

5 - Learning the OC

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Learning the Women's Tri-Fitness & MOCC Obstacle Course
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Photos By Split-Vision Photography

The Women's Tri-Fitness and Men's Obstacle Courses are 160 yards in length. It is comprised of the following obstacles:

10 Foot Wall

The starting line is 10 yards from the wall. The following is the breakdown for conquering this obstacle:

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Approach – Most people use 5 or 6 strides to approach the wall.

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Takeoff – This is the point where you would elevate yourself up in the air; look the rope into your hand and propel yourself toward the top.

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Climb – Keep your hands moving as soon as they hit the rope; your chest should be parallel with the wall and elbows bent (avoid leaning back).

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Kick up – When your hands reach the height of where the rope comes out of the wall, kick your most flexible leg up on top of the wall (try and land your calf on top and keep chest and chin upwards, thus avoiding dropping your butt!). Once the leg is on the wall, reach up with one arm grabbing the top of the wall and pull body into seated position.

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Hurdle step – Now that one leg is over, swing the other leg over like the trail leg in the hurdles (pull knee under armpit) and begin your descent.

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Landing – Land with knees slightly bent shoulder width and toes out; keep your back straight and eyes straight ahead.

After landing, rebound off the mat and begin your approach on the running grid.

Running Grid

The running grid is 15 feet long and 9 inches high. There are 12 squares – 6 on the left and 6 on the right. Your left foot goes in left squares and right in right.

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Approach the grid quickly but under control.

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Pump your arms in the same motion as when you are running. Keep your feet close to the ground.

Incline Decline Monkey Bars

There are 8 rungs going up and 8 down. It is important to maintain good body alignment. Remember, the shortest distance between two points is a straight line – so stay straight. You must touch every bar so following these techniques:

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Hit the risers with one leg and reach for the “second” rung while just grazing the first rung with your opposite hand.

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Stay wide (shoulders square) and alternate your hands on the bars while bicycling your knees. Staying wide will keep your legs inside your arms thus eliminating the “wobble.”

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Slap the last rung with your fingers as you finish the bars.
Balance Beam

The balance beam is 12 feet long and is only a few inches off the ground.

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Sprint across the beam using only 2 or 3 steps.

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Keep eyes focused on the end of the beam (do not look downward).

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Clear the 3 foot line at the end of the beam.

Cargo Net

The cargo net is 15 feet high and you must have control of the net when you go over.

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On your approach, drive your knees upward and land on the 2nd rope. Run up the net like you would run up a ladder. When your feet hit the second to top rope you will begin your forward roll.

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Forward Roll – Reach over and grab the top rope with both hands in bicep curling position (palms up). Your head will be in alignment with the vertical rope (will help prevent you from putting your head through the rope. Start a forward roll over the top – squeeze your abs and bend your elbows (make yourself into a ball). Make sure you squeeze your hands. As you come out of the roll, slowly straighten your arms and legs. Use your legs to propel yourself off the net. Land the same way as the wall and rebound.

Shuttle run

The shuttle run is the end of the first half of the course and the beginning of the second half. This is the transition which leads to the last 75 yards of the course.

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Sprint to the baton (it is 10 yards away from the cargo net). Approach the baton low and reach for it with your right hand (look it into your hands – like a football.) Immediately switch it to your left hand as you cross step and bring it towards the riser 5 yards from where you picked it up. It is recommended you use your opposite hand to brace the ground to avoid sliding. Look the baton into the riser!

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Sprint around the cone and towards the first hurdle (10 yards away).

Hurdles

There are 3 hurdles (30 inches high) with the first one being 10 yards from the cone; the distance between the next two hurdles is 15 feet.

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Try and avoid chop stepping when approaching the hurdles and be aggressive.

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Try and alternate legs on the second hurdle thus doing it in 2 steps.

Steeple Chase Jump

The steeple chase jump is 20 inches in height with a 5 foot line on the other side of the box. Hit the box in full stride and only touch it with one foot. After crossing the line you have a 25 yard sprint to the under bar.

Under Bar

The under bar is 36 inches high. You will be 140 yards into the obstacle course when you approach this obstacle. Use the following technique to insure clearance thus avoiding a 2 second penalty for dislodging the bar.

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As you approach the bar, place the palm of your trail hand or both hands on the ground and bend your knees.

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Push off the trail hand and come out of the squat under like coming out of the starting blocks in a track meet.

You now have 10 yards to the last obstacle, the over bar.

Over Bar

The over bar is 40 inches and has a high jump pad on the opposite side. The safest way is to "dive roll" the bar. For the super advanced, the hurdle over the bar is an option.

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Approach the dive roll in full stride and try to avoid any chop steps. Punch off both feet with arms at 1:00.

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Push off the pad and towards the finish line.

Hurdlers have the option of moving the pad.

Clear the bar as there is a 2 second penalty for dislodging it.

Finish Line

The finish line is 10 yards from the over bar so make sure you sprint across it. So many competitors are thrilled once clear the over bar and completed all the obstacles; but remember, there is 10 more yards to go. Remember to cross the finish line before you start celebrating!

* Hint – act like the finish line is 10 yards behind the actual one, thus making you sprint through it.

Penalties

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Wall – run around it – 15 seconds; attempt (both hands on rope and both feet hit wall board) – 10 seconds.

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Grid – 1 second per each rung missed.

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Monkey bars – run around – 15 seconds; touch the first 3 and drop – 10 seconds; or 1 second for each bar missed (example: miss the last 3 bars – 3 second penalty).

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Beam – 1 second for each step off the beam and 1 second for not clearing the line.

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Cargo Net – 15 seconds for running around it.

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Shuttle – 1 second for missing the baton in the riser; 1 second for not running around the cone; 5 seconds for not attempting to execute the shuttle.

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Hurdles – 2 seconds for not clearing; 1 second for hooking with one leg; Knocking a hurdle over or hitting it is NOT a penalty.

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Steeple – 1 second for not clearing the line; 1 second for not touching the box.

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Under – 2 seconds for dislodging the bar.

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Over – 2 seconds for dislodging the bar.

Your time is calculated into with this formula (all our events are on the 10.0 scoring system similar to gymnastics).

$200 (\text{minus}) \text{ time (divided) by } 15.85 = \text{score}$

Do not practice any of these techniques without the proper coaching, spotting, matting, and equipment. It is highly

recommended you attend a Tri-Fitness training camp.