

AARTAC2017

OBSTACLE COURSE

Welcome to AARTAC 2017's PT Course. This course is designed to challenge the physical fitness that your team must have to successfully carry out operations. This event will be a head to head, team relay race. Each member of your team will run the course, completing each of the five obstacles twice, once on the way out and once on the way back. After each member has completed the course, they will tag the next person in your team, who will then complete the course. This will continue until all four members have completed the course.

The running order will be determined by the team running order on your schedule. Within your team, you can use any running order you prefer.

Teams must be ready when called. If a team is not ready when called, they will receive a two-minute penalty per runner on top of their time for the event. Teams will be staged in three steps using baseball terminology: in the hole (meaning you are two away), on deck (meaning you are up next), and up (meaning you are about to start). Because there will only be five races per rotation group, you should be ready to go almost immediately.

EQUIPMENT

For this competition, you may wear anything you want.

SCORING

Teams will be scored and ranked based on their overall time. The winning team will be the team with the lowest overall time. Except for failure to appear in time for your run, there are no time penalties for this event. All penalties will be served in burpees during your course run.

GENERAL RULES

1. You must attempt to complete each obstacle. If you fail, you may attempt it again as many times as you want. If, for some reason, you cannot complete an obstacle, you serve a penalty immediately by having to complete 15 traditional burpees before moving on to the next obstacle.
2. In the event that you do not physically tag the next member of your relay, or a member of your team begins early, they will be called back to the start and must begin the course again.

3. The use of supports built on the wall is permissible for this course only. Please note: it is NOT allowed on the combat shooting course.

COURSE

(Begin Course Walk) Let's walk the course.

Balance Beam: In this obstacle, you must walk or run across the beam. You can walk any way you would like, but you must stay upright (i.e. no crawling). If you fall off the beam, you must restart at the beginning of the beam.

6' Wall: For this obstacle, you must get over the wall, climbing it in any way you want.

Window Wall: In this obstacle, you must climb through the window, but you can do so in any way you want.

7' Incline Wall: For this obstacle, you must get over the wall, climbing it in any way you want. Please do not jump from the top of the wall on the way out.

Sandbag Carry: In this obstacle, you will carry or drag an 80lb sandbag through a path around the barrels (indicated by arrows), and place the bag in the box on the opposite end of the course. You may carry the bag in any way you would like, but you must run around the barrels in the direction of the arrows. There is no burpee option for this obstacle. You must complete it.

Out and Back Run: After the sandbag carry, you must run out around the barrel and back through the course in reverse order using the same lane you used on the way out. All of the previously stated rules for each obstacle still apply.