



## Notes for Thursday FAST

- \* All obstacles are bi-directional, except as noted.
- \* If there are any bi-directional obstacles in the Send, they must be taken "in flow". Which means to take it from the obvious side/in the obvious direction.
- \* To re-attempt a missed contact, you MUST engage another obstacle first.
- \* Weave poles may be re-attempted in the same direction originally attempted, otherwise, you must engage another obstacle to try for points in the opposite direction.
- \* The start jump must be attempted prior to moving on to the rest of the course and must be taken in the direction indicated.

No extra points for running over the judge :-)

How much time do you have?

**Regular class:**

8" - 38 seconds  
12"/16" - 35 seconds  
20" and up - 32 seconds

**Preferred class:**

4" - 41 seconds  
8"/12" - 38 seconds  
16"/20" - 35 seconds

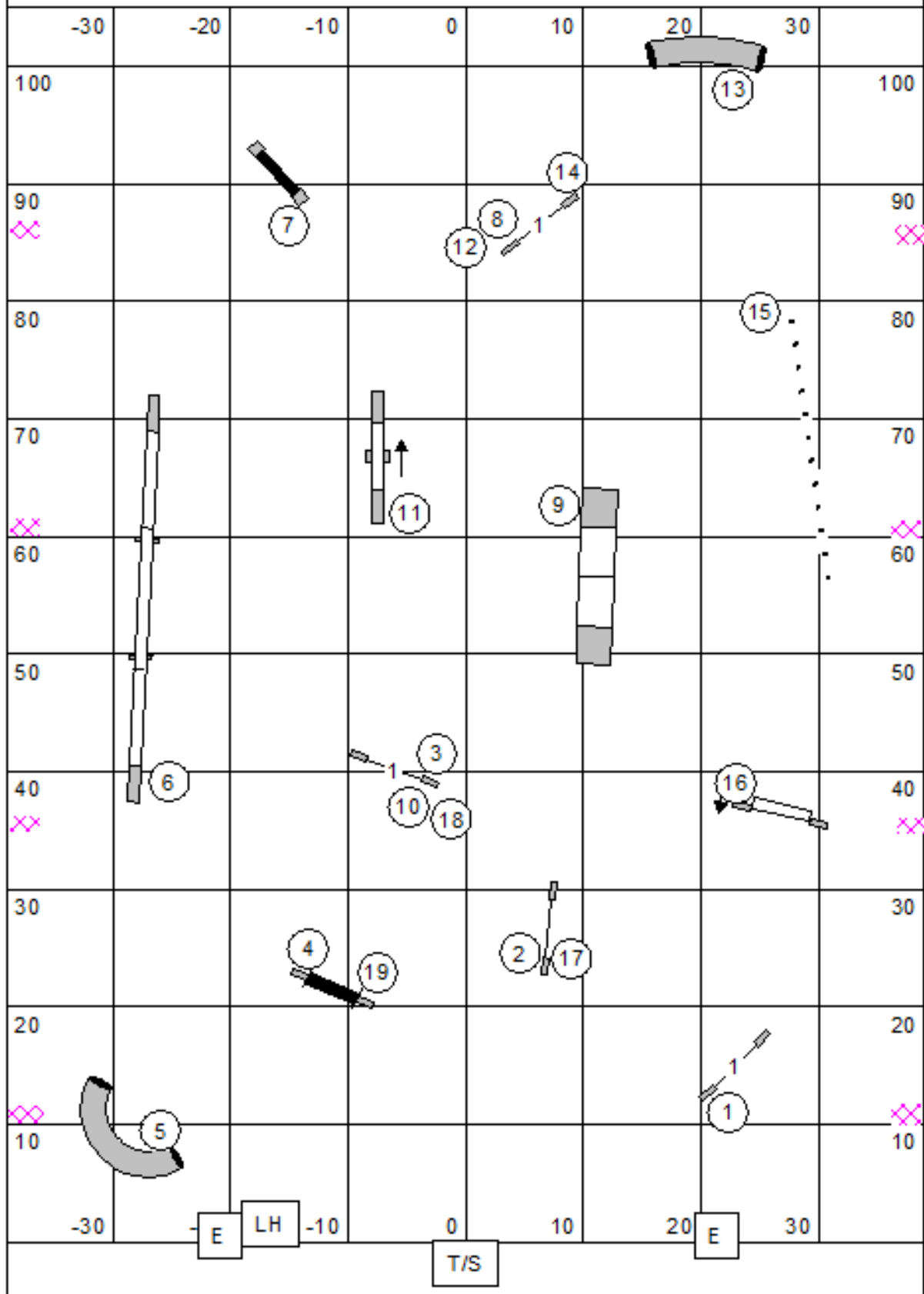
You may run FAST as FEO, just let me know BEFORE you start!

