

Time Trial Age under 9 (7-9 years) 175m course.

Multiple attempts permitted, 20 sec penalty for each failed obstacle, including feet not completely over line. For all obstacles, the frames are not part of the obstacle and cannot be used to complete it.

An obstacle can be repeated, no penalty if then successful. Failed obstacles incur a 20 second penalty per obstacle. This includes failing to clear the line.

All obstacles must be genuinely attempted, where an obstacle is bypassed this incurs a 1 minute penalty.

1. Rope Traverse

Touch pole to start, feet and hands allowed, to orange bungees at half way point. Touch orange bungee to complete.

2. Monkey Bars to hanging nunchuck & back, touching both end bars
3. Grey mushrooms.

Jump to trampoline, no touching floor.

4. Trampoline jumps

Jump to crash mat. Feet can land on mat and lean into cargo to hold with hands.

5. Cargo Net

Climb under cargo net, holding with feet and hands, avoiding touching mats with back to reach halfway point.

6. Sea of Poles

Swinging poles – make one transition from first pole ending with both hands and feet on second pole

7. Balance Beams – move across both beams without touching floor or framework, can stand or crawl
8. Ropes with Rings Using hands and feet move from first platform to second without touching crash mat
9. Rope climb, trapeze and rings.

Move from hanging rope, through rings and trapeze, finish by touching the first net bag

10. Orange mushrooms – step through mushrooms onto slack line platform

11. Small wall, with rope. Then jump into airbag.

The timer stops when you hit the airbag.

Time Trial Age 9 – 12 175m course.

Multiple attempts permitted, 20 sec penalty for each failed obstacle, including feet not completely over line.

For all obstacles, the frames are not part of the obstacle and cannot be used to complete it.

An obstacle can be repeated, no penalty if then successful. Failed obstacles incur a 20 second penalty per obstacle. This includes failing to clear the line.

All obstacles must be genuinely attempted, where an obstacle is bypassed this incurs a 1 minute penalty.

1. Climbing Wall

From first left hold to last right hold, no touching floor.

2. Rope Traverse

Touch pole to start, feet and hands allowed, to final pole. One hand touch on pole.

3. Monkey Bars to hanging nunchuck & back, touching both end bars

4. Rebound boards or grey mushrooms.

Jump to trampoline, no touching floor.

5. Trampoline jumps

Jump to cargo net, hands only. Feet can land on mat and lean into cargo to hold with hands.

6. Cargo Net

Climb under cargo net, holding with feet and hands, avoiding touching mats with back, to the next platform. Half way to complete.

7. Poles

Swinging poles.

8. Balance Beams – move across both beams without touching floor or framework, can stand or crawl

9. Ropes and Rings Using hands and feet.

10. Spider Wall

Jump from floor to start, from beginning to end of wall then jump onto crashmat

11. Rope climb, bar and rings.

Move from hanging rope to touch first net bag without touching the ground.

12. Orange mushrooms

13. Small wall, with rope.

The timer stops when you hit the airbag, after jumping off the wall.

Time Trial Age 13 – 17 175m course.

Multiple attempts permitted, 20 sec penalty for each failed obstacle, including feet completely not over line. For all obstacles, the frames are not part of the obstacle and cannot be used to complete it.

An obstacle can be repeated, no penalty if then successful. Failed obstacles incur a 20 second penalty per obstacle. This includes failing to clear the line.

All obstacles must be genuinely attempted, where an obstacle is bypassed this incurs a 1 minute penalty.

1. Climbing Wall

From first left hold to last right hold, no touching floor.

2. Rope Traverse

Touch pole to start, feet and hands allowed, to touch pole opposite end of rope.

3. Rolling log

From black box traverse the rolling log, over or under but no touching wall or floor, finish by touching opposite black box with hand or foot.

4. Yellow beam

From red line to red line. Use box behind red line to reach if needed. Use hands to move along beam, touch above final red line.

5. Dice Roll

Use box to reach if needed. Roll from one end of rig to mid line. Land over orange line to finish.

6. Monkey Bars to hanging nunchuck & back, touching both end bars

7. Rebound boards or grey mushrooms from first platform to second platform.

8. Trampoline jump onto crash mat, hands on cargo net

9. Cargo Net

Climb under cargo net, holding with feet and hands, avoiding touching mats with back, to the next platform.

10. Sea of Poles from first to second platform without touching floor

Males: fixed poles Females: swinging poles.

11. Balance Beams – move across both beams without touching floor or framework, can stand or crawl

12. A Frame Monkey Bars (Males) Ropes and Rings (Females) land on platform

Using hands only, up and across.

Using hands and feet.

13. Spider Wall

Jump from platform (Males) or floor (females) to end of wall, jump onto crash mat.

