

Obstacle Course 2026

Start



Skill

Soccer Ball Dribble

Dribble ball around designated cones and score into mini net.



Disc Golf Putt

Make a disc golf putt from approximately 15 feet. 3 attempts.



Target Practice

Hit a target with a football from approximately 10 yards. 3 attempts.



Strength

Dead Weight

Carry 1 large weight around the marked circle (15ft. circumference, 50lbs.)



Tire Flip

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



Sand Shuffle

Transport 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

4

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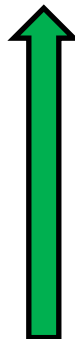
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Bear Crawl

Crawl a 10-yard distance



Hurdles

Run to the marked distance while jumping over obstacles. Do not knock over any cones.



Format

Relay Race.

Each team will complete the course 1 time.

One participant per station on the course.

Participant must complete all obstacles before tagging the next team member.

Scoring

Points, then Time.

1 point per completed obstacle. 0 points if obstacle failed.

Total team time.