

Adrenaline Monkey

Obstacle Course

Course Map



Relay Race

4 Runners (2 female, 2 male)

Scoring

Obstacles Completed

-then-

Total Elapsed Team Time

Top 6 Teams will advance to the Championship Round!

Runner 1

Part 1

The Lily Pads

Quickly make your way across the four floating platforms!



Runner 1

Part 2

Monkey Bar swing

Swing from the small black square across the long black pad onto the next black square



Runner 1

Part 3

Balance Beam

Walk across the blue beam with touching the ground

The Turn

Run along the angled panels. Touch all 5 without touching the ground!



Runner 1

Part 4

**Hop/Hurdle/Climb the 3.5 foot wall and
advance!**



Runner 1

Part 5

The Big Window

Use the angled wall to clear the marked distance.



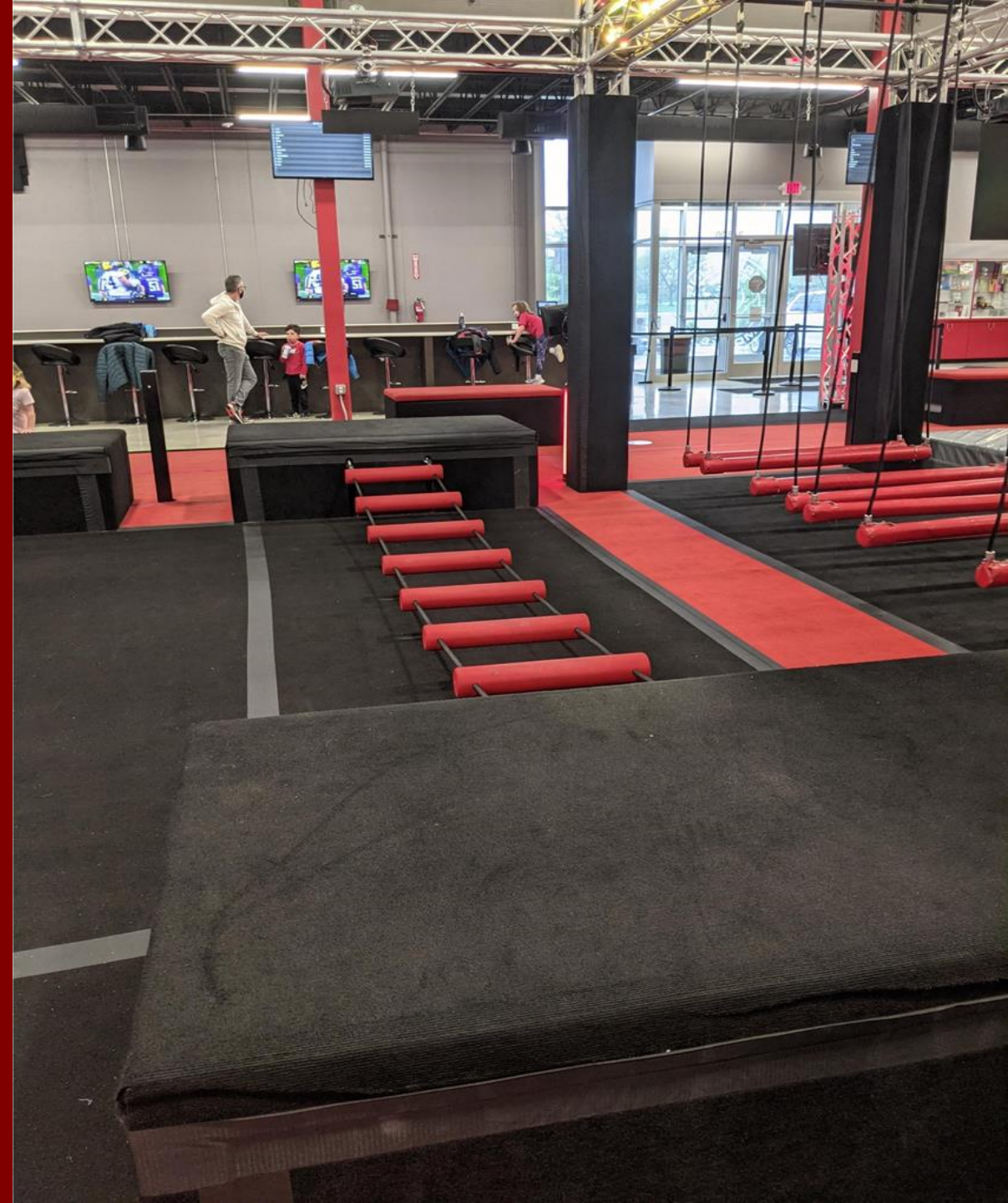
Runner 1

Part 6

The Carnival Ladder

Walk along 8 not-so-sturdy ladder rungs to reach the other platform!