15a Rope climb, bar and rings plus 4 net bags

Move from hanging rope rings/trapeze without touching the ground.

15b Move through 4 rope covered bags, without touching floor, touch rope at end to finish

If failure on rope/bar section, start net bags from floor.

14. Orange mushrooms

15. Slack line – from first platform to second platform

16. Small wall. (Males: no rope. Females: rope allowed.)

The timer stops when you hit the airbag, after jumping off the wall.

Time Trial Age 18 – 39 175m course.

Multiple attempts permitted, 20 sec penalty for each failed obstacle, including feet completely not over line. For all obstacles, the frames are not part of the obstacle and cannot be used to complete it.

An obstacle can be repeated, no penalty if then successful. Failed obstacles incur a 20 second penalty per obstacle. This includes failing to clear the line.

All obstacles must be genuinely attempted, where an obstacle is bypassed this incurs a 1 minute penalty.

1. Climbing Wall

From first left hold to last right hold, no touching floor.

2. Rope Traverse

Touch pole to start, feet and hands allowed, to touch pole opposite end of rope.

3. Two hanging boards - jump (Males only)

Feet on black platform, jump to board then to second board touch trapeze to finish

4. Rolling log

From black box traverse the rolling log, over or under but no touching wall or floor, finish by touching opposite black box with hand or foot.

5. Yellow beam

From red line to red line. Use box behind red line to reach if needed. Use hands to move along beam, touch above final red line.

6. Dice Roll

Use box to reach if needed. Roll from one end of rig to other. (Males: Jump over black line to finish. Females: Jump over orange line to finish.)

7. Monkey Bars to hanging nunchuck & back, touching both end bars

8. Rebound boards or grey mushrooms.

Jump to trampoline, no touching floor.

9. Trampoline jumps

Jump to cargo net, (males hands and feet, females hands only)

10. Cargo Net

Climb under cargo net, holding with feet and hands, avoiding touching mats with back, to the next platform.

11. Poles

Males fixed poles, females swinging poles.

12. Balance Beams – move across both beams without touching floor or framework, can stand or crawl

13. A Frame Monkey Bars (Males) Ropes and Rings (Females)

Using hands only, up and across.

Using hands and feet.

14. Spider Wall

Jump from platform (Males) or floor (females) to end of wall.

15. Rope climb, bar and rings, 4 net bags

Move from hanging rope to hanging rope without touching the ground.

If failure on rope climb, start net bags from floor.

16. Orange mushrooms

17. Slack line

18. Small wall. (Males: no rope. Females: rope allowed.)

The timer stops when you hit the airbag, after jumping off the wall.

Time Trial Age 40+ 175m course.

Multiple attempts permitted, 20 sec penalty for each failed obstacle, including feet completely not over line. For all obstacles, the frames are not part of the obstacle and cannot be used to complete it.

An obstacle can be repeated, no penalty if then successful. Failed obstacles incur a 20 second penalty per obstacle. This includes failing to clear the line.

All obstacles must be genuinely attempted, where an obstacle is bypassed this incurs a 1 minute penalty.

1. Climbing Wall

From first left hold to last right hold, no touching floor.

2. Rope Traverse

Touch pole to start, feet and hands allowed, to touch pole opposite end of rope.

3. Two boards jump (Males only)

Feet on black platform, jump to board then to second board.

4. Rolling log

From black box traverse the rolling log, over or under but no touching wall or floor, finish by touching opposite black box with hand or foot.

5. Yellow beam

From red line to red line. Use box behind red line to reach if needed. Use hands to move along beam, touch above final red line.

6. Dice Roll

Use box to reach if needed. Roll from one end of rig to other. (Males: Jump over black line to finish. Females: Jump over orange line to finish).

7. Monkey Bars to hanging nunchuck & back, touching both end bars

8. Rebound boards or grey mushrooms.

Jump to trampoline, no touching floor.

9. Trampoline jumps

Jump to cargo net, (males hands and feet, females hands only)

10. Cargo Net

Climb under cargo net, holding with feet and hands, avoiding touching mats with back, to the next platform.

11. Poles

Males fixed poles, females swinging poles.

12. Balance Beams – move across both beams without touching floor or framework, can stand or crawl

13. A Frame Monkey Bars (Males) Ropes and Rings (Females)

Using hands only, up and across.

Using hands and feet.

14. Spider Wall

Jump from platform (Males) or floor (females) to end of wall.

15. Rope climb, bar and rings, 4 net bags

Move from hanging rope to hanging rope without touching the ground.

If failure on rope section, start net bag obstacle from floor.

16. Orange mushrooms

17. Slack line

18. Small wall, (Males: no rope. Females: rope allowed.)

The timer stops when you hit the airbag, after jumping off the wall.