
Please Remember:

ALWAYS CHECK IN...

...before leaving, finished or not.

CHOOSE THE RIGHT COURSE

...for your skill level.

PUNCH in SEQUENCE...

...don't punch #9 before #8, go back to #8

HAVE FUN

but don't distract other competitors

DON'T FOLLOW...

...other competitors. You never know where they may lead you! Improve your own skills.

DON'T ASK OTHERS...

..where you are. They are competing.

PLEASE BE QUIET...

...it distracts from the competition. NO shouting, Whistles for emergency only. Stay with your group