Task 1: Bowling landing

Time without engin > 30s

50 cm

10 x 100 cm
Task 2: Clover leaf slalom

- 100 m
- open gate
- stick
- left turn
- stick
- right turn
- stick
- right turn
- stick
- left turn
- stick
- close gate

100 m

Diagram of a clover leaf slalom course with cones and gates indicating the direction and sequence of movements.
Task 3: The eight slalom

100 m
Task 4: Round the triangle

- Open gate
- Left turn
- Close gate

Sticks:
- 70.71 m
- 60 m
- 5 m

Total distance:
- 100 m
Task 5: slow / fast
Task 6: slalom with rings

1. Open gate
2. Left turn
3. Right turn
4. Right turn
5. Left turn
6. Close gate

Zone to dump the ring

Take the ring 1
Leave the ring 1
Take the ring 2
Leave the ring 2
 incumbent
Task 7: slalom with balls

open gate
1 2
left turn
right turn
right turn
left turn
close gate

zone to dump the ball
take the ball
leave the ball
take the ring
leave the ring

Task 8: Paramotor soccer

- Open the gate
- Kick the ball 1
- Right turn
- Kick the ball 2
- Left turn
- Kick the ring 3
- Right turn
- Kick the ring 4
- Left turn
- Close the gate
Task 9: swoop pond