How many points (including the Send) do I need to qualify?

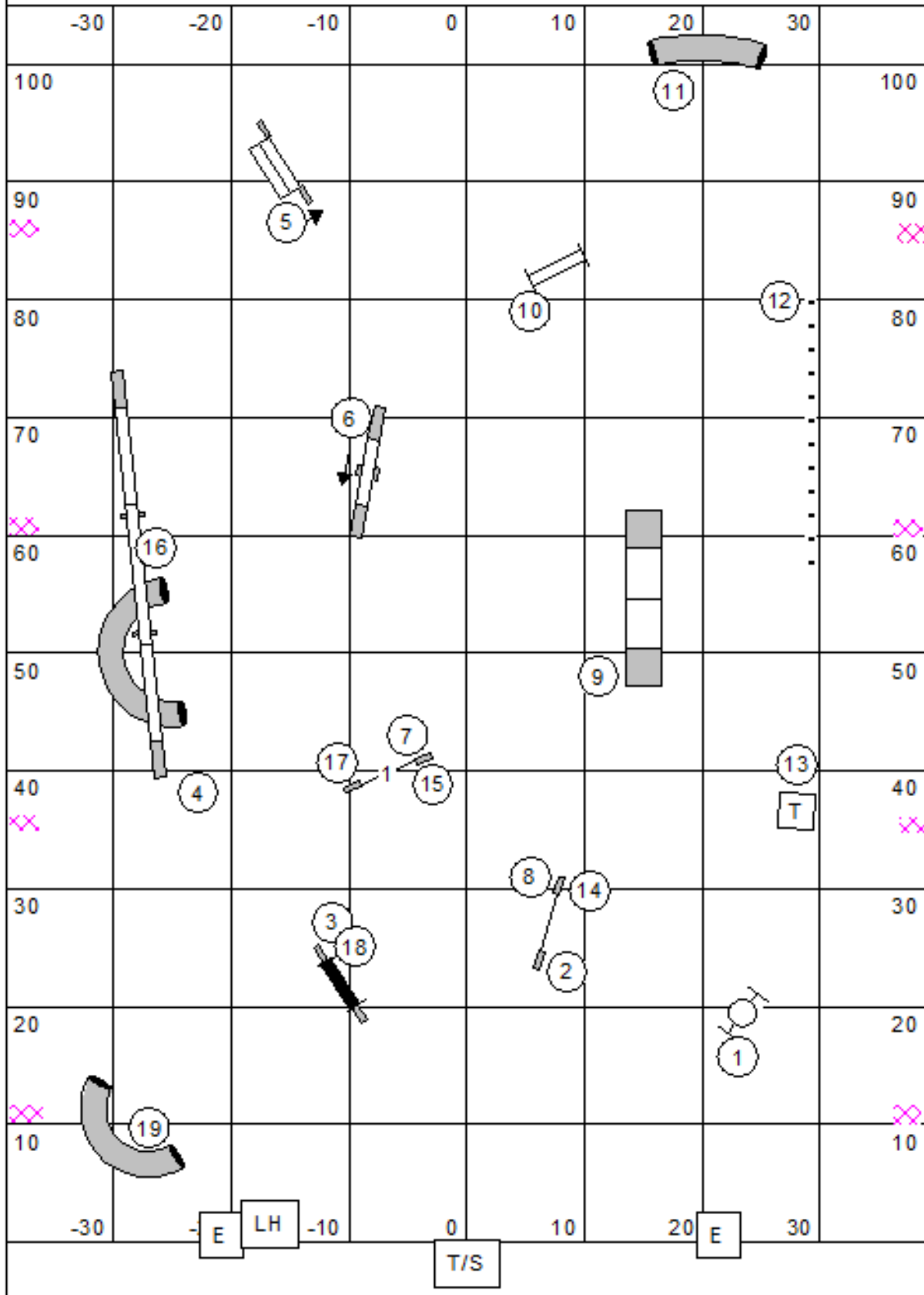
**Master/Excellent:** 60 Points (Send plus another 25 points)

