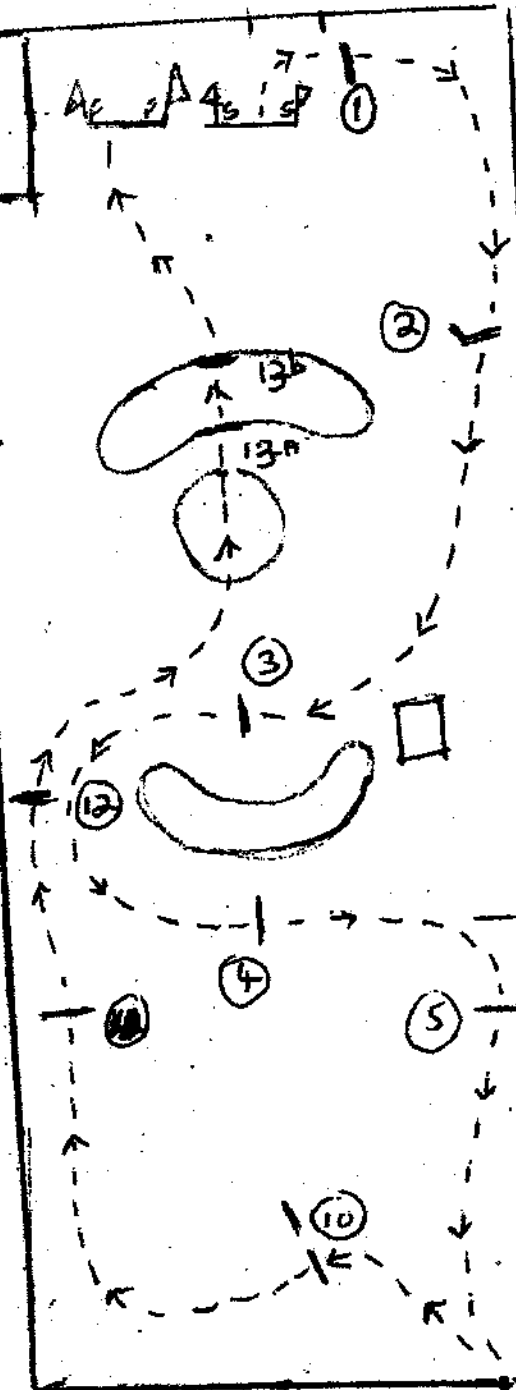


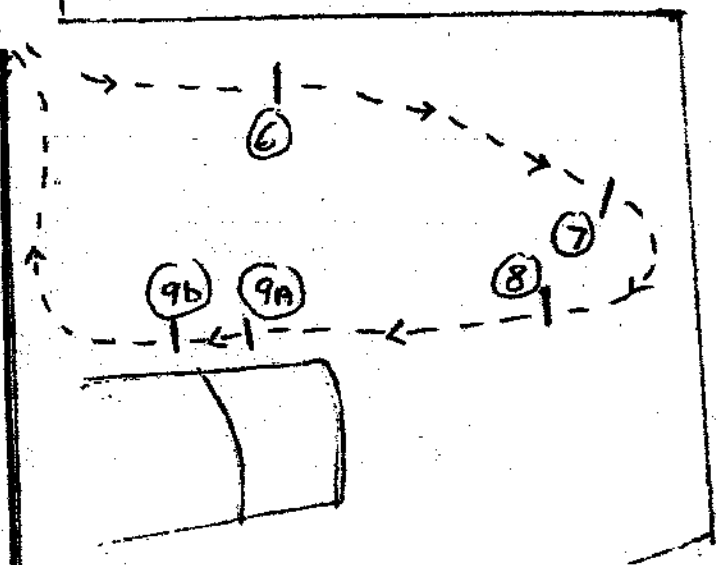
Level	Speed mpm	Distance meters	Optimum Time min:sec	Maximum Time min:sec
60cm	400	1400	3:30	7:00
70cm	420	1460	3:29	6:58
80cm	435	1620	3:44	7:28
90cm	450	2025	4:30	9:00
100cm	490	2290	4:41	9:22

