



ABC Challenge - Course Design 2022

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Union City & Jonesville

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Warm Up—Fortitude
Strength and Conditioning
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2022 ABC Challenge Obstacle Course Layout

1	Pyramid bales of hay 3 + 2 + 1
2	Dally Tirz
*3	Hill Climb
4	Round Bales of Hay
*5	Mud Crawl/netting scrap the topsoil and rototill
*6	Mud pit with poles and tires
7	Little (2) Wooden Walls
8	Pyramid Hay Hill
*9	Tree swing/pool
10	Sand bag carry
*11	Muddy trench covered with snow fencing
*12	Mud Hill
*13	Tube crawl in a muddy pit
14	Tree Swing—part 2
15	Ninja hops
*16	L shaped covered mud trench
17	Hay bale pyramid—large
18	Big Wall
19	NEW ITEM—Teeter Totter
*20	Slip n Slid
21	Big Wooden climbing walls
22	Big Wall Pyramid
23	Hay bale climb between trees
*24	Mud pit with ABC climbing wall
*25	Telephone pole pit
26	Pyramid bales of hay 3 + 2 + 1
*27	Steeplechase/Small Tire muddy run
*28-29	20' Muddy Trench—4' muddy hill at the end
*30	Big Truck Tires
*31	Big Hill Tube Slide down into pool/Finish Line

* Wet and Muddy