



★ WORLD ★
CHAMPIONSHIPS



TWENTY NINETEEN ★ ATHLETE GUIDE
11-13 OCTOBER / KELVEDON HATCH / ENGLAND

Welcome to the

TWENTY ★ NINETEEN



★ WORLD ★
CHAMPIONSHIPS



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 ADVENTUREY

What did it take for you to get here?

The 4 am alarm. One last rep. Hill repeats.
"No thanks, I'm good" to late-night plans.

What if you didn't make it?

One slip. A stumble. The fall. Pain. Doubt.

What are you really made of?

Picked yourself up. Bounced back. Trained harder.
Dug deeper.

What does it mean to you?

Strengthened by the battle. Rose to the challenge.
Dominated the obstacles. Beat all the odds.

Who are you?

Unbeaten. Unbroken. Survivor. Warrior. Qualifier.

You have proven yourself as one of the best in the world.

Your reward is the opportunity to go toe-to-toe
with the best OCR athletes around the globe.

You committed, you fought, you sacrificed, and you
gave it your all just to make it to the biggest stage
in our sport. With the world watching this is your shot
to make your mark and give it everything you've got.

**Welcome to the sixth running of the
Obstacle Course Racing World Championships.**



Event Director Brett Stewart & the Adventurey Team

RACE WEEKEND OVERVIEW

Thursday, 10th of October

Athlete Check-In & Registration: 9AM – 9PM

Friday, 11th of October

Athlete Check-In & Registration: 7AM – 8PM

Short Course Championships — First Wave at 9AM

A 3-kilometer sprint through an obstacle heavy course challenging athletes on pure speed and strength. This spectator friendly and adrenaline-fueled event will crown the fastest short distance obstacle course racers in the world.

Saturday, 12th of October

Athlete Check-In & Registration: 7AM – 5PM

Standard Distance Championships — First Wave at 8AM

A grueling 15-kilometer course featuring more of the most innovative obstacles in the sport.



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Sunday, 13th of October

Athlete Check-In & Registration — 7:30AM – 2PM

Team Championships — First Wave at 8:30AM

Building on a tremendously successful format first introduced at the 2015 OCR World Championships, teams consist of three athletes, racing in relay format, on a course specifically designed in four separate legs. Each leg will target a key discipline of OCR: speed, strength, technique, and teamwork. Exchange points are designed to be spectator friendly and offer a high-intensity event.

1% for the Planet 7K Charity Open — First Wave at 1PM

Didn't qualify? Favor fun over competition? We have you covered! Take on a 7K portion of the course and some of the continent's best obstacles. Fully open to the public and with no qualification required, this event will allow athletes and their supporters to experience a world-class course, with a portion of proceeds benefiting 1% for the Planet.

100 Meter Sprint

An action-packed 100-meter course focused on speed, agility, and technique in a spectator-friendly location right in the festival area. All athletes are given two opportunities to post their fastest time on the leaderboards during open hours between Friday, Saturday, and Sunday. Medals will be awarded to the top 10 men and women under 40 and top 10 men and women over 40.

★ 2019 RACE SCHEDULE

THURSDAY, 10TH OF OCTOBER

9:00 AM – 9:00 PM Athlete Check-In & Packet Pick-Up (all events)

9:00 AM – 9:00 PM Official Apparel & Merchandise Shop

FRIDAY, 11TH OF OCTOBER

7:00 AM – 8:00 PM Athlete Check-In & Packet Pick-Up (all events)

7:00 AM Athlete Pre-Race Lounge Open

9:00 AM **3K World Championships Race Start***

9:00 AM Men 30-39

9:45 AM Women 30-39

10:15 AM Men 20-29

10:45 AM Women 20-29

11:00 AM Men 13-19, 40-49, 50-59, 60+

11:45 PM Women 13-19, 40-49, 50-59, 60+

12:15 PM Pro Men

12:45 PM Pro Women

1:00 PM Journeymen & Journeywomen

9:00 AM – 9:00 PM **100 Meter Sprint**

9:00 – 9:00 PM Official Apparel & Merchandise Shop

3:00 PM **3K Awards Ceremony**

* Start times are subject to change pending finalization of the athlete field.

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★ 2019 RACE SCHEDULE

SATURDAY, 12TH OF OCTOBER

7:00 AM – 5:00 PM Athlete Check-In & Packet Pick-Up (all events)

7:00 AM Athlete Pre-Race Lounge Open

8:00 AM **15K World Championships Race Start***

8:00 AM Pro Men

8:15 AM Pro Women

8:45 AM Men 30-34

9:15 AM Women 30-34

10:00 AM Men 35-39

10:30 AM Women 35-39

11:00 AM Men 40-44

11:30 AM Women 13-17, 18-24, 25-29

12:15 PM Men 25-29

12:45 PM Men 13-17, 18-24

1:15 PM Men 45-49, 50-54, 55-59, 60+

1:30 PM Women 40-44, 45-49, 50-54, 55-59, 60+

1:45 PM Journeymen & Journeywomen

9:00 AM – 9:00 PM **100 Meter Sprint**

9:00 – 9:00 PM Official Apparel & Merchandise Shop

5:00 PM **15K Awards Ceremony**

* Start times are subject to change pending finalization of the athlete field.

SUNDAY, 13TH OF OCTOBER

7:30 AM – 2:00 PM Athlete Check-In & Packet Pick-Up (all events)

8:00 AM Athlete Pre-Race Lounge Open

8:30 AM **Team Championships Race Start***

8:30 AM Men's Pro Teams

9:15 AM Co-ed Pro Teams

9:45 AM Women's Pro Teams

10:15 AM Men's Open Teams

11:00 AM Co-ed Open Teams

11:30 AM Women's Open Teams

9:00 AM – 2:00 PM **100 Meter Sprint**

12:30 PM **Team Awards Ceremony**

1:00 PM **1% for the Planet 7K Charity Open**

3:00 PM **100 Meter Sprint Awards Ceremony**

* Athletes must report to the starting corral at the above indicated start time and will be released in waves.



no filter
BE YOU

Start Times & Waves

All athletes start in a wave designated by the division in which they are registered and are required to start in that designated wave. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.

In addition, please note the following:

- Athletes will receive their race day timing chip, Tyvek style obstacle completion wristband and bib prior to the event at Athlete Check In. These are required to start the event. Under no circumstances will athletes be permitted to start the event without their obstacle completion wristband and bib. Lost bands will not be replaced.
- Athletes must report to the start line ten (10) minutes before their assigned start time.
- As with all premier endurance races, the starting time for all athletes in a particular wave will be the "gun time" (i.e.. if a wave starts at 9:35, each athlete in that wave is assigned the same starting time).