WARM
UP

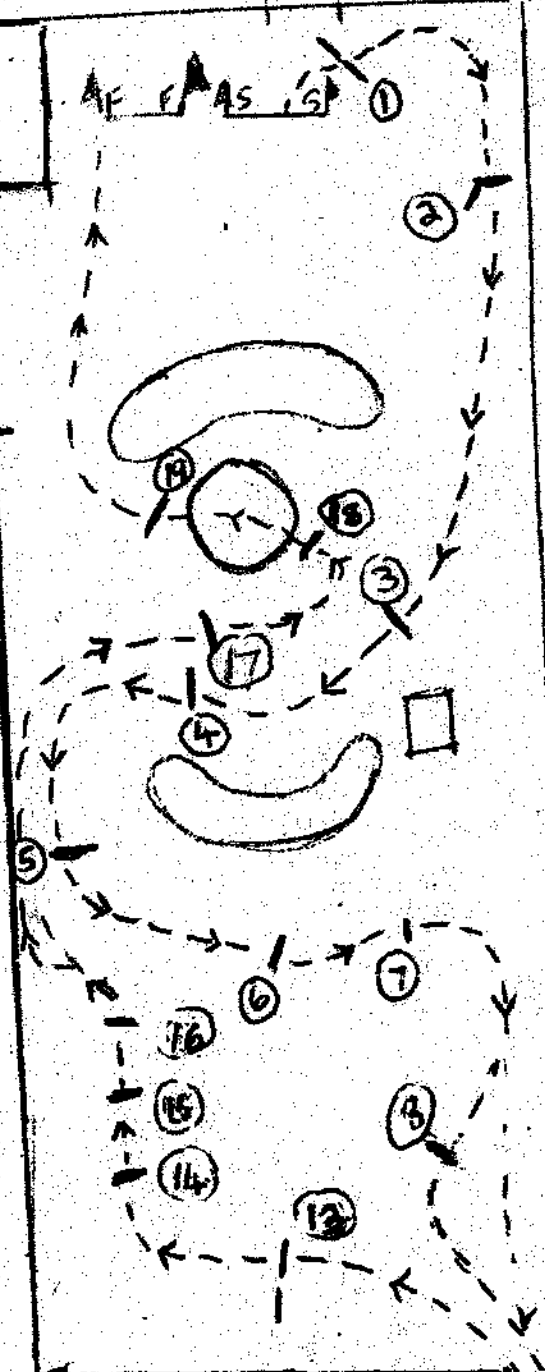


60cm Yellow Course

- 1.) A frame
 - 2.) Black Boxes Flirts Corner
 - 3.) Little Red Hen House
 - 4.) Blue Drums
 - 5.) Tyre Garden
 - 6.) Log & Sacks
 - 7.) Zebra
 - 8.) Log Pile
 - 9a.) Ladders
 - 9b.) Ladders
 - 10.) Woodchopper's Log Pile
 - 11.) Pipes
 - 12.) Log Pile
 - 13a.) Bank up
 - 13b.) Bank Down
- Finish