Tag Runner 2!



Runner 2

Part 1

The Swinging bridge

You will skip the first four, then
walk over the last five with
touching the ground!

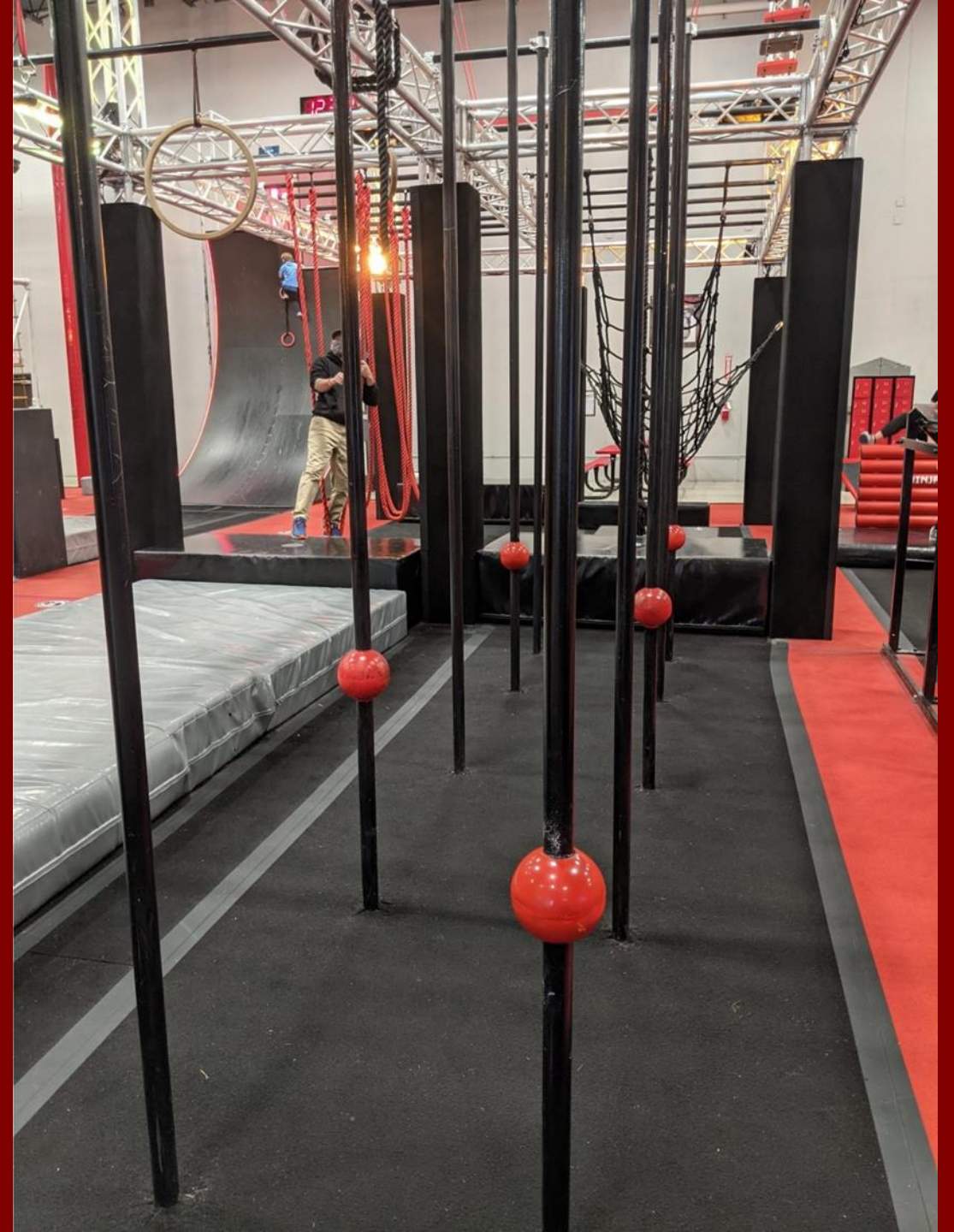


Runner 2

Part 2

The Wind Chimes (lite)

Scale these stationary poles to the opposite platform without touching the ground!



Runner 2

Part 3

The Wheel Spin

Move from one wheel to the next without touching the ground



Runner 2

Part 4

Monkey Swing

Swing across the red, black, and red bars
before reaching the ring



Runner 2

Part 5

Rope Hang

Jump the rope and hold on till the end of the track

Tag Runner 3!



Runner 3

Part 1

The Quad Steps

Stride along each of the 4 quad steps to advance to the platform, without touching the ground!



Runner 3

Part 2

The Uneven Beams

Balance yourself along the uneven beams, and hop the gap to reach the other platform!