Athlete Check-In & Registration

All athletes are responsible for picking up their own race packets at the venue prior to the start of their race(s). Additionally, please note the following:

- Individuals may not pick up participant packets on behalf of others.
- Waivers must be signed at Athlete Check-In & Registration
- Race day Athlete Check-In & Registration is available for all events; however, athletes are very strongly encouraged to collect their packets the preceding days to avoid missing their designated start time. No athletes will be permitted to start the race without collecting their packets.
- You must have a Photo ID with you to pick up your race packet and be checked in.
- A parent or legal guardian must complete and sign the waiver for any participant under 18 years old.

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If you want to fly with the eagles, don't train like a turkey

Bag Check

- Bag Check is available for all races and is free.
- At race completion, your race number will be used to verify your bag when you pick it up.
- Valuable items should not be checked.
- The Event staff is not responsible for any lost, damaged, or stolen items.

Parking

Event parking passes are available online in advance of the event for £10. We highly recommend purchasing in advance and to have your ticket printed or available on your mobile device upon entering the parking structure.

Daily parking passes for Friday, Saturday, and Sunday will be available onsite for £5 per day and are cash only.

Spectators

Spectators are free and encouraged. They must cheer loudly for their favorite athlete.

Safety & Emergencies

The safety of all athletes, spectators, and staff is paramount. In the event of an emergency, all parties should follow the explicit instruction of event staff. Athletes that assist in an emergency may be permitted to begin the race again at the sole discretion of race officials.

Weather

The race will be held rain or shine.

In the event of lightning, race events will be suspended if/when lightning is estimated to be within 10 miles of event. Events will not resume until the lightning is 10 miles away from the event areas.

Countryside weather can be unpredictable. As with all outdoor events, athletes should come prepared to compete in any conditions.

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Organizers of the Obstacle Course Racing World Championships have partnered with 1% for the Planet as their 2019 beneficiary. One Percent for the Planet is an international organization whose members contribute at least one percent of their annual sales to environmental causes. Their mission is to “build, support and activate an alliance of businesses financially committed to creating a healthy planet.

Nutrition & Hydration

There will be numerous aid stations along each course should athletes need them. Water and nutritional supplements will be available at each of these stations. We encourage you to not underestimate your energy expenditure on the course. If you feel you may need energy bars/gels, or other nutritional supplements, you are encouraged to bring them with you on the course.

Awards

Monetary prizes are awarded to the top finishers in the following divisions.

- Top 3 Pro Men & Top 3 Pro Women (3K & 15K Races)
- Top Pro Men's Team & Top Pro Women's Team
- Top Pro Co-ed Team
- Top 3 Overall Men & Top 3 Overall Women 100 Meter Sprint

Littering

We are committed to leaving our host venue litter free. Any items you deem necessary to take with you at the start of the race, must be discarded appropriately in trash bins located at aid stations throughout the race or carried out with you at the end of the race. These items might include, but are not limited to, clothing, nutrition packaging, hydration packaging, etc. Any athlete found in violation may be disqualified by race officials.

Course Cut-Offs

Course cut-off times are as follows. Any athlete not finishing within these parameters will be considered DNF and not listed in official results.

- 3K Sprint: 3 hours
- 15K Standard Distance: 4 hours
- Team Relay: 3 hours



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2019 RULES

These rules serve as a common reference guide for all Competitors, Officials, and Volunteers. It is not all-inclusive and race officials reserve the right to make rulings around violations and situations not addressed in this document.

KNOW THE RULES

IT IS THE RESPONSIBILITY OF EACH
COMPETITOR TO KNOW AND UNDERSTAND
ALL COMPETITION RULES AND PENALTIES.

*** OCRWC OFFICIALS RESERVE THE RIGHT TO ADDRESS VIOLATIONS
OF CONDUCT NOT ADDRESSED IN THIS DOCUMENT ***

1. Eligibility & Code of Conduct

To compete in the Obstacle Course Racing World Championships, athletes must meet the following requirements:

- 1.1 Athletes must be at least 13 (thirteen) years of age on the day of the event, and if under 18 (eighteen) years of age, must have a waiver signed by a parent or legal guardian.
- 1.2 Athletes must adhere to World Anti-Doping Agency (WADA) code for performance enhancing drugs and prohibited substances, and consent to drug-testing by race officials.
- 1.3 Athletes must adhere to all rules set forth by race administrators and officials, and are solely responsible for rule knowledge, understanding and fulfillment.
- 1.4 It is the responsibility of all athletes to read, study, understand and know all the rules set forth herein before entering the race course and participating in competition.
- 1.5 Athletes are responsible for their own safety and must not attempt any obstacle that they are not comfortable in doing so.
- 1.6 Athletes must always conduct themselves in a sportsmanlike manner towards fellow competitors, spectators, race staff, volunteers and officials.
- 1.7 Athletes must adhere to all rules of competition.

2. Time Keeping

The OCRWC utilizes a comprehensive timing system to track athletes' performance. As such, all athletes are required to adhere to the following guidelines:

- 2.1 All athletes are required to start in their assigned wave, specific to their division and/or age group. Athletes are not permitted to start in any other wave under any circumstances. Athletes found to be in violation of this protocol will be disqualified from competition.

- 2.2 Athletes will receive their race day timing chip, obstacle completion wristband and bib prior to the event at Athlete Check In. These are required to start the event.
- 2.3 As with all premier endurance races, the starting time for all athletes in a specific wave will be the "gun time" (i.e. if a wave starts at 11:15, each athlete in that wave is assigned the same starting time).

3. Course & Obstacles

The race takes place over rugged terrain that features both natural and man-made obstacles. Athletes should note:

- 3.1 **Staying On-Course** - It is the responsibility of all athletes to stay on-course and within the boundaries and markings set by race officials.
- 3.2 **Leaving/Cutting the Course** - Any athlete who gains an advantage by leaving or circumventing the course (as designed and determined by race officials), whether intentionally or unintentionally, will be disqualified from competition.
- 3.3 **Athletes On-Course Pre/Post Race** - Apart from specific areas designated by race officials, athletes are not permitted on the course (as designated by markings or as determined by race officials regardless of markings), including any and all course obstacles, at any time other than when racing. ANY athlete found on the course without prior approval from an official will be immediately disqualified from the competition.
- 3.4 **Course Markings** - Athletes are not permitted to modify the course markings or the course at any time.
- 3.5 **Bypassing Obstacles** - Completion of all obstacles is mandatory to be eligible for awards/prizes, and race officials reserve the right to disqualify any athlete deemed to have avoided any obstacle(s) intentionally. There are no alternatives to obstacles such as burpees, push-ups, penalty loops or other physical penalties.

