touch restricted area.



- **Army Crawl** - crawl 10-yard distance



- **Pallet Hurdle** - Two 30-inch Pallet Stacks will be placed on course, runner must climb and/or clear each stack.



Sprint/Handoff