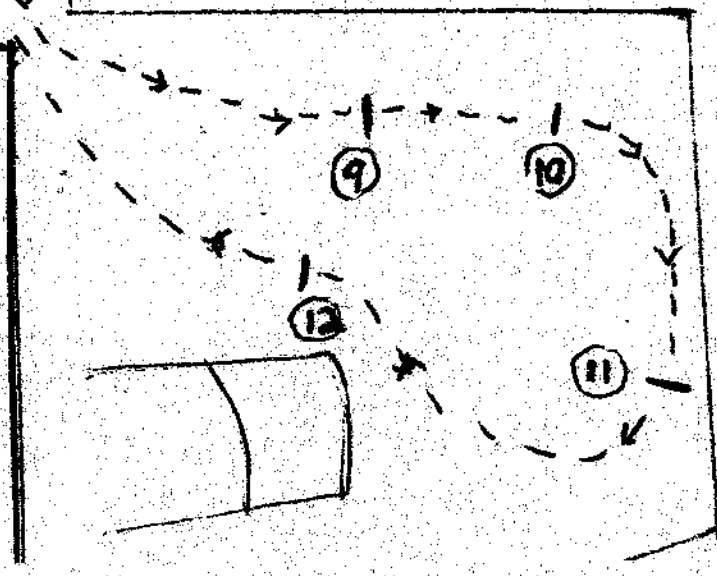


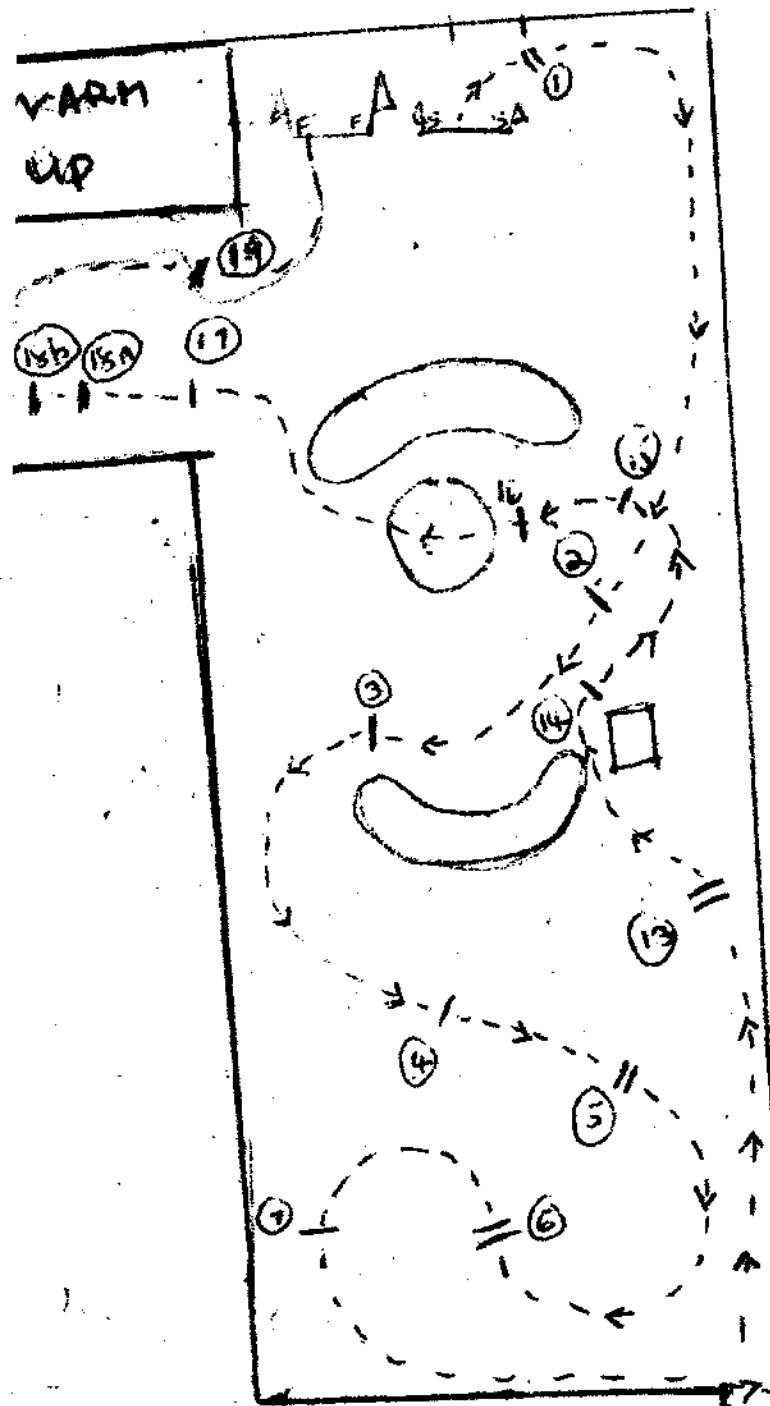
WARM UP



70cm Red Course

- 1.) A frame
 - 2.) Oxer
 - 3.) Black Tyres
 - 4.) Bench
 - 5.) Blue & White Drums
 - 6.) Oxer & Sacks
 - 7.) Skinny Log
 - 8.) Fish Tank
 - 9.) Bench
 - 10.) Skinny
 - 11.) Cheese Wedge
 - 12.) Black Tyres at the Dam
 - 13.) Mum for Men
 - 14.) The Tyre Gauntlet
 - 15.) The tyre Gauntlet
 - 16.) The Tyre Gauntlet
 - 17.) Ditch
 - 18.) Water complex
 - 19.) Log out of Water
- Finish

