

STATION INFORMATION

STATION 1 | BOX JUMPS

MEN	30 Reps	24" Box
WOMEN	25 Reps	20" Box

STATION 2 | ROW

MEN	500 Meters
WOMEN	500 Meters

STATION 3 | WALL BALL THROWS

MEN	40 Reps	10 lb to 10' Target
WOMEN	30 Reps	8 lb to 9' Target

STATION 4 | KETTLEBELL SWINGS

MEN	40 Reps	45 lb
WOMEN	30 Reps	25 lb

STATION 5 | FARMER'S CARRY

MEN	200 Meters	(2) 40 lb Dumbbells
WOMEN	200 Meters	(2) 25 lb Dumbbells

STATION 6 | BURPEE BROAD JUMPS

MEN	80 Meters
WOMEN	80 Meters

STATION 7 | WEIGHTED WALKING LUNGES

MEN	100 Meters	45 lb Plate
WOMEN	100 Meters	25 lb Plate

STATION 8 | BATTLE ROPE PLATE PULL

MEN	22 Feet	90 lb Plate
WOMEN	22 Feet	45 lb Plate

Partner co-ed competitions must use the mens weights, distances, and reps.

FREQUENTLY ASKED QUESTIONS

IS THERE AN AGE REQUIREMENT?

Yes, Racer's must be at least 16 years old to participate.

WHAT IF THE WEATHER IS BAD?

The event will occur rain or shine. However, we have a back up date of September 13 for severe weather. Please keep your schedule open in case we need to use our back up date.

CAN I COMPETE WITH A PARTNER?

Absolutely! There will be three divisions for partner racers. All Male, All Female, and Co-Ed.

DO BOTH PARTNERS HAVE TO COMPLETE ALL STATIONS?

Partners can split up certain stations or switch mid-station if the partner gets tired. Specific rules per station is located in the participant handbook.

CAN I SWITCH TO A PARTNER OR INDIVIDUAL COMPETITION?