- 3.6 **Obstacle Failure (Initial)** - In the event an athlete fails an obstacle, he/she will be permitted additional attempts, provided he/she is not blocking the path of another athlete who is attempting to complete the obstacle for the first time. In addition, certain obstacles will have dedicated retry lanes for athletes making additional attempts. Athletes are required to utilize these lanes unless directed otherwise by a race official.
- 3.7 **Obstacle Failure (Ultimate)** - In the event an athlete is ultimately unable to complete an obstacle, he/she must surrender his/her obstacle completion wristband to a race official. Athletes losing their band will still be allowed to continue racing and are considered finishers with a finishing time, but are not eligible for podium placement prizes/awards, and will be designated as Did Not Complete (DNC) in post-race results.
- 3.8 **Completion Bells** - All obstacle completion bells must be rung using only an athlete's hand.
- 3.9 **Water Obstacles** - If water crossings are present on the course, athletes must enter water feet first.
- 3.10 **Blocking** - At no time are athletes allowed to "block" or intentionally impede the progress of another athlete. Athletes found to be excessively infringing on another athlete's ability to progress may be subject to disqualification by race officials.
- 3.11 **Forward Progress** - Athletes are required to maintain forward progress on all obstacles and throughout the course and every effort must be made to not obstruct a fellow competitor. If an athlete is no longer making forward progress, the official, at his/her discretion, will initiate a countdown (5-seconds) for the athlete to progress forward. Failure to continue forward progress after countdown may result in obstacle failure, requiring an obstacle restart/retry. Slower athletes are required to yield to approaching athletes.

RULES & REGULATIONS

- 3.12 **Outside Help** - During the race, except for medical emergencies, athletes may not receive outside assistance (including receiving nutrition or equipment from any other source other than a fellow competitor who is currently racing on the course). This does not include verbal instruction or support from coaches or supporters.
- 3.13 **Obstacle Help** - Athletes may not receive any physical help completing any obstacle from fellow athletes (with the exception of portions of the Team Relay event).
- 3.14 **Passing Etiquette** - Slower and faster athletes must demonstrate mutual respect during closely spaced/ single-track areas of the course. Faster athletes are encouraged to call out "ON YOUR LEFT" or similar when approaching slower athletes. The athlete being passed must permit enough space to allow the approaching athlete to safely pass. Also see 3.10.
- 3.15 **Ground Contact** - For obstacles that require athletes to move over/across a section of ground (e.g. a rig), no part of the athlete's body may come in contact with the ground if that contact contributes to the completion of that obstacle (e.g. a foot may swipe the grass, but may not be planted for support or used to push-off). For all obstacles described in Appendix A, the term "contact" shall imply an advantage was gained in obstacle completion.
- 3.16 **Frame Contact** - For obstacles that require athletes to move through, around, over or under an obstacle's frame (e.g. scaffolding or other structural parts including the sides of an obstacle's surface), no part of the athlete's body may come in contact with the frame if that contact contributes to the completion of that obstacle (e.g. a foot may swipe a support bar, but may not be planted for support or used to push-off). For all obstacles described in Appendix A, the term "contact" shall imply an advantage was gained in obstacle completion.

- 3.17 **Obstacle Start** - Athletes begin an obstacle by entering at the designated starting point. For obstacles with a designated starting line, athletes must start from behind this line before touching an obstacle element (i.e. their foot must not be touching the line).
- 3.18 **Obstacle Completion** - Athletes complete an obstacle by touching a completion bell, successfully landing on a designated surface (platform, bar, etc.), landing beyond an indicator, like a painted line, or by passing by/through the structural end of that obstacle.
- 3.19 **Single Lane** - On rig-type obstacles, athletes must stay in one lane and only use the elements of the lane they began in. Crossing over to or touching elements from any other lanes is prohibited.
- 3.20 **Obstacle specific descriptions and rules will be covered in APPENDIX A.**

4. Mandatory Obstacle Completion Updated for 2019

Athletes are provided with a tyvek-style obstacle completion wristband which is required to be worn on their wrist. Athletes will be required to display this wristband to gain entry to the start corral. Under no circumstances will an athlete be permitted to wear this wristband elsewhere on the body or start their race without it.

Upon finishing the race, athletes achieving 100% obstacle completion are required to confirm their completion results through the following steps:

- 4.1 Immediately upon crossing the finish line, athletes who have completed all obstacles and retained their intact obstacle completion wristband must enter a clearly marked "100% completion" zone as directed by signage and race officials.

- 4.2 Athlete wristbands will then be removed by an official and athletes will be awarded with this year's commemorative 100% obstacle completion wristband.
- 4.3 Athletes failing to follow these steps may have their results invalidated.
- 4.4 Athletes who leave the finish corral without completing this step shall be designated as non-obstacle completion finishers.

5. Gear, Apparel & Personal Nutrition

Athletes are encouraged to express their individuality, sports team, state or nation apparel while being appropriately dressed for an endurance racing event. Please note the following:

- 5.1 Glasses are allowed but discouraged for safety reasons.
- 5.2 Hydration packs are allowed.
- 5.3 Beyond shoes and gloves or protective gear (e.g. elbow pads, compression sleeves, buffs or knee pads), clothing / personal equipment may not be used to assist in the completion of an obstacle and all equipment must be used for its intended manufacturer's intention. HAND OR FEET GRIP AIDS SUCH AS PINE TAR, LIQUID CHALK, METAL STUDDED SHOES, METAL SPIKED FOOTWEAR OR EQUIVALENT ARE STRICTLY PROHIBITED.
- 5.4 Alcohol, weapons, knives, firearms, explosives, glass bottles, and other dangerous objects are not permitted on the course.
- 5.5 All athletes must exit the course with all items they brought on the course. Littering or the discarding of personal property during the race may result in disqualification from competition.

6. Additional Penalties & Appeals

The application of any penalties, including but not limited to time penalties and disqualification, are administered solely by race officials. When a violation has been identified, the offending athlete will be informed of the penalty by race staff as soon as practicable. Athletes will be penalized for infringements such as:

- 6.1 Failure to properly complete an obstacle.
- 6.2 Not starting at his/her designated starting time.
- 6.3 Intentionally or unintentionally going off-course.
- 6.4 Engaging in unsportsmanlike conduct, including but not limited to:
 - 6.5 The use of performance-enhancing drugs.
 - 6.6 Making unnecessary contact with or hindering a competitor's progress (e.g. blocking or failure to yield).
 - 6.7 Verbal/physical abuse of race officials, other athletes, or volunteers.
 - 6.8 Modifying course markings.
 - 6.9 Using offensive or derogatory language.
 - 6.10 Receiving outside assistance.
 - 6.11 Littering on the course.
 - 6.12 Failing to follow the direction of race officials.

