

Obstacle Course 2025

Start



Skill

- **Soccer Ball Dribble** - Dribble ball around designated cones and score into mini net.
- **Cone Flip** - Flip cone on to surface. Cone must flip and land on base of cone without assistance. 3 chances.
- **Target Practice** - Throw a football 10 yards and hit target. 3 chances.



Strength

- **Dead Weight** - Carry 1 large weight around the marked circle (15ft. circumference, approximately 50lbs.)
- **Tire Flip** - Flip a large tire 3 full times. Tire must come to a complete stop before next flip.
- **Sand Shuffle** - Lift 4 sandbags and place them within the tire.



Agility

- **Stride Stones** - Clear the marked distance using only the stepping stones.
- **Up & Under** - Jump over obstacle (1 ft.), then maneuver under obstacle (3 ft.). 3 Times.
- **Special Delivery** - Strategically maneuver around obstacles to put 1 ball in each bucket.



Finish

Speed

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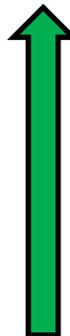
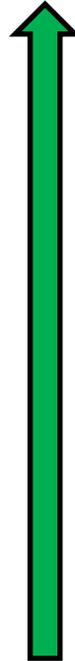
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- **Army Crawl** - Crawl a 10-yard distance (-(x) seconds for destruction of obstacle).



- **Hurdles** - Run to the marked distance while jumping over obstacles.

