

Training: Obstacles 1-5 (not 6); gates A-C

updated Nov 1, 11:30 am



Compulsory Turning Flags (Marathon)

Training Gates & Obstacles		
Start	2K	G26
G1	G14	G27
G2	G15	G28
Obstacle 1	G16	G29
G3	G17	Obstacle 5
G4	Obstacle3	5K
1K	G18	G30
G5	3K	G31-G34
G6	G19	G-35
G7	G20	5.24K
G8	G21	Finish
G9	G22	
G10	G23	
G11	Obstacle 4	
G12	G24	
Obstacle 2	4K	
G13	G25	