



110m UK OSF SHORT COURSE

- Triple rings
- Triple Swings
- Tilted monkey bars
- 3m chimney climb
- 20m sprint
- Double mushrooms
- Kinked rings
- See saws
- Ring swing
- Mini wall
- 20m sprint
- Quad steps
- Spinning log
- Beam cross
- Tilting D's
- Warped wall
- Finish!

Each Obstacle failed is a 15second penalty. Obstacle must be attempted before you can move on (judged by ref) Obstacle rules will be explained on course walk. 3 attempts per OCR/Ninja. Best time counts.

Dates from 29th August to
September 20th Contact for info

EH67LA 126 Salamander street Edinburgh.
Ninjawarrioruk.co.uk/edinburgh

Additional rules

Chimney climb- face outwards, climb to the top head above the bar then backwards onto platform and down the stairs.

Kinked rings-use the rings,

Mini wall - climb up both feet in flat platform then down the stairs.

Quad steps- all four step in the closest order.

Warped wall- climb to the top time stops when both feet are on the platform.

All the rest are fastest method across without touching the ground between the black platforms.