

# SWAT ROUND-UP INTERNATIONAL 2017

## EVENT #5 – OBSTACLE COURSE

Friday November 17th, 2017

THIS IS A PHYSICALLY DEMANDING EVENT - COMPETITORS SHOULD COME PREPARED TO COMPLETE THE EVENT

TEAM MEMBERS WILL HAVE THREE ATTEMPTS TO COMPLETE EACH OBSTACLE. IF AFTER THE THRID ATTEMPT A TEAM MEMBER HAS NOT COMPLETED THE OBSTACLE THE TEAM WILL RECEIVE A DNF (DID NOT FINISH) AND THE TEAM MEMBERS WILL BE MOVED TOWARDS THE END OF THE COURSE.

THIS EVENT WILL BEGIN PROMPTLY AT 0800 HOURS

The Obstacle Course requires the team to overcome individual physically challenging obstacles through the application of teamwork and fortitude.

The team will report to the on-deck area prior to moving forward to the Start Line. The event/time will begin with the command “GO.” Each member of the team will successfully traverse each obstacle in order in the following manner:

**NOTE: THESE OBSTACLES ARE SUBJECT TO CHANGE.**

- ***Jacob’s Ladder*** – Each member will “weave” their body over one rung and then under the next one without touching the ground.
- ***Rope Climb*** - Each member will climb the rope to the top and touch the crossbar before descending the rope.
- ***Traverse Wall*** – Each member will use hand and foot ledges to traverse across a flat wall without touching the ground.
- ***Attic Entry*** – Enter up through the opening and exit off any side.
- ***Dirty Name*** - Mount the low cross member in order to jump up to and over the next higher cross member.
- ***12 Foot Wall*** - Assist one another up and over the top of this flat-faced wall with or without the attached length of rope

- **Gorilla Bars** - Each member will use only their hands to negotiate this obstacle.
- **Quint Steps** – Each member will use feet to jump or step a series of five angled platforms to cross the designated area without touching the ground.
- **Rock Crawl** - Enter this obstacle in the low crawl position, staying beneath the upper cover. Proceed through the obstacle while in the low crawl position, exiting at the opposite end.
- **Cargo Net/ Tight Rope** – Climb up and over the bar and then cross a suspended cargo net to the vertical cargo net. Climb over the top of the vertical cargo net and lower yourself onto a tight rope line. Cross the tight rope line to the elevated platform.
- **Pete's Dragon (High Climb Slide)** – Ascend up the platform and descend down the pole to the ground. On the south side of Pete's Dragon, at the second level, will be an erect climbing wall. This obstacle will require two (2) team members to climb a vertical wall using hand and foot holds. The wall will be approximately 10 feet high and slightly inclined. Once the two (2) team members clear the wall, they will clear the last level and descend the pole to the ground.
- **Worm Pit** - Crawl through this muddy pit while remaining under the low tangle wire.
- **Pipe Slide** – Slide through the pipe from one end to the other.
- **Rope Traverse** - Consider this rope a bridge where you must cross over and mount the support cross member in order to mount the rope. Do not touch the ground once you have mounted the obstacle until you have touched the upright vertical support at the far end. One may not be assisted by anyone not actually traversing the obstacle themselves.
- **Tarzan Swing** – Members must use the hanging rope to swing over a designated area without touching the ground and land on an elevated platform.
- **Ranger Logs** – Members must crawl/roll/jump over the top of a series of six logs without using the side posts for assistance.
- **Wall** – Members must ascend a vertical wall with the assistance of team members without the assistance of a rope.

Each and every obstacle **must** be completed as specified herein by all team members. Any team member who moves backward through the course to assist a teammate will repeat each obstacle from that point on to the finish. Once the entire team has completed each obstacle and each team member crosses the Finish Line, the time and event will end.

**TEAM MEMBERS WILL HAVE THREE ATTEMPTS TO COMPLETE EACH OBSTACLE.**

**IF AFTER THE THIRD ATTEMPT A TEAM MEMBER HAS NOT COMPLETED THE OBSTACLE, THE TEAM WILL RECEIVE A DNF (DID NOT FINISH) AND THE TEAM MEMBERS WILL BE MOVED TOWARDS THE END OF THE COURSE.**