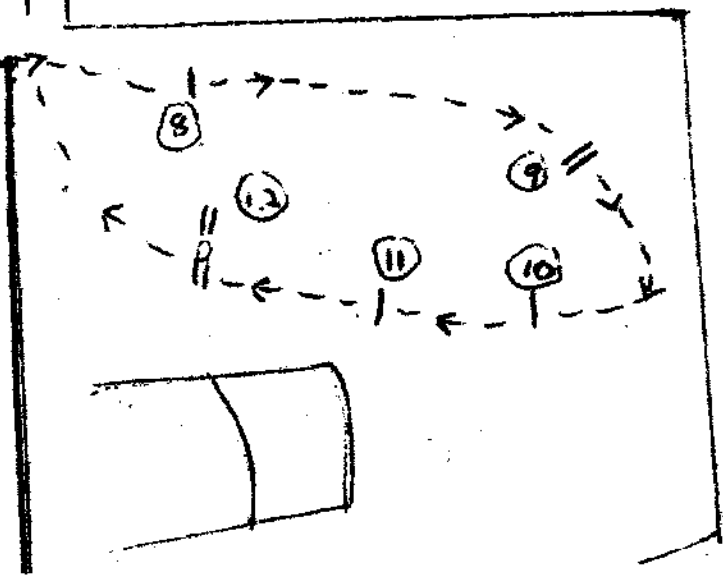


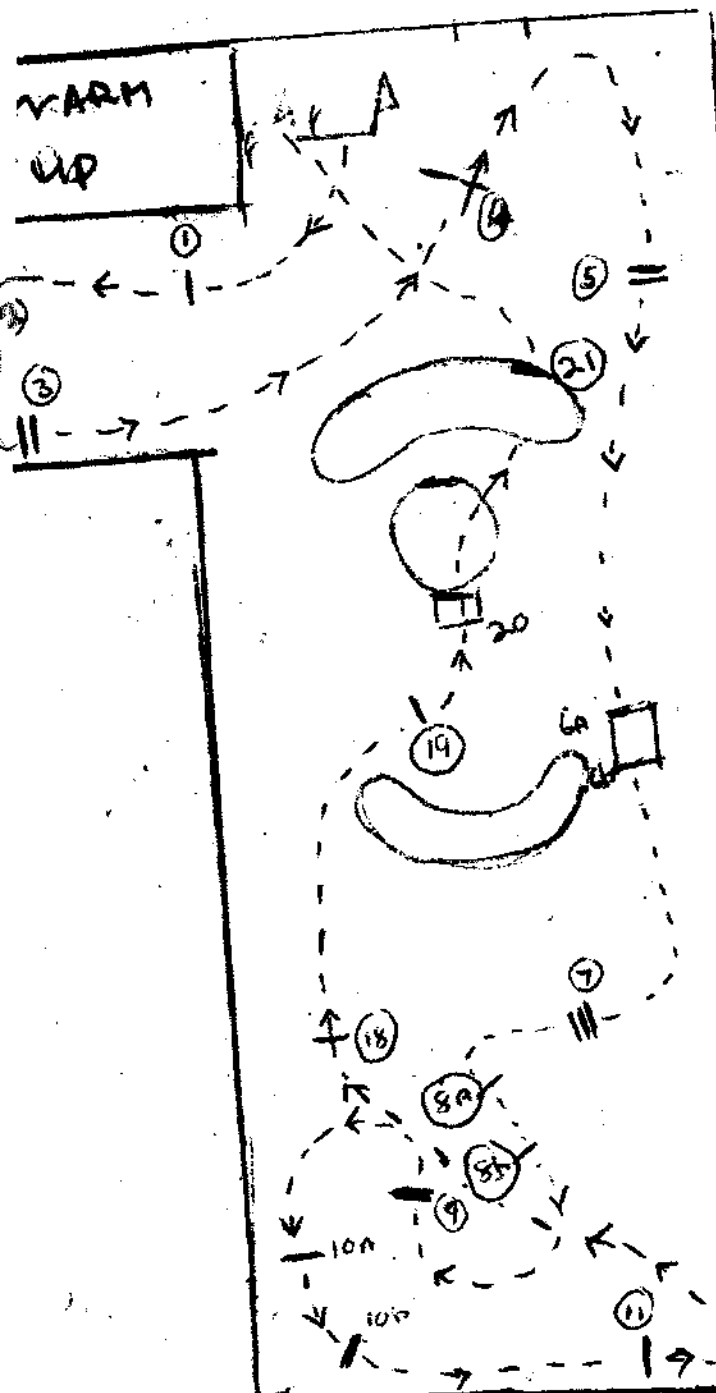


80cm Blue Course

- 1.) Oxer
- 2.) Two Fishers
- 3.) Brush
- 4.) Roll Top
- 5.) Sacks & Oxer
- 6.) Andy's Jump
- 7.) Summer Flower House
- 8.) Brush
- 9.) Blue Drums
- 10.) Bamboo
- 11.) Double of Skinny's
- 12.) Fourways Team Jump
- 13.) Oxer
- 14.) Hole in the Wall
- 15.) Roll Top
- 16.) Wall into the Water Complex
- 17.) Brush
- 18a.) Log Pile
- 18b.) Black and White Brush
- 19.) French Connection

