



# ULTIMATE ATHLETE OBSTACLE COURSE RACE

## COURSE MAP SAT 12TH APRIL 2025

**3KM**      **6KM**      **10KM**  
**20 OBSTACLES**      **20 OBSTACLES**      **40 OBSTACLES**



### COURSE KEY

3KM, 6KM & 10KM COURSE  
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## OBSTACLE KEY

- 01. LOW WALL
- 02. LOW A FRAME
- 03. CARGO NET
- 04. 6 FOOT WALL
- 05. ZM MONKEY BARS
- 06. SANDBAG CARRY (15KG / 400M)
- 07. INDUSTRIAL ATHLETIC WALL BALL (6KG / 2.6M / 15 REPS)
- 08. AFLEX WEB
- 09. BALANCE BEAMS
- 10. WALL TRAVERSE
- 11. JERRY CAN (20KG / 200M)
- 12. DESIGN JUICE SEESAW
- 13. BRANDT ROPE WALL
- 14. McLEOD CRANES A-FRAME ROPE WALL
- 15. UNDER ARMOUR INVERTED WALL
- 16. TUNNEL
- 17. TYRE FLIP X 2
- 18. UNDER AND OVER
- 19. INDUSTRIAL ATHLETIC SAND SLED PULL (40KG / 30M)
- 20. RED BULL WARPED WALL

3KM COURSE turn where indicated after Obstacle 16

**3KM COURSE FINISH!**

6KM COURSE turn for base track loop after Obstacle 16

**6KM COURSE FINISH!**

10KM COURSE (Base track once only)  
**ALL OBSTACLES AGAIN**

**10KM COURSE FINISH!**

**P. PENALTY LOOP**  
(Positioned after Obstacle 19)

**A. AID STATION**  
(Positioned next to Obstacle 5 & 16)

Note: Obstacles & order are subject to change