

AARTAC2018

TRAINING COMPETITION

OBSTACLE COURSE

Welcome to AARTAC2018'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 six 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 member on your team, who will then complete the course. This will continue until all four members have completed the course.

The team running order will be as listed on your schedule. Within your team, you can use any 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 a few races per rotation group, you should be ready to go almost immediately.

EQUIPMENT

For this competition, you should be in boots and utilities with a T-shirt or jacket.

SCORING

Teams will be scored, and ranked, based on their overall time. The winning team will be the team with the lowest overall time. There are no time penalties for this event, except for failure to appear in time for your run. Instead, 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.

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.

Balance Beam: For this obstacle, you must walk or run across the beam. You can walk anyway 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.

The Over and Under: For this obstacle, you must alternate going over and under each of the 5 horizontal posts in an over, under, over, under, over pattern. You will start with going over in both directions.

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

Sandbag Carry: For 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.

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

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