



SAC UK Short Course Time Trial Challenge

Time Trial Rules

Venue – SAC Aberdeenshire, Crimond Airfield, AB43 8QQ

Dates – Friday 19th June – Sunday 23rd August 2020

PENALTIES: Any failure will occur a 10 burpee, non attempts 15 burpees

1. Up and Over – Climb up, over and climb down
2. Reverse Climb – Climb up and over the net
3. Tyre Carry – Run with tyre to end of road
4. Rope Bridge – Push ups – Adults 10, Kids 5, then cross the Rope Bridge, climb down ladder at end
5. The Walls – Male and Female – Climb over both walls, Kids – Climb over low wall
6. Double Tyre Carry – Carry 2 tyres round box and back to pick up point
7. Monkey Bars – Complete Monkey Bars - First and Last bar must be used
8. Water Net – Cross middle of net to wall. Top bars can not be used
9. Tyre Flip – 3 Full Flips – Men Tractor Tyre, Female Lorry Tyre, Kid Car Tyre
10. The Hole – Run Through hole
11. Commando Crawl – Must lie Flat then crawl remaining flat to next obstacle (trench sprint)
12. Trench Sprint – Run to end
13. Tyre Step – High Knees, must step every tyre
14. Ninja Warrior – Jump Every platform
15. Long Jump – Must jump over the hole
16. Double Bridge Cross – Walk across bridge, with jump in middle to cross over
17. Single Bridge – Walk along bridge to cross
18. Blue Rope – Climb Rope to top
19. Balance Beam – Cross from A to B



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20. Tunnels – Enter Tunnel and crawl through to other side
21. Tricky Trio – Cross from A to B on Hands and Knees
22. Sand Crawl – Crawl through Sand under net flat on belly
23. Cliff Hanger – Cross using only hand and feet holds
24. Double Tyre Roll – Crawl under tyres
25. The Pit – 15 Squats – Hands behind head, bend knees for full squat
26. The Log – Crawl under log
27. Undernet – Crawl Under Net
28. The Ditch – Jump in, Climb out
29. Rope Swing – swing across to next island
30. High Low Rope – Cross using Hands on high rope, feet on low rope
31. Finish Sprint – Sprint to Finish Line