

COURSE MAP AND RACE RULES

S/F Start /Finish

(C) Check-in tent

ACTIVITY STATIONS:

(Brown circle) Jumping Jacks

(Yellow circle) Frisbee Throw

(Black circle) Jump Rope

(Green circle) Plank

(Blue circle) Free Throw

(Dark Blue circle) Javelin Throw

(Grey circle) Target Throw

(Rainbow circle) Surprise!

(Red circle) Chin Ups *

(Pink circle) Mini Rope Climb *

(Purple circle) Putting

(Q icon) Question

(Light Pink circle) Crawl Tunnel *

(Orange circle) FINAL DASH!

Hurdles / Run



*** Kids only!**

RACE RULES: Teams have up to 1 hour to find the 14 stations and complete the required exercises or tasks. The stations can be completed in any order, as long as the Final Dash is last. You are free to run in any direction on the red trail course, but you can only run in one direction on the green course (green arrow). Staff will stamp your map after each activity is completed...make sure you do them all to finish the race! You may have to wait at some stations depending on when you arrive - please remain behind the cones or white line until instructed to proceed by the staff. The most important thing you need to remember....have fun!