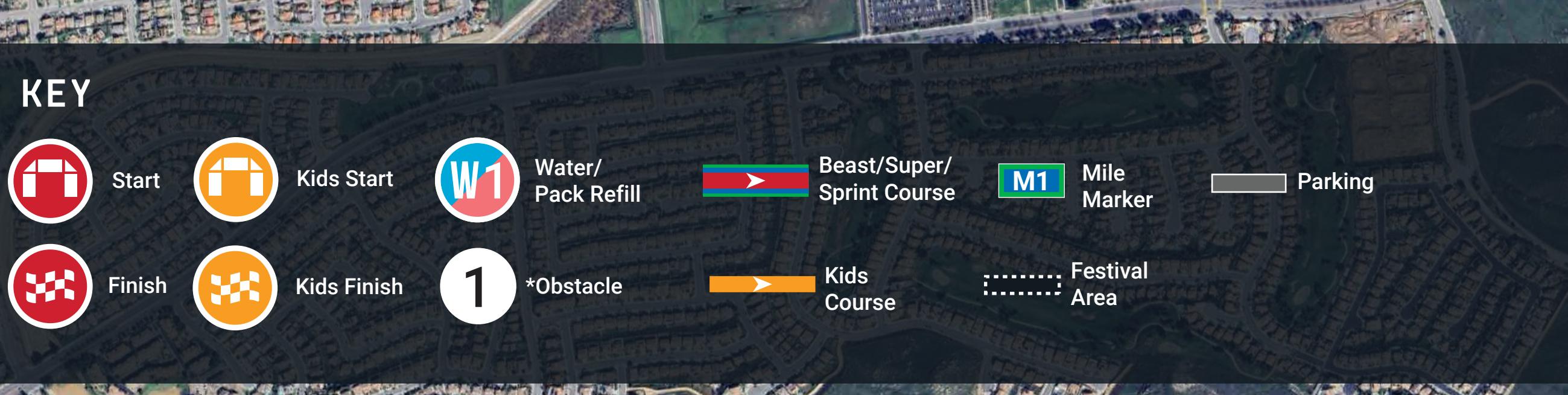




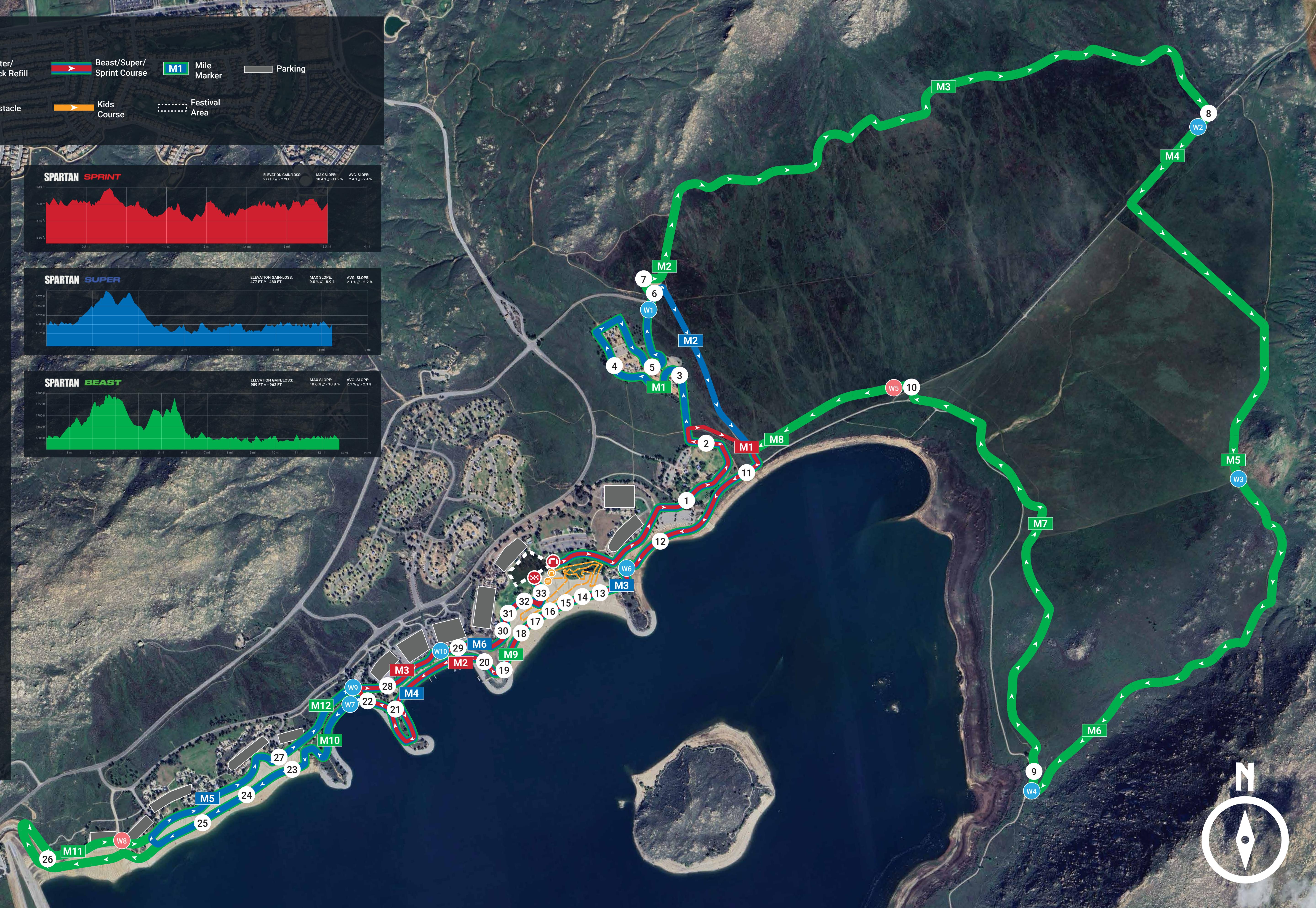
