ORPAT COURSE

Date:_____

Name:_____

		STAG	- 4	14/-	Warning			Donaltu			Add ad Time				
		VV	arning		Penalty			Added Time							
	Balance Beam (start over)														
•	5-Foot Jump														
	(5 seconds) Stair Climb														
	(redo)														
	Obstacle Crawl (2 seconds)														
•	18" Jumps			1 st	2 ⁿ	d									
	(2 seconds) 3-Foot Vault														
		(redo))]	
Ι Λ [LAP 1 LAP 2				LAP 3			LAP 4			LAP 5			LAP 6	
			ront		Back		Front			Back			Front		
Da	Dack 1101				Dack		FIOIIL			Back				OH	
			400° DOTATION WALL												
	STAGE 2			-	180° ROTATION					WALL					
			1	2	3	4	5	6	В	В	F	F			
	PUSH														
		PUS	Н												
		PUS													
			L		F	Pass				Fa	ail				
		PUL	L		F	Pass				Fa	ail				
		PUL	L GE 3		F	Pass				Fa	ail				
		PUL	GE 3 y Drag	' Time	F		nalty ⁻	Time			nil Fina	I Tir	me		
	Score	PUL	GE 3 y Drag	· Time	F		nalty ⁻	Time				l Tir	me		
•		PUL	GE 3 y Drag	' Time	F		nalty ⁻	Time				I Tir	me		
•		PUL	GE 3 y Drag	' Time	F		nalty ⁻	Time				I Tir	ne		
	Score	PUL STA	GE 3 y Drag			Per		Time	Date		Fina				