

# CAMELOT EVENTS - NUTS SPRINT

**START AT TEAM NUTS SIGN AND FOLLOW WHITE/ GREEN ARROWS**

## **PENALTIES**

GOOD ATTEMPT FAILURE = 5 CHEST TO FLOOR BURPEES

NO ATTEMPT OR INADEQUATE FOR OBSTACLE RULES =10 CHEST TO FLOOR BURPEES

## **OBSTACLE ORDER AND RULES**

- 1) LARGE CARGO NET . UP AND OVER
- 2) LOW RIG . MUST START AND FINISH WITH FEET OUTSIDE WOODEN FRAME , GOOD ATTEMPT IS MINIMUM 3 ATTACHMENTS USED WITHOUT TOUCHING THE FLOOR
- 3) ROPE CLIMB. YOU MUST TOUCH SCAFFOLD AT TOP , GOOD ATTEMPT OVER HALF WAY UP ROPE
- 4) STERNUM CHECKER. JUMP OVER LOG
- 5) TYRE MANGLE . PASS THROUGH TYRES

- 6) GATE .GO OVER GATE
- 7) ROPE ONTO CONTAINER . START FROM GREEN CRATES ,  
TRAVERSE ROPE UP ONTO CONTAINER AND CLIMB DOWN  
LADDER
- 8) RINGS. MUST NOT TOUCH FLOOR INSIDE WOODEN FRAME
- 9) SWINGING RIG. LEFT LANE OF LARGE STRUCTURE .MUST NOT  
TOUCH FLOOR INSIDE FRAMEWORK . GOOD ATTEMPT  
MINIMUM 3 ATTACHMENTS WITHOUT TOUCHING THE FLOOR
- 10) INVERTED WALL . OVER THE INVERTED WALL , SIDES  
CAN BE USED
- 11) HURDLES AND TRUCK . JUMP ALL HURDLES AND CLIMB  
OVER TRUCK
- 12) VALKYRIE OVER WATER. START ON PLATFORM AND  
TRAVERSE TO OTHER SIDE . GOOD ATTEMPT 3 RINGS UP OR  
ANY FALL INTO WATER
- 13) UP AND DOWN BARS . MUST TOUCH LAST GREEN BAR  
BEFORE TOUCH THE FLOOR . GOOD ATTEMPT. 3BARS USED  
WITH FEET OFF FLOOR
- 14) BLAST WALL . CLIMB OVER TALL WALL . SIDES CAN BE  
USED