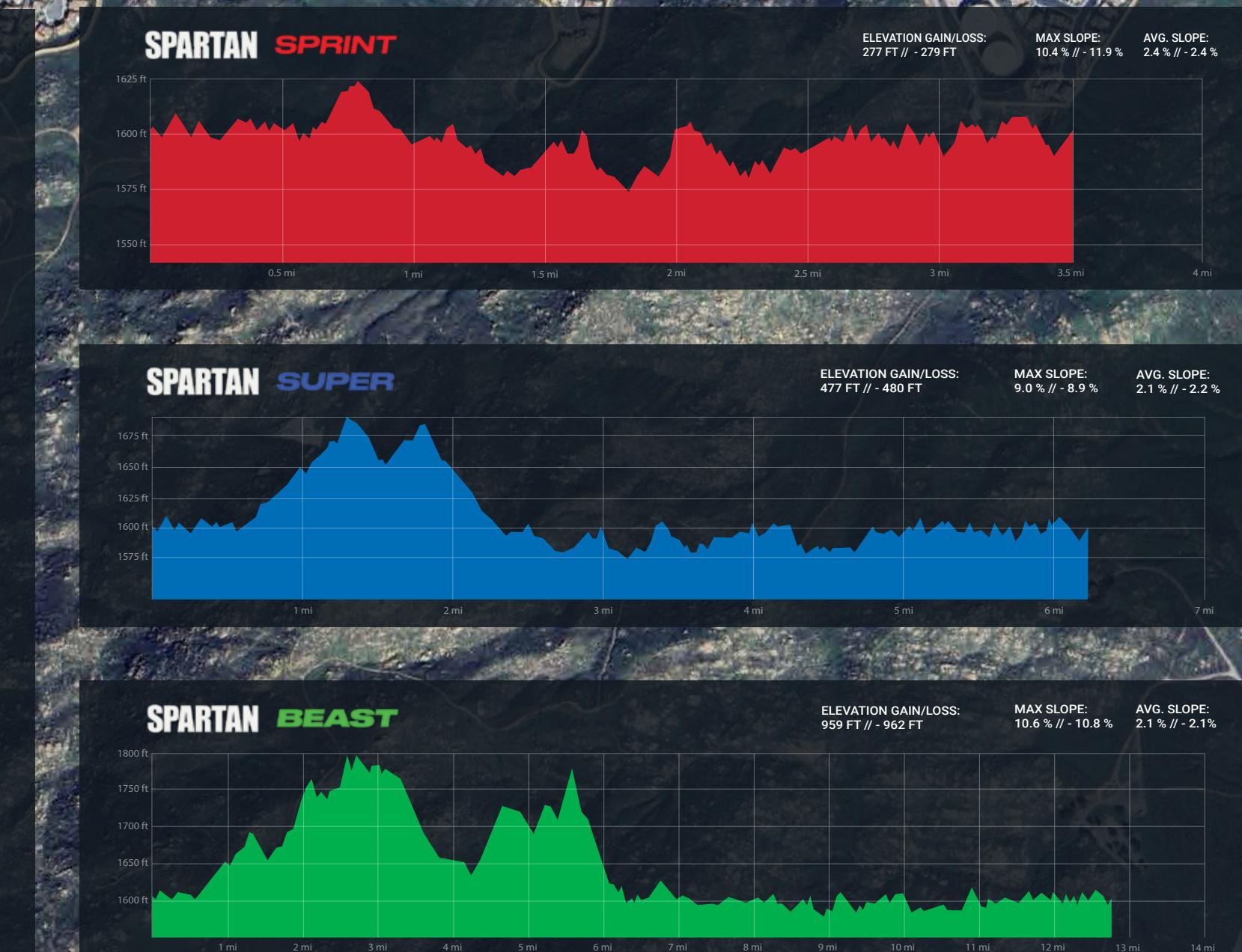
SOCAL TRIFECTA 01/24/26 - 01/25/26