**Reminder!!**  
The Finish line is live the whole time. Don't cross it unless you mean it :-)

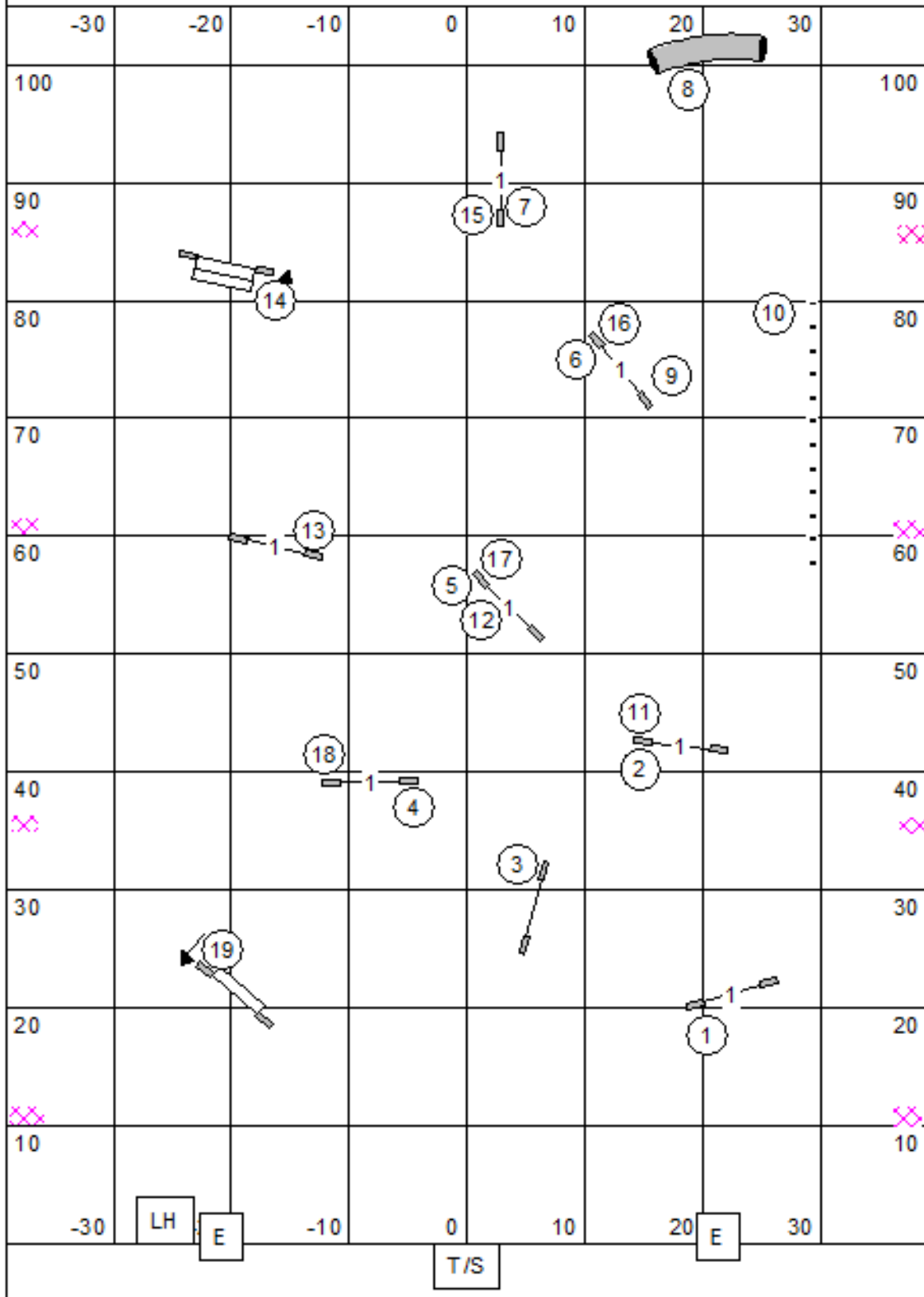
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