This list is not all-inclusive and is subject to change by race officials. Any assessed penalty may be appealed. Athletes wishing to appeal a penalty, or any other ruling, must submit their appeal to the Head Race Official within 48 hours of the event (via email at results@ocrwc.com). In the event of an appeal, race officials will conduct a thorough review of the ruling and issue its findings within 72 hours.

7. Drug Testing

Athletes in the OCRWC event are required to adhere to the 2019 World Anti-Doping Agency (WADA) code. Specifically, all competitors may be subject to testing for performance enhancing drugs and must consent and adhere to all protocols and procedures as instructed by race officials. A copy of this code can be downloaded at https://www.wada-ama.org/sites/default/files/wada_2019_english_prohibited_list.pdf. Additionally, athletes should note:

- 7.1 On-site sample collection will be conducted at the event by the National Center for Drug Free Sport, Inc. (Drug Free Sport™), a premier provider of drug testing services.
- 7.2 Samples collected will be tested at a WADA accredited lab for in-competition banned substances.
- 7.3 Athletes failing to adhere to this policy or found in violation of the WADA code will be subject to penalties such as disqualification, forfeiture of prizes, and banishment from future competition.



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Appendix A

It is the responsibility of each competitor to know and understand all Successful Competition guidelines and Prohibited Actions for all obstacles on the course. These Successful Completion rules serve as a common reference guide for all Competitors, Officials, and Volunteers. It is not all-inclusive and race officials reserve the right to make rulings around violations and situations not addressed in this document.

OCRWC Obstacle Descriptions, Successful Completion Criteria, and Prohibited Actions

01. TRENCHES

DESCRIPTION: Several ditches in a row, possibly filled with water.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the trenches along either side between the start and end of obstacle

RETRY LANE: No

02. TYRE PIT

DESCRIPTION: Ditch crossing filled with tyres.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the tyre pit along either side between the start and end of obstacle

RETRY LANE: No

03. CRAWL JACKS

DESCRIPTION: Wooden structures or stakes with wire strung over the top.

SUCCESSFUL COMPLETION: Crawling or rolling under the wire from the beginning to the end of the obstacle.

PROHIBITED ACTIONS:

- Standing up and walking over wire or exiting from underneath the wires before the end of the obstacle.

RETRY LANE: No

04. HURDLES

DESCRIPTION: Horizontal logs of various heights, angles, or curvature.

SUCCESSFUL COMPLETION: Athletes must successfully climb or jump over the top and touch the ground in between.

RETRY LANE: No

05. DITCH

DESCRIPTION: Ditch crossing.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

RETRY LANE: No

06. CONTAINER CROSSING

DESCRIPTION: Run through a cargo container, this may include crawl or climb elements.

SUCCESSFUL COMPLETION: Walking, running, climbing, or crawling through a cargo container from beginning to end.

RETRY LANE: No

07. BLAST WALL

DESCRIPTION: 10' high wall with varying openings and boards to climb over.

SUCCESSFUL COMPLETION: Athlete must successfully go up and over the wall.

RETRY LANE: No

08. INVERTS

DESCRIPTION: Wall inverted toward oncoming athlete.

SUCCESSFUL COMPLETION: Athlete must successfully go up and over the wall.

RETRY LANE: No

09. SEESAW

DESCRIPTION: Structure to walk over with a seesaw element in it.

SUCCESSFUL COMPLETION: Athlete must successfully walk the entire length of the seesaw plank from start to finish.

PROHIBITED ACTIONS:

- Exiting the obstacle at any point before reaching the end of the plank, denoted by a 12" area painted black

RETRY LANE: No

10. GORILLA BARS

DESCRIPTION: Horizontal traverse with round bars.

SUCCESSFUL COMPLETION: Traverse bars from start to finish using hands only, ringing completion bell with hand.

RETRY LANE: No

11. TRENCHES

DESCRIPTION: Several ditches in a row, possibly filled with water.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the trenches along either side between the start and end of obstacle

RETRY LANE: No

12. WRECK BAG CARRY

DESCRIPTION: 50-pound specialized sandbag with handles.

SUCCESSFUL COMPLETION: Carrying one Wreck Bag around a designated course, completing Wreck Bag Crawl within the course and returning the Wreck Bag to the same area where it was picked up (see Wreck Bag Crawl below for more information).

PROHIBITED ACTIONS:

- Throwing Wreck Bag.
- NOTE: There are no specific prohibited ways to carry a Wreck Bag as long as it is not being dragged along the ground, it may be placed on shoulders, upper back, bear hug, etc.)

RETRY LANE: No

13. WRECK BAG CRAWL

DESCRIPTION: 50 pound specialized sandbag with handles.

SUCCESSFUL COMPLETION: Dragging, sliding, pushing, or pulling a Wreck Bag through a designated crawl area within the Wreck Bag Carry course.

PROHIBITED ACTIONS:

- Throwing the Wreck Bag in any manner.

RETRY LANE: No

14. MUTTS NUTS

DESCRIPTION: Ditch crossing underneath logs.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the obstacle along either side between the start and end of obstacle

RETRY LANE: No

15. RIVER RUN

DESCRIPTION: River crossing.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the obstacle along either side between the start and end of obstacle

RETRY LANE: No

16. WATER WALLS

DESCRIPTION: Steep slopes, nets, ropes, barrels, or walls to climb over/under or up from the water.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the obstacle along either side between the start and end of obstacle

RETRY LANE: No

17. ROPE CLIMB

DESCRIPTION: Vertical structure with hanging climbing ropes with completion bell at top.

SUCCESSFUL COMPLETION: Athletes must climb up the length of the vertical rope, touch completion bell with their hands only, and then descend carefully to the ground.

PROHIBITED ACTIONS:

- Using multiple ropes, excessive swinging, or inverted hanging..

RETRY LANE: No

18. CHAIN DRAG

DESCRIPTION: Weighted drag with climb and mudpit elements.

SUCCESSFUL COMPLETION: Athletes lower the chain in the mudpit and climb down. After that the athlete drags the chain on the prescribed course back to the start of the obstacle.

PROHIBITED ACTIONS:

- Dropping the chain into the pit.
- Not returning the chain to the start.

