

Obstacle Information

Ob	stacle	Who	What do you do	Penalty for not completing
1	Just Follow Your Schnauzer!	Dog and Human	Walk the plank	10 Jumping jacks or 10 Dog squats
2	Herd-les	Dog	Clear all three hurdles	5 Sit to downs
3	The Puggle Struggle	Human	Push your barrel down and back, maybe your dog can help?	5 Burpees
4	The Plank Of TERRIER!!	Dog and Human, go one by one or try together!	Teeter Totter	10 Mountain climbers or 10 Dog squats
5	The Bernese Mountain Dog Climb	Dog	Up and down the A-frame	5 Sit to downs
6	SO DOGGONE TIRED!	Dog and Human	Maneuver your pup through the tire field	5 Burpees or 2 Sit waits
7	A-Hound! A-Hound We GO!	Dog and Human	Human lays on the ground and rotates the spool to reel in the object. Harness your dog to the object and return it to the starting position.	10 Crunches or 10 Dog squats
8	Tree-T Hoops	Dog	Get your dog to jump through the hanging hoops at various heights. Must jump through three to continue.	5 Sit downs
9	Aaaa-kita-ya Give Me a Boost Please!	Dog and Human	Climb through the hole	10 Jumping Jacks or 2 Sit waits
10	Step into my Lab-rador	Dog and Human	Foam chaos	No penalty
11	The Heeler Squealer!	Dog and Human	Make it down the slip and slide	No penalty
12	The Dingo Dunk	Dog and Human	Lace those shoes tight and cross the river!	Take the long way around!
13	Poodle-y Noodley	Dog required, Humans at your discretion	Through the noodle archway!	10 Dog squats
14	The Boxer Ring	Dog	Sniff out 5 treats hidden under boxes	Nothing! You already didn't get the treats!
15	Retriever Fever	Human	Human must throw frisbee through hoop	10 Jumping Jacks or 2 Sit waits
16	The Squirrel Chute	Dog required, Humans at your discretion	ALL the way through the tunnel!	10 Dog squats
17	The Down Dog	Dog and Human	Low crawl under the netting	10 Crunches or 5 Sit to downs
18	The Cones of Shame	Dog and Human	Zig zag around the outside of the cones	5 Burpees or 10 Dog squats
19	Dane-r Is Served!	Dog	Get your to place its front paws only up on the table and hold for 5 seconds to get a treat and release.	10 Dog squats
20	Chesapeake Bay Byway	Dog and Human	Another river cross do you still have your shoes?	Take the long way around
21	Shep-Hard, Rest Later	Human	Fill your bucket at least to the line with water, follow the path down the beach and back, and dump the water before continuing.	10 Push-ups
22	New-Found-Land Ahead!!	Dog and Human	Dog and human both hit a bell and jump off ramp to finish	No penalty





See Obstacle Information Sheet for Obstacle Descriptions