

## Military Obstacle Course Layout and Running



The photo above was taken from the top of the MMA tower and shows the military obstacle course shortly after construction was completed. The course runs south to north and is 300 feet from the first event on the south end to the ropes at the end of the course. The course is 24 feet wide and has two lanes for participants to run. The descriptions below are of all of the obstacle course events from #1 on the south end to #14 (refer to picture).



Events #1, 3, 5, 7, 9, 11 and 13: Low Jumps – These events are low hurdles that are constructed from telephone poles. The top log of the hurdle is 2 1/2 feet high. Participants may jump or vault over the hurdles. These events are spaced between the other events throughout the obstacle course.

# Obstacle Course Specs

**Yijin Wang**



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