RETRY LANE: No

19. LOG BALANCE

DESCRIPTION: Log placed over a ditch.

SUCCESSFUL COMPLETION: Walk or crawl across the log to opposite side of the ditch.

PROHIBITED ACTIONS:

- Jumping or falling off log before reaching the opposite side of the ditch

RETRY LANE: No

20. HANG TOUGH

DESCRIPTION: Horizontal traverse with various configurations of hand and foot elements.

SUCCESSFUL COMPLETION: Athletes must use hands and/or feet to traverse from entrance area to exit area.

RETRY LANE: Yes

21. RISK TAKER

DESCRIPTION: Climb under hanging cargo nets suspended above mud pits and water.

SUCCESSFUL COMPLETION: Athletes must use the cargo net, ropes, and other elements to get to from the start to the opposite side of the obstacle without falling in the water or making contact with the ground.

PROHIBITED ACTIONS:

- Jumping or falling into water before reaching the opposite side of the obstacle

RETRY LANE: No

22. MUD CRAWL

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Using any part of the sides (outside of the muddy area) to complete the obstacle.

RETRY LANE: No

23. MINIONS

DESCRIPTION: Horizontal traverse with ropes and buoys.

SUCCESSFUL COMPLETION: Athletes must use the ropes and stand on the buoys to get to the opposite side of the obstacle.

PROHIBITED ACTIONS:

- Jumping or falling into water before reaching the opposite side of the obstacle

RETRY LANE: Yes

24. SPLAT THE RAT

DESCRIPTION: Suspended tubes over water.

SUCCESSFUL COMPLETION: Athletes must crawl through hanging tubes without touching the ground in-between tubes.

RETRY LANE: No

25. TRENCHES

DESCRIPTION: Several ditches in a row, possibly filled with water.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Exiting the trenches along either side between the start and end of obstacle

RETRY LANE: No

26. MUD CAGE

DESCRIPTION: A mud pit with fencing over the top that athletes must crawl under.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Using any part of the sides to complete the obstacle.

RETRY LANE: No

27. SLIPPERY SLOPE

DESCRIPTION: Muddy slope.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

RETRY LANE: No

28. AQUAPHOBIA

DESCRIPTION: Traversing floating structures over water.

SUCCESSFUL COMPLETION: Athletes must successfully walk, crawl, or jump from the beginning of the obstacle to its completion.

RETRY LANE: No

29. CONNECT FOUR

DESCRIPTION: A 10' wall comprised of tires.

SUCCESSFUL COMPLETION: Climbing up one side of the wall over the top and returning to the ground.

RETRY LANE: No

30. REVERSE SLIDE

DESCRIPTION: Muddy slope

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

RETRY LANE: No

31. THE RACK

DESCRIPTION: Slide into water.

SUCCESSFUL COMPLETION: Athletes climb up the stairs and slide into water feet first.

RETRY LANE: No

WATER WARNING: If you are not a proficient swimmer, please consider skipping the deep-water obstacles. NOTE: skipping the obstacle under any circumstances will forfeit the 100% obstacle completion bands.

32. SPINNING MONKEY

DESCRIPTION: Rig with spinning wheels.

SUCCESSFUL COMPLETION: Athletes must start at the first element and traverse to the opposite side only using their hands on the wheels before ringing completion bell with hands only.

RETRY LANE: Yes

33. KINGFISHER

DESCRIPTION: Horizontal monkey bar-style traverse with round bars.

SUCCESSFUL COMPLETION: Traverse bars from start to finish using hands only, ringing completion bell with hand.

RETRY LANE: Yes

34. EBENEZER

DESCRIPTION: Mud pit crossing.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

PROHIBITED ACTIONS:

- Using any part of the sides (outside of the muddy area) to complete the obstacle.

RETRY LANE: No

35. TYROLEAN TRAVERSE

DESCRIPTION: Water crossing with a rope.

SUCCESSFUL COMPLETION: Beginning on dry ground (athletes may not start touching the water), athletes must traverse the length of the rope without making contact with the water before reaching dry ground on the opposite side.

PROHIBITED ACTIONS:

- Athletes may not use ropes, clips, or any type of device to tether themselves to the ropes.

RETRY LANE: Yes

WATER WARNING: If you are not a proficient swimmer, please consider skipping the deep-water obstacles. NOTE: skipping the obstacle under any circumstances will forfeit the 100% obstacle completion bands.

36. SLIDE

DESCRIPTION: Slide into the water.

SUCCESSFUL COMPLETION: Athletes will climb up the stairs, sit down and wait for a marshall to launch you. Athletes will listen to and follow marshall safety instructions.

PROHIBITED ACTIONS:

- Not following the safety instructions, including horseplay of any kind

RETRY LANE: No

WATER WARNING: If you are not a proficient swimmer, please consider skipping the deep-water obstacles. NOTE: skipping the obstacle under any circumstances will forfeit the 100% obstacle completion bands.

37. PERILOUS PONTOONS

DESCRIPTION: Water traverse using floating pontoons.

SUCCESSFUL COMPLETION: Athletes must successfully walk through from the beginning of the obstacle to its completion.

PROHIBITED ACTIONS:

- Jumping or falling into water before reaching the opposite side of the obstacle

RETRY LANE: No

WATER WARNING: If you are not a proficient swimmer, please consider skipping the deep-water obstacles. NOTE: skipping the obstacle under any circumstances will forfeit the 100% obstacle completion bands.

38. ZIPLINE

DESCRIPTION: Water crossing with a zipline.

SUCCESSFUL COMPLETION: Athletes must successfully reach the opposite side of the lake using the zipline. Athletes will listen to and follow marshall safety instructions.

PROHIBITED ACTIONS:

- Not following the safety instructions, including horseplay of any kind

RETRY LANE: No

WATER WARNING: If you are not a proficient swimmer, please consider skipping the deep-water obstacles. NOTE: skipping the obstacle under any circumstances will forfeit the 100% obstacle completion bands.

39. SWINGERS

DESCRIPTION: Swing over water while gripping onto a T-handle.

SUCCESSFUL COMPLETION: Swinging from starting platform by gripping a T-handle and ringing a bell with your hand only.

PROHIBITED ACTIONS:

- Not following the safety instructions, including horseplay of any kind

RETRY LANE: No

WATER WARNING: If you are not a proficient swimmer, please consider skipping the deep-water obstacles. NOTE: skipping the obstacle under any circumstances will forfeit the 100% obstacle completion bands.

40. NUCLEAR LOW RIG

DESCRIPTION: Low traverse with various configurations of hand and foot elements.

