



Competitor Course Layout



1. **Burpee:** 40 reps total as team
2. **¼ Mile Sprint:**
3. **Sandbag Load:** load 24 bags on to truck bed (as team)
4. **Squat:** 100 reps total as team
5. **Deadlift:** (male- 200lbs x 6) (female – 140lbs x 6)
6. **Burpee:** 40 reps total as team
7. **Rope Climb:** 20ft climb (each competitor)
8. **Water Can Carry:** 50m (two cans each competitor)
9. **Pull Up:** 12 reps as team
10. **Sled Drag:** 90lbs sled x 160m (as team)
11. **HR Push Up:** 50 reps total as team
12. **Litter Carry:** Carry 4 Sandbags to Start/End point

Notes:

1. Event will have three clocks maintaining total time.
2. All event stations will be “out and back” to track to aid with resetting equipment.
3. Each failed station will require the team to complete either the 25x 8 count push-ups or 100 mountain climbers in order to continue to the next event.



Ice Sheets



Water Point



CLS/Medic



EMS

