

# CB Fall HT 2024 Training

Efforts: 22

Speed: 450 m/min

- 1 Old Log
- 2 Pine Box
- 3 Fat Log
- 4 Step Table
- 5 Course Brook Log
- 6AB Bank Up to Power Pole
- Compulsory Passage**
- 7 Cliffside Power Pole
- 8AB Down Bank to Log
- 9 Angled Brush
- 10 Out of the Woods
- 11 Narrow Table
- 12 Corner
- 13 Stone Wall
- 14 Ramp
- 15AB Half Coffin
- 16 Diamond Table
- 17 Chevrons
- 18 OPTION: Brush Wedge or Lattice Backwards
- 19 Red and White Roll Top