SUCCESSFUL COMPLETION: Athletes must traverse the entire length of the obstacle using hands and feet on various hanging elements without touching the ground at any point between the beginning and end of the obstacle.

RETRY LANE: Yes

41. STAIRWAY TO HEAVEN

DESCRIPTION: A-frame wooden stairway obstacle.

SUCCESSFUL COMPLETION: Using their hands only, athletes must start at the entrance platform and climb up the inside of the structure up to the top stair, transition over to the opposite side and descend to the finish platform without touching the ground.

PROHIBITED ACTIONS:

- Use of feet is prohibited.

RETRY LANE: Yes

42. RIDGE OF REVENGE

DESCRIPTION: Curved vertical wall toward oncoming athlete. Note: May have a rope assist.

SUCCESSFUL COMPLETION: Athlete must successfully go up and over the wall.

RETRY LANE: No

43. BATTERING RAM

DESCRIPTION: Horizontal traverse using log foot elements.

SUCCESSFUL COMPLETION: Traversing entire length of obstacle without touching the ground.

RETRY LANE: No

44. BERLIN

DESCRIPTION: Horizontal traverse walls with holes.

SUCCESSFUL COMPLETION: Traversing entire length of obstacle without touching the ground.

RETRY LANE: No

45. CLIFF HANGER

DESCRIPTION: Horizontal traverse with grip blocks on a wall.

SUCCESSFUL COMPLETION: Traversing entire length of obstacle without touching the ground.

RETRY LANE: No

46. MUD QUEEN RINGS

DESCRIPTION: Horizontal traverse with rings.

SUCCESSFUL COMPLETION: Traversing entire length of obstacle without touching the ground.

RETRY LANE: No

47. TUBE CRAWL

DESCRIPTION: Tunnel for course crossing.

SUCCESSFUL COMPLETION: Athletes must successfully walk, run, climb or crawl from start to finish.

RETRY LANE: No

48. VERTIGO

DESCRIPTION: 12' wall with various openings and ropes to climb over.

SUCCESSFUL COMPLETION: Athlete must successfully go up and over the wall.

RETRY LANE: No

49. COBRA ATTACK

DESCRIPTION: Crawl through, under, around, and over tires as well as terrain elements.

SUCCESSFUL COMPLETION: Athletes must successfully navigate the designated course.

RETRY LANE: No

50. SNIVELING SWING

DESCRIPTION: Swing from rope to rope.

SUCCESSFUL COMPLETION: Athletes must begin at the first hanging element and swing through the entire obstacle using the various elements and land on the finishing platform.

RETRY LANE: No

51. FORCE 5 RIG 1

DESCRIPTION: Rig-style obstacle with various hanging elements to be used as hand-holds.

SUCCESSFUL COMPLETION: Athletes will use only their hands to swing from various elements that swing, sway, and rotate and touch the completion bell at the end with their hand.

PROHIBITED ACTIONS:

- Using feet on any element

RETRY LANE: Yes

52. FULL MONTY

DESCRIPTION: Horizontal logs of various heights, angles, or curvature.

SUCCESSFUL COMPLETION: Athletes must successfully climb over the top of each hurdle and touch the ground in between.

RETRY LANE: No

53. VALKYRIE

DESCRIPTION: An A-frame obstacle with ascending and descending rings for athletes to traverse using their hands only.

SUCCESSFUL COMPLETION: Traversing from the beginning ring up to the apex and then down to the final ring and touching the completion bell at the end of the obstacle with hands only.

PROHIBITED ACTIONS:

- Using feet on the rings

RETRY LANE: Yes

54. NUCLEAR RIG

DESCRIPTION: Rig-type obstacle with multiple types of hanging elements for hands and feet. (Note: Foot rings, bars, or ropes may or may not be present).

SUCCESSFUL COMPLETION: Athletes will use only their hands (or feet if so equipped) to swing from various elements that swing, sway, and rotate and touch the completion bell at the end with their hand.

RETRY LANE: Yes

55. LA GAFFE

DESCRIPTION: Rig-type obstacle featuring angled boards and metal poles.

SUCCESSFUL COMPLETION: Athletes must traverse the length of the obstacle using their hands and feet only on the designated poles, ringing the completion bell at the end with their hand.

RETRY LANE: Yes

56. SABRETOOTH

DESCRIPTION: Monkey-bar type traverse with various configurations of hand elements.

SUCCESSFUL COMPLETION: Athletes will use only their hands to swing from various elements and touch the completion bell at the end with their hand.

PROHIBITED ACTIONS:

- Using feet on any element.

RETRY LANE: Yes

57. FORCE 5 RIG 2

DESCRIPTION: Rig-style obstacle with various hanging elements to be used as hand-holds.

SUCCESSFUL COMPLETION: Athletes will use only their hands to swing from various elements that swing, sway, and rotate and touch the completion bell at the end with their hand.

PROHIBITED ACTIONS:

- Using feet on any element.

RETRY LANE: Yes

58. FORCE 5 LOW RIG

DESCRIPTION: Rig-type obstacle that is very close to the ground with suspended hand and foot elements.

SUCCESSFUL COMPLETION: Athletes will traverse the entire length of the obstacle using their hands and feet on various different types of hanging elements, touching the completion bell at the end with their hand.

RETRY LANE: Yes

59. ISOTOPE

DESCRIPTION: Obstacle involving leaping from platform to platform using affixed safety bars.

SUCCESSFUL COMPLETION: Athletes must leap from a platform to another and catch themselves on an affixed horizontal safety bar, then slide down a pipe to finish the obstacle.

RETRY LANE: No

60. FIREPOLE SLIDE

DESCRIPTION: Structure to climb up and slide down using a pole.

SUCCESSFUL COMPLETION: Athletes climb up the backside of a container, traverse the top and then grab a pole and slide down.

RETRY LANE: No



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61. NINJA RINGS

DESCRIPTION: Horizontal traverse with hand rings.

SUCCESSFUL COMPLETION: Athletes pick up (2) rings and use them to traverse to the opposite side of the obstacle, and then return both rings to where they picked them up.

PROHIBITED ACTIONS:

- Not returning hand-held rings to designated area.
- Use of feet is prohibited

RETRY LANE: Yes

62. MUD HILLS

DESCRIPTION: Terrain based obstacles with or without ascent/descent aids.

SUCCESSFUL COMPLETION: Athletes must successfully walk, climb, or crawl from the beginning of the obstacle to its completion.

RETRY LANE: No

63. NUCLEAR SUMMIT

DESCRIPTION: Terrain based obstacles with or without ascent/descent aids.

