

# NM individuel 2023 senior

Biri, 23. - 24. September 2023

## Session 1

Speed Weavers  
Hoopla  
Bottle Exchange  
Association Race  
Litter Lifters  
Moat and Castle  
Flag Fliers

## Session 2

HiLo  
Bottle Swap  
Litter Scoop  
Socks and Buckets  
Carton Race  
Triple Flag  
Run and Ride

## Session 3

Bank Race  
Hula Hoop  
Mug Shuffle  
Two Flag  
Tool Box Scramble  
Three Mug  
Sword Lancers

## Final

Speed Weavers  
Socks and Buckets  
Litter Scoop  
Carton Race  
Mug Shuffle  
Victoria Cross  
Bottle Shuttle  
Three Pot Flag Race  
Ball and Cone  
Flag Fliers

Tie break: Two Flag