Runner 3

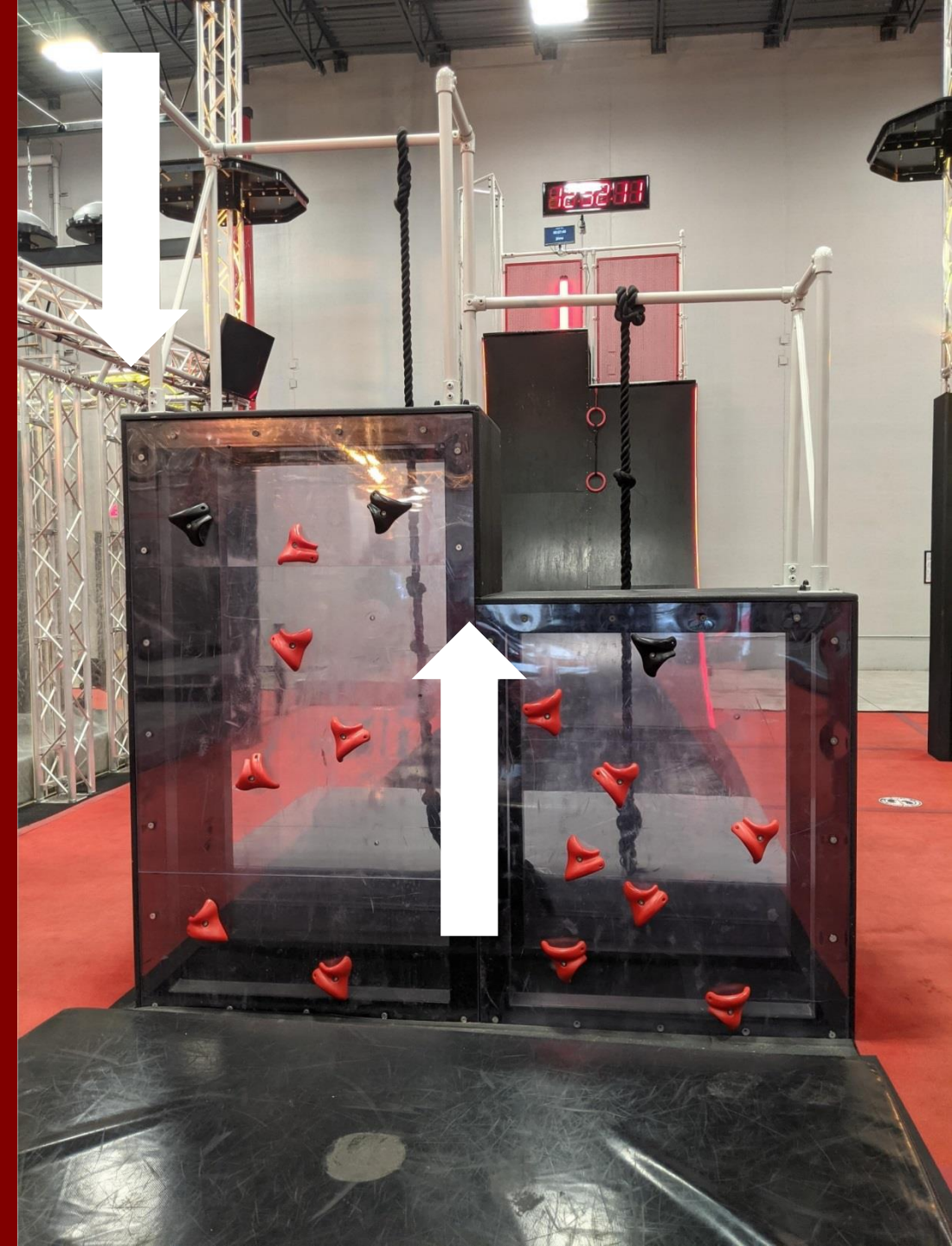
Part 3

The Over & Back Climb

Use the rock wall holds to scale the left, taller wall.

On the other side, use the rope to climb back up the way you came.

Scale the left taller wall once more, and continue on!



Runner 3

Part 4

The Warped Wall

Use your speed and momentum to scale the
12 or 14 foot Warped Wall!

You may use the rings to assist with the climb
if needed.

Slide down the pole to tag Runner 4!





Runner 4

Part 1

Balance

Cross the metal poles without touching the ground



Runner 4

Part 2

Floating Steps

Use the bottom step to fly across the first blue line, then use the last step before the blue line to swing to the black pad



Runner 4

Part 3

The Boulder Wall

Free climb up the green rocks to the top!
Your time will stop after you fall back down to
the black mat!

Championship Round

Teams get ranked by points first, then time as a tie breaker!

Top 6 Teams advance to run the course again for the chance to better their score!

If score is not improved upon, then first round score is kept.