SUCCESSFUL COMPLETION: Athletes must successfully walk, climb, or crawl from the beginning of the obstacle to its completion.

PROHIBITED ACTIONS:

- Using any part of the sides (outside the muddy area) to complete the obstacle.

RETRY LANE: No

64. SNAKE PIT

DESCRIPTION: Hanging rope traverse.

SUCCESSFUL COMPLETION: Athletes will use their hands and feet to swing from ropes and various other elements and touch the completion bell at the end with their hand.

RETRY LANE: Yes

65. QUARTER PIPE

DESCRIPTION: Curved vertical wall toward oncoming athlete. Note: May have a rope assist.

SUCCESSFUL COMPLETION: Athlete must successfully go up and over the wall.

RETRY LANE: No

66. SKULL VALLEY

DESCRIPTION: Rig-type obstacle featuring skull-shaped climbing holds and other various hanging elements.

SUCCESSFUL COMPLETION: Athletes will use only their hands to swing from various elements that may swing, sway, and rotate and touch the completion bell at the end with their hand.

PROHIBITED ACTIONS:

- Using feet on any element.

RETRY LANE: Yes

67. FORCE 5 OVER/UNDER

DESCRIPTION: Metal obstacle featuring slightly inclined poles attached to a pegged A-frame in the center and finishing with descending metal poles.

SUCCESSFUL COMPLETION: Athletes will step up to the line and place their hands and torso on the top of the inclined poles, using their hands to slide forward and then swing their body under the poles, supported by hands and feet. They will then shimmy to the pegged A-frame section of the obstacle and continue progressing forward using hands and feet, and advance to the descending metal poles where they will return their body back on top of the poles before completing the obstacle by advancing beyond the white line.

RETRY LANE: Yes

68. GIBBONS

DESCRIPTION: Rig-type obstacle featuring unique hanging elements that require placing hand-held rods inside each element to traverse.

SUCCESSFUL COMPLETION: Athletes will pick up (2) hand-held rods and traverse across the entire length of the obstacle by placing hand-held rods inside each hanging element and ringing completion bell before returning both hand-held implements to the designated area.

PROHIBITED ACTIONS:

- Using feet on any element.
- Not returning hand-held rods to designated area.
- Failing to return both of their hand-held rods to the designated location.

RETRY LANE: Yes

69. TRIUMPH

DESCRIPTION: A traverse obstacle featuring multiple flat and angled platforms, may also feature ropes, bar traverse, and/or cargo nets.

SUCCESSFUL COMPLETION: Athletes must leap from a platform to another and catch themselves on an affixed horizontal safety bar, then complete the remaining swing, climb, or traverse elements to finish the obstacle.

RETRY LANE: No

70. SKITCH

DESCRIPTION: Rig-type obstacle with suspended bars that utilizes removable hand-held hooks.

SUCCESSFUL COMPLETION: Athletes will pick up (2) hand-held hooks and attach them to the suspended bars. Athletes will traverse the entire length of the obstacle while holding onto the two hand-held hooks they began the obstacle with, and touch the completion bell at the end with their hand. Athletes must then return both of their-hand held hooks to the designated location.

PROHIBITED ACTIONS:

- Failing to return both of their hand-held hooks to the designated location.
- Use of feet is prohibited

RETRY LANE: Yes

71. NUCLEAR YOKE CARRY

DESCRIPTION: Weighted carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION: Athletes must carry a tube with weighted elements on both ends across both shoulders through the prescribed course, returning the yoke to where they picked it up.

PROHIBITED ACTIONS:

- Throwing, Rolling, dragging, sliding, or intentionally dropping forward / downhill.
- Returning yoke to any location other than where it was picked up at the beginning of the obstacle.

RETRY LANE: No

72. EQUILIBRIUM

DESCRIPTION: Wooden structure featuring logs of various sizes, positions, and orientation.

SUCCESSFUL COMPLETION: Athletes must cross the entire obstacle by stepping on the first log and not coming in contact with the ground before exiting the far end of the obstacle.

RETRY LANE: No

73. WEAVER

DESCRIPTION: Structure with horizontal bars that athletes have to weave over and under.

SUCCESSFUL COMPLETION: Athlete must alternately go over & under successive horizontally mounted beams by starting over the first bar and finishing over the last bar.

RETRY LANE: No

74. TUBES

DESCRIPTION: Crawl through tubes containing water and mud.

SUCCESSFUL COMPLETION: Athletes must complete the crawl from one end of the tube to the other.

RETRY LANE: No

75. RAMP WALL

DESCRIPTION: 14 foot high wooden A-frame structure with ropes.

SUCCESSFUL COMPLETION: Athletes must run up the wall to grab the hanging ropes and use the ropes to climb up and over the wall, descending the ladder structure on the back to return to the ground. During Team Race, team members are allowed to assist each other up and over the wall.

RETRY LANE: No

TEAM RACE ADDITIONAL OBSTACLES

ATLAS BALL CARRY

DESCRIPTION: Weighted carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION: Athletes will pick up weighted ball and complete one loop of the prescribed course, returning the Atlas Ball back to where they were picked up.

PROHIBITED ACTIONS:

- Throwing, Rolling, dragging, sliding, or intentionally dropping forward / downhill.
- Returning ball to any location other than where it was picked up at the beginning of the obstacle.

RETRY LANE: No

URANIUM RODS

DESCRIPTION: Weighted metal tube connected to a chain drag with climb and mudpit elements.

SUCCESSFUL COMPLETION: The athlete drags the rod on the prescribed course back to the start of the obstacle.

PROHIBITED ACTIONS:

- Carrying the Uranium Rod
- Returning rod to any location other than where it was picked up at the beginning of the obstacle.

RETRY LANE: No

BOMB CARRY

DESCRIPTION: Weighted bomb-shaped carry with or without wall and crawl elements.

SUCCESSFUL COMPLETION: Athlete picks up the bomb and carries around the prescribed course back to the start of the obstacle.

PROHIBITED ACTIONS:

- Throwing, dragging, sliding, or intentionally dropping forward / downhill.
- Returning rod to any location other than where it was picked up at the beginning of the obstacle.

RETRY LANE: No

100 METER SPRINT GENERAL RULES

1. Priority must be given to overtaking Athletes in later waves.
2. To allow all racers to record a time, a time limit will be imposed per run of 5 minutes.
3. The format is the quickest time posted will determine the winner of the category.
4. There will be the following categories:
 - Top 10 Male under 40
 - Top 10 Male 40+
 - Top 10 Female under 40
 - Top 10 Female 40+
5. Any participant found to be on the obstacles outside of an official timed run will invalidate their ability to record a time across the whole weekend.
6. Only times recorded between 09:00 to 21:00 Friday and Saturday, and 09:00 to 14:00 Sunday will be valid for final positions.
 - Any extension or changes will be posted via OCRWC social media during the weekend and at the start line.
 - There will be a maximum of 4 racers per run.
 - If there are not 4 racers present then a run of 1-3 racers will still be valid.

