

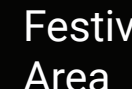
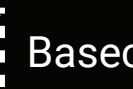
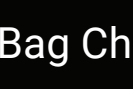
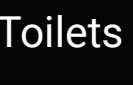


SPARTAN®

SEATTLE TRIFECTA

SEPT. 19-20, 2026 | MEADOW WOOD EQUESTRIAN CENTER

KEY

-  Sprint Course
-  Super Course
-  Beast Course
-  Festival Area
-  Basecamp
-  Kids 1 km
-  Kids 1.5 km
-  Kids 3 km
-  Kids Area
-  Parking
-  *Obstacle
-  Water
-  Reg/Info
-  Volunteers
-  Bag Check
-  Merch
-  Food Vendors
-  Beer
-  Medical
-  Toilets

OBSTACLE GUIDE

- 1

4' WALL / OVER WALLS

2

HURDLES

3

LOG CARRY

4

MONKEY BARS

5

6' WALL

6

ATLAS CARRY

7

INVERTED WALL

8

STAIRWAY TO SPARTA

9

IRISH TABLES

10

CHAIN CARRY

11

OUT'S

12

TWISTER

13

PLATE DRAG
- 14

7' WALL
- 15

OLYMPUS
- 16

BENDER
- 17

8' WALL
- 18

SANDBAG CARRY
- 19

BARBED WIRE CRAWL
- 20

TILTING LADDERS
- 21

ROLLING MUD
- 22

DUNK WALL
- 23

SLIP WALL
- 24

MULTI-RIG
- 25

SANDBAG CARRY

26

BARBED WIRE CRAWL #2

27

BARBED WIRE CRAWL #3

28

BUCKET CARRY

29

ARMER

30

VERTICAL CARGO

31

HERCULES HOIST

32

TYROLEAN TRAVERSE

33

Z WALL

34

SPEAR THROW

35

ROPE CLIMB

36

A-FRAME CARGO

ELEVATION PROFILES

