

Jersey City Challenge Race 2019



- 1 Box Jumps (30)
- 2 Police Barricades
- 3 Car Jacked
- 4 Tower Climb
- 5 6ft Wall
- 6 Heavy Jump Ropes (30)
- 7 King Kong Climb (30 ft cargo net)
- 8 Urban Balance Beam

- 9 Sewer Crawls
- 10 Russian Kettle Bell Swings (30)
- 11 8 FT. WALL
- 12 Stacy Williams Carry
- 13 Inverted Wall
- 14 Flood Zone
- 15 Building Blocks
- 16 Tire Flips

- 17 8 ft wall
- 18 Skyscraper
- 19 Urban Teeter Totter
- 20 Monkey Bars
- 21 Rope Climb
- 22 8 ft wall
- 23 Tricky Swiss
- 24 Urban Cliffhanger
- 25 CKO Kickboxing Bags

7:30am	Check-in opens
8:15am	Opening Ceremonies
8:30am	Elite Men's Start
8:45am	Elite Women's Start
9:15am	1st Open Wave
9:30am	2nd Open Wave
9:45am	3rd Open Wave
10:00am	4th Open Wave
10:15am	5th Open Wave
10:30am	6th Open Wave
10:45am	7th Open Wave
11:00am	Corporate Teams Wave
11:30am	9th Open Wave
12:00pm	10th Open Wave

In order to prevent backups on the course start times will be **STRICTLY** enforced. Your team will not be allowed to enter the start zone until 15 minutes prior to your start time.

Always stay to the right on the course. If you cannot complete an obstacle the penalty is 15 jump squats.

Please be courteous to each other, challenge yourself & have FUN!

***COURSE SUBJECT TO CHANGE**