100 METER SPRINT GENERAL RULES CONTINUED

7. Once a racer is checked in and the timing chip is given, they will be required to wait by the start line.
8. The format allows for racers to choose any lane. Racers must not interfere with other lanes.
 - Racers will be allowed to follow in a lane as long as they do not impede another racer.
9. Only hands will be allowed to ring bells, any use of feet will require the obstacle to be restarted.
10. The participant's hands will be inspected for tar and sticky material before each run; if you have such material on your hands, you will not be allowed to enter the course.
 - Chalk/Liquid chalk will be allowed
11. Any appeal on concern or timing to be lodged immediately after their run the Race Director (RD).
12. The course will remain consistent unless it is deemed by the RD or his representative that there is a safety concern.
13. The course will be tested for fairness and ability prior to the start of the event.
14. RD decision is final.

100 METER SPRINT OBSTACLE RULES**01. OVER UNDERS**

- Racers must alternate over and under the individual elements.
- If a racer goes round any element they will be required to restart the obstacle.

02. CONQUER THE WALL

- Racers must climb over the wall.
- Side supports are not allowed to be used to assist.
- The rope can be used.

100 METER SPRINT OBSTACLE RULES CONTINUED

03. WAVEHANGER

- Racers must use hands only to traverse across the board. If a racer touches the ground before the end of the obstacle, then it must be restarted.
- Racers must ring the bell to complete the obstacle.

04. NET BRIDGES

- Racers must climb up and over the net bridge.
- The side support is not allowed to be used to assist climbing.

05. PIPELINE SPECIAL

- Racers must use the pipes to traverse the obstacle
- If a racer touches the ground before the end of the obstacle, then it must be restarted.

06. MOLE CRAWL OUT

- Racers are to climb up through the obstacle mole holes and down.
- The side structure is not to be used.

07. URBAN SKYNET

ROPE SWING INTO VERTICAL NET INTO A HORIZONTAL NET.

- Racers must use the rope to swing into the net and climb under the inverted net.
- Racers must then transition onto the horizontal net and ring the bell.
- If a part of the body touches the ground then the obstacle will have to be restarted.

08. URBAN SKY SPECIAL COMBO

SPINNER/OVAL/SUPERSNAKE

- Racers must touch the first element and use hands only.
- Racers must ring the bell to complete.
- If a racer touches the ground they have to restart the obstacle from the beginning.

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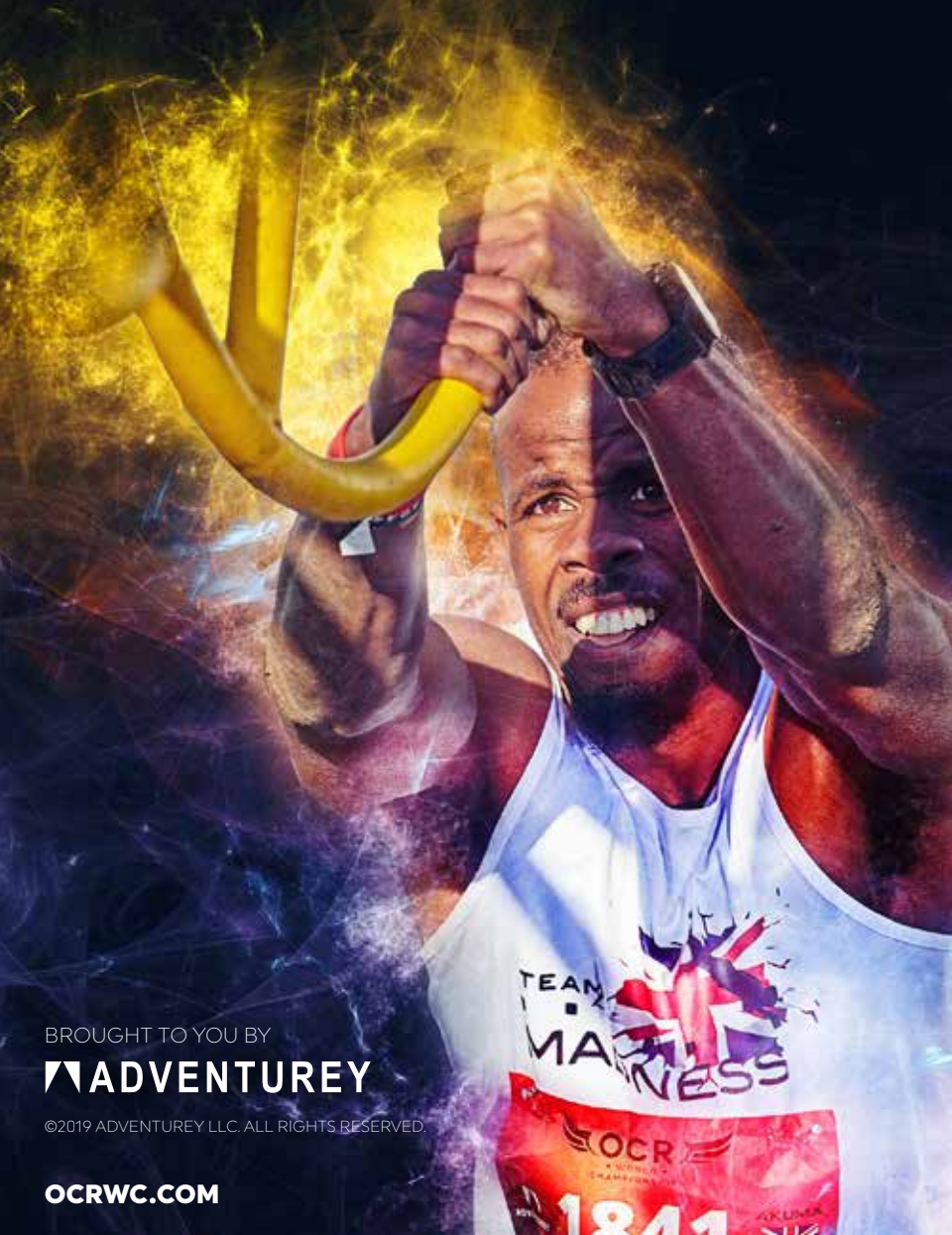
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