

# Demo Competition v460 Individuals

Somewhere, 3. April 2019

## Session 1

Association Race  
Bank Race  
Bottle Shuttle  
Carton Race  
Flag Fliers  
HiLo

## Session 2

Speed Weavers  
Sword Lancers  
Three Mug  
Three Pot Flag Race  
Tool Box Scramble  
Triple Flag

## Final

Flag Fliers  
HiLo  
Hula Hoop  
Litter Lifters  
Moat and Castle  
Mug Shuffle  
Run and Ride  
Socks and Buckets

Tie break: Two Flag