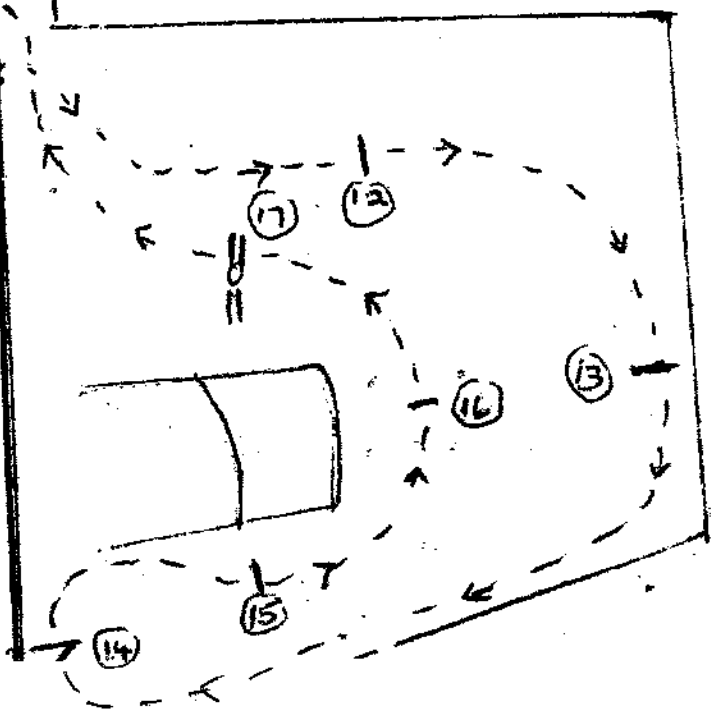
Finish



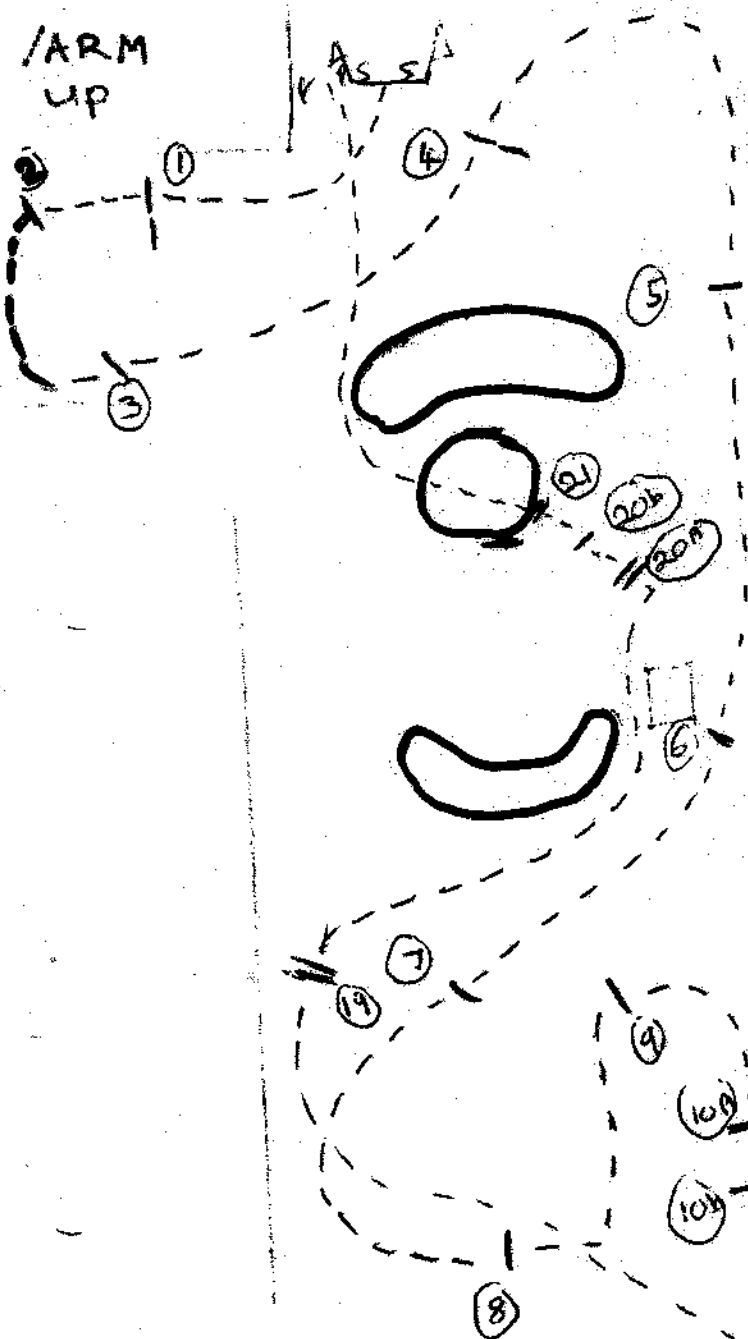


90cm Green Course

- 1.) Tyres
 - 2.) Slanter over Ditch
 - 3.) Oxeer and Black Drums
 - 4.) Bench
 - 5.) Oxeer at Flirts Corner
 - 6a.) Barn Owls Wall
 - 6b.) Barn Owls Oxeer
 - 7.) White Rails
 - 8a.) White Slanted Logs
 - 8b.) White Slanted Log
 - 9.) Ditch & Rails
 - 10a.) Pete's Corner
 - 10b.) Pete's Corner
 - 11.) Oxeer
 - 12.) Green Drums
 - 13.) A frame
 - 14.) Cheese Wedge
 - 15.) A Frame & Brush
 - 16.) Roll Top
 - 17.) Fourways Team Jump
 - 18.) Tyres
 - 19.) Ditch
 - 20.) Rails into Water Complex
 - 21.) Bank Down
- Finish



ARM UP



1m Black Course

- 1.) Tyres
- 2.) Ditch at Nursery Mans Corner
- 3.) Brush
- 4.) Bench
- 5.) Giant Log
- 6.) Northern Farms Skinny
- 7.) Purple Animal Jungle
- 8.) Wood Choppers Log Pile
- 9.) House
- 10a.) Paiges Complex
- 10b.) Paige's Complex
- 11.) Giant Oxer
- 12.) French Connection
- 13.) Roll Top
- 14.) Skinny Log at the Dam
- 15.) Cheese Wedge
- 16.) A Frame & Brush
- 17.) Purple Roll Top
- 18.) Tyre Oxer
- 19.) Giant Log
- 20a.) White Triple Bar
- 20b.) Skinny
- 21.) Wall into water complex

Finish

