

**FULL COURSE MAP. MEDIA DAY IS ONLY #7 - THE MARINE CORPS OBSTACLE COURSE.**

**LEGEND**

● Obstacle Course

— Course Trail

0 750  
Feet

- 1 Landing Craft - START
- 2 Trench System
- 3 Haybale Mountain
- 4 Low Wall Hurdle
- 5 Rifle Drop
- 6 US Air Force Vertical Wall Climb
- 7 Marine Corps Obstacle Course
- 8 Ditch Crossing
- 9 Beaver Dam
- 10 Sandbag Carry
- 11 Grassy Knoll
- 12 The "Rig"
- 13 Sandbag Carry II
- 14 High Crawl
- 15 Rope Cliff Descent
- 16 Ravine Rope Descent/Ascent
- 17 US Navy SEAL Cargo Net Tower
- 18 US Army Airborne Weaver
- 19 Balance Logs
- 20 50m Mud Crawl
- 21 Ice Bath
- 22 FINISH LINE



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**TUSCALOOSA**

