

HUMVEE Tire Flip

Teams start and finish at A

Teams pull HUMVEE from A to B
(~30 yds)

Teams drop HUMVEE rope and run
the corner from B to C (~20 yds)

Teams pick up 10 normal-sized
tires at C box (male blue, mixed/
female white/red) and carry to D
(~50 yds)

Teams drop tires in D and run to
the tire flip at E (~20 yds)

Teams flip tire from E, to the turn-
around cone, and back to E (50
yds out, 50 yds back)

Teams leave field, grab smaller
tires at D and carry to C

Teams drop smaller tires at C and
sprint to A

* No HUMVEE on return between
B and A