LAKE PERRIS STATE RECREATION AREA



OBSTACLE GUIDE

- 1 HURDLES
- 2 OVER WALLS (4' WALLS)
- 3 HELIX
- 4 BENDER
- 5 STAIRWAY TO SPARTA
- 6 BEATER
- 7 TYROLEAN TRAVERSE
- 8' WALL
- 9 LOW CRAWL
- 10 ARMER
- 11 MULTI-RIG
- 12 BARBED WIRE CRAWL
- 13 BUCKET CARRY
- 14 ROLLING MUD
- 15 DUNK WALL
- 16 CARGO NET GROUND CRAWL
- 17 Z WALL
- 18 ROPE CLIMB
- 19 INVERTED WALL
- 20 SPEAR THROW
- 21 SANDBAG CARRY
- 22 VERTICAL CARGO
- 23 CHAIN CARRY
- 24 TWISTER
- 25 7' WALL
- 26 KAYAK KARRY
- 27 OLYMPUS
- 28 PLATE DRAG
- 29 ATLAS CARRY
- 30 HERCULES HOIST
- 31 A-FRAME CARGO
- 32 SLIP WALL
- 33 MONKEY BARS



Due to the nature of our events this map is subject to change. Detailed maps can be found on the event webpage or onsite at the information tent where applicable.

*Please note obstacles are separated into two categories, Mandatory Obstacles and Pass/Fail Obstacles. Pass/Fail Obstacles consist of single attempt and multiple attempt obstacles. The penalty for Competitive racers (red headbands) on ALL pass/fail obstacles is a penalty loop. The penalty for Open heat racers (black headbands) will be EITHER a penalty loop OR 30 burpees; course signage will indicate which penalty to expect. The Rules of Competition can be found on the Spartan website.