



## SAC UK Short Course Time Trial Challenge



### Time Trial Rules

Venue – SAC Ayrshire Newmilns Road Galston KA4 8PA

Dates – Friday 19<sup>th</sup> June – Sunday 23<sup>rd</sup> August 2020

### **PENALTIES: Any failures will occur a 10 Burpee, non-attempts 15 burpees**

- 1) Tyre Carry – Carry Tyre around loop from pick up point until Tyre Island
- 2) Tyre Fast Feet – One foot in each tyre from point A to B whilst hold tyre
- 3) Tyre Island – From point A to B without touching the ground. Use ropes to swing from big tyre to big tyre (must be wide swing as demonstrated by instructor) use small tyres when needed
- 4) Trenches – jump into each trench before climbing out (you can jump over if you think you can make it)
- 5) Tyre Flip x 3 – Males biggest tyre, females slightly smaller tyre, kids car tyre
- 6) Ninja Warrior Rings – Get from A to B using any rings, any technique as long as you don't touch the ground.
- 7) Tunnels – Enter Tunnel and crawl through to other side
- 8) Trenches – Must jump into trench and climb out you cannot jump over
- 9) Spiderwood – Get from A to B through the wire lines in anyway
- 10) Trenches and Army Crawl – Walk across 1<sup>st</sup> beam, jump down into trench climb out and then crawl under both logs.
- 11) Water Splash – Get from A to B through Water
- 12) Monkeybars over water – Complete Monkey Bars (first and last bar must be used) Grass verge can be used at first bar only to be able to reach by kids and females

- 13) Muddy Trench Run – Must stay in water trench run entire way until next obstacle (Trapdoor)
- 14) Trapdoor – Get from A to B as fast as you can (must use exit point shown by instructor)
- 15) Army Crawl – Must army crawl lying flat until out the other side of the net.
- 16) Balance Beam – Cross beam must pass instructor to be completed
- 17) Rope Bridge – Cross Rope Bridge using entrance and exit point shown by instructor. Your feet must not touch the ground until obstacle is completed.
- 18) Net Climb – climb over net once fully over you can jump down
- 19) Parade Square – Perform 10 sprint between cones, 10 press ups , 10 tyre squats ( tyre must be held with two hands )
- 20) Commando Crossing- Cross rope using monkey crawl
- 21) Ninja Warrior – Swing from rope onto net then climb up net and down the other side.
- 22) Tyre Walls – Jump over tyre walls (you must clear wall )
- 23) 10ft Wall Climb Over Wall – Females / Kids can use 6ft wall to climb upto 10ft wall
- 24) Fence Climbs – Climb over both fence
- 25) Monkey Bars – Complete monkey bars first and last bars must be used, alternate grip bar section must be completed. You can use a single bar or both bars to complete
- 26) Trenches – Crawl through till end of trenches (can be done crouched down on all 4s)
- 27) Reverse Climb – Climb up and over the net
- 28) Wobbly Bridge – Cross rope bridge
- 29) Tower – Climb tower using rope (any technique can be used) Once on platform come down net side
- 30) Water Splash Finish – Jump into water climb out then run to finish