



Obstacles

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| 1. Zipline- SA | 11. Floating Bridge- SA |
| 2. Tire Drag- MC | 12. Wallball Carry-MC |
| Run Lap | Run Lap |
| 3. Cargo Net Traverse- SA | 13. Door Traverse-SA |
| 4. PVC Roll-up- MC | 14. Tire Push- MC |
| Run Lap | Run Lap |
| 5. Blue Bar Traverse- SA | 15. Cliffhanger-SA |
| 6. Herc Hoist Tire Pull- MC | 16. Over-unders- MC |
| Run Lap | 17. Sandbag Carry-MC |
| 7. Grip Junction- SA | Run Lap |
| 8. Army Crawl-MC | 18. Ring Traverse- SA |
| Run Lap | 19. Cargo Net Climb-MC |
| 9. PVC Crawl- SA | Run Lap |
| 10. Tire Pull- MC | 20. Foot Ring Traverse- SA |
| Run Lap | Run to Finish |

USA OCR 3 Band System

- Two types of obstacles-
 - Single Attempt (SA)- rigs, technical obstacles, etc.
 - Mandatory complete(MC)- strength/carries, walls, crawls etc.
- If you fail a single attempt obstacle one band will be cut- no retry
- If you are unable to complete a mandatory, all 3 bands will be cut. Multiple attempts are allowed. Dropping or setting down object does not indicate a fail. Choosing to skip or move on without completing is a fail.
- You must have 3 bands to cross the finish line (unless you fail a mandatory)
- If one or two bands are cut, you must complete one penalty lap for each band missing. You will be given a new band for each penalty lap completed. Once you have all 3 you may finish the race. If all 3 bands are cut, you do not do penalty laps, and will be ineligible for awards. Penalty lap is the same as the run around entire the course.

Guidelines

- You may run at any point within your wave time. There is no specific run order.
- At the start, follow the course until you get to obstacle 1
- For Strength/Carry Obstacles, sizes to use are indicated by color-
 - Elite-**Orange**
 - Adult (13 and up)- **Yellow**
 - Kids (12 and below)- **Green**
 - Many obstacles are labeled with multiple colors, please pay attention to which ones you will be allowed to use.
- Most strength obstacles require reset, that is part of the obstacle for you to reset it how you found it.
- Penalty Lap Judge (PLJ) will be at the corner just before the finish line. If you had no bands cut, you may pass them and go directly to the finish line.
- After Obstacle 20, If you have all 3 bands go directly to finish line. If you are missing bands, report to the penalty lap judge (PLJ) for your extra lap(s). Do not run another full lap around unless you are doing penalty laps. A penalty lap is one full lap around, ending back at the PLJ so you can get your wristband.
- If possible, please try to get in line at least 15 minutes before the end of your time block.
- Please do not enter the line more than 15 minutes before your time block. Runners in current block have priority and will go in front if you are early.

General Guidelines/FAQ

Where do I line up?

When you arrive at New Holland Arena, follow the signs to the Athlete Line. There will be two separate lines right next to each other- One for the current wave, one for the upcoming wave. Make sure you are in the correct line upon arrival.

Elite- Left Line

16-29, 30-49- Right Line

7-9, 10-12- Left Line

13-15, 50+- Right Line

Open-Left Line

Where can I wear my bib?

Bibs must be seen at all times during the race. We prefer them on the back, but they can be placed anywhere, including shorts, as long as it is visible the entire race- ie if you have it on your shirt, you cannot take the shirt off mid race, bib number must be visible at all times.

When are awards?

Awards will be approximately one hour after the end of the wave time. Times are subject to change based on if a wave is running over the original end time.

When can I arrive for my race?

You may begin lining up 15 minutes before the start of your wave time, and no later than 15 minutes before the end of the wave. There is no run order, just show up and run within your wave time. Keep in mind, there are hundreds of athletes running in each wave, we highly recommend showing up as early as possible to your wave to avoid delays for the subsequent waves.

What do I do if I have a protest about my run?

We will be following the USAOCR/ World obstacle format, which is a protest form and \$100 fee. The protest will be reviewed by the course Lead Technical Officials, and if the call rules in the athletes favor, the \$100 will be returned.