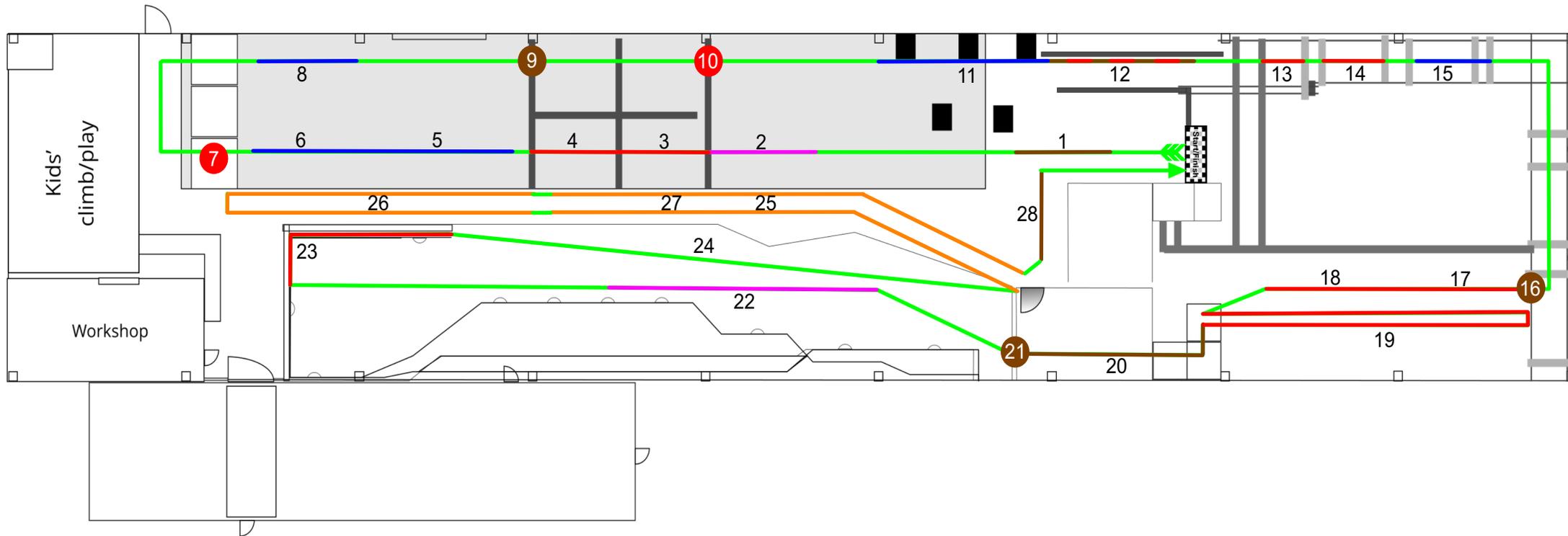


UKOSF Time Trial Course Map



Walls/Climbs/Crawls

- 1. Mini Wall
- 9. Sloped Wall
- 12. Monkey Bars/Spider Climb
- 16. Irish Bridge
- 20. Parkour Mountain
- 21. Mountain Descent
- 28. Rabbit Hole

Swings

- 2. Ring Swing
- 22. Rope Swing

Upper Body

- 3. Bar Climb
- 4. Small Rig
- 7. Rope Climb
- 10. Stairway to Heaven
- 12. Monkey Bars/Spider Climb
- 13. Small Rings
- 14. Swinging Bar
- 17. High Rig
- 18. Gibbons
- 19. Big Rings
- 23. Bouldering Wall Traverse

Footwork/Balance

- 5. Bar Balance
- 6. Spinning Steps
- 8. Spinning Log
- 11. Quintuple Steps
- 15. Bridge Run

Carries

- 25. Farmer's Carry (1)
- 26. Tyre Carry
- 27. Farmer's Carry (2)

Running

- 24. Bouldering Mat Sprint



UKOSF Time Trial Rules



Course length: 270 metres

Obstacles: 28

Penalties: 45 seconds time penalty for non-completion of an obstacle.

Leaderboards: To be included on the **UKOSF National Leaderboard**, please bring your membership number with you. If you are not a member, you can sign up here: <https://ukosf.org/membership/>

If you are not a member, you can still post a time on the **Ape Index Leaderboard**.

Booking: www.apeindex.rocks Please also sign a waiver and follow all Covid19 rules.

Obstacles:

0. START LINE

Start on the mat under the wooden arch, behind the green line.

1. MINI WALL

Cross this small obstacle by running on top of a low wooden wall. This is the fastest and most direct route but is optional and no time penalty will be incurred for choosing to run alongside it.

2. RING SWING

Climb on the vaulting box and swing on the ring to the horizontal bar in front. No floor contact at any time after climbing on the vaulting box. Side note: Please mind the vaulting box if you miss the bar and swing back.

3. BAR CLIMB

Climb up the the scaffold pole, to complete the obstacle tap one of the horizontal bars at the higher end. Hands and feet are allowed on this obstacle. You can drop on the blue mat after touching one of the horizontal bars or continue on the rig without floor contact.

4. SMALL RIG

Start from the last scaffold pole or from the blue mat, cross the rig using the hand holds only, to complete the obstacle tap the horizontal bar (marked with green tape) after the last handhold before touching the floor. Hands only, all holds to be held on the wooden or coloured part only, no holding of the metal or rope fixings. You can skip as many elements as you like. No floor contact until obstacle completion.

5. BAR BALANCE

Walk across the different balance bars, to complete obstacle step onto the black block. Feet only. No stepping onto the floor or the coloured fixings of the bars.

6. SPINNING STEPS

Walk across the spinning steps, to complete the obstacle jump from the end of the obstacle to the mat underneath the climbing rope. Feet only. No stepping onto the floor or the side fixings of the spinning bars, the start and end supports facing the same way as the spinning parts may be used.

7. CLIMBING ROPE

Climb up the rope, to complete the obstacle tap the metal bracket at the top. Please be careful when descending the rope, no jumping/dropping off the rope until both hands have passed the lower green marking tape.

8. SPINNING LOG

Start on the white box, walk across the green log, to complete the obstacle arrive on the white box the other side and step down over the end off the box. No stepping on the floor or jumping off sideways without clearly passing the end of the box first.

9. SLOPED WALL

Run or climb up the grey wall, to complete obstacle climb over the top. The use of the sides of the wall and the horizontal bar at the top are permitted.

10. STAIRWAY TO HEAVEN

Start with both feet on the blue mat, pull up on the steps, to complete the obstacle tap the front of the top step (marked with green tape). Hands only, no feet on the steps or sides, no floor contact once your feet have left the blue mat.

11. QUINTUPLE STEPS

Start on the purple mat, jump along the sloped quintuple steps, to complete the obstacle land on the large red box at the end. No stepping onto the grey and black mats at any time, all coloured steps and weight disks can be used as stepping stones, but all 5 sloped steps need to be touched at least once. Hands and feet are allowed on this obstacle as well as the use of the side rails on the wall, if required.

12. MONKEY BARS/SPIDER CLIMB

Start on the red box and cross this obstacle in any way you like, to complete the obstacle land on the purple mat at the end of the spider climb or hang on the rings (next obstacle). No floor contact at any time. Hands and feet are allowed on this obstacle. All techniques or combination of techniques are allowed to be used, e.g. monkey bars, flying monkey, body prop, spider climb, wall traverse.

13. SMALL RINGS

Start on any ring or from the purple mat (a step can be provided, if required), to complete the obstacle drop onto the purple mat or hang on the swinging bar (next obstacle). Hands only, no floor contact at any time.

14. SWINGING BAR

Start on the bar or from the purple mat, to complete the obstacle land on the next purple mat. Hands and feet are allowed on this obstacle, no floor contact at any time.

15. BRIDGE RUN

Start on the purple mat, walk across the bridge, to complete the obstacle step off over the green tape at the far end of the obstacle. No floor contact at any time, no stepping off sideways, make sure you clearly passed the green tape.

16. IRISH BRIDGE

Climb onto the red wooden bridge. Hands and feet are allowed on this obstacle, side supports can be used to climb up, obstacle can be mounted from either direction.

17. HIGH RIG

Start on the red wooden bar, cross the rig using the hand holds only, to complete the obstacle tap any Gibbon bar (next obstacle). Hands only, all holds to be held on the wooden or coloured part only, no holding of the metal or rope fixings. You can skip as many elements as you like. No floor contact until obstacle completion.

18. GIBBONS

Start on the first and second Gibbon bars, cross the rig using the Gibbon sticks only, to complete the obstacle place one Gibbon stick in the last holder and land on the blue mat. Hands only, you can skip as many elements as you like. No floor contact until obstacle completion. Side note: Due to the build of our Gibbons, they are not suitable for “chicken winging”, please do not attempt to use this method.

19. BIG RINGS

Start on the large wooden box, swing to the last ring, touch the last ring with one hand and return to the starting box to complete obstacle. Side note: Please mind the ledge on the starting box and the height of the starting box when swinging back.

20. PARKOUR MOUNTAIN

Climb up the wooden structure, obstacle is completed when reaching the top.

21. MOUNTAIN DESCENT

Lower yourself down the sloped wall from the top of Parkour Mountain. Hands and feet are allowed. The safest method is to hang off the edge and slide down the slope onto the bouldering mat.

22. ROPE SWING

Collect the pink rope and start on the half round box, swing across the bouldering mat, to complete the obstacle all parts of your body have to pass the number 10 line. No floor contact between the box and the number 10 line once you have collected the rope. Do not step back over the number 10 line, falling or stepping back over the line will incur a penalty.

23. BOULDERING WALL TRAVERSE

Start on the large bright orange hold in the middle of the short side of the bouldering wall (marked with a green arrow), both feet need to leave the floor before moving either hand off the starting hold, traverse the bouldering wall going right, any coloured hold is allowed, to complete the obstacle tap the end support of the wall (marked with green tape). No floor contact until obstacle completion.

24. BOULDERING MAT SPRINT

Sprint to the far end of the bouldering mat, to coloured wall the other side.

25. FARMER'S CARRY (1)

Pick up the two 25kg weight disks and carry them half way down the gym, to complete stage 1 of this obstacle place both weights on the black mats on top of the bouldering mat.

26. TYRE CARRY

Pick up the double tyre, carry it to the end of the gym, around the weight disk with the red marker cone and back, to complete the obstacle place the tyre back on the black mat on top of the bouldering mat.

27. FARMER'S CARRY (2)

Pick up the two 25kg weight disks and carry them back down the gym to the original pick up point, to complete stage 2 of this obstacle place both weights on the black mat on top of the bouldering mat.

28. RABBIT HOLE

Crawl through the tunnel, turn right and head for the finish line.

29. FINISH LINE

Cross the mat under the wooden arch, the time will stop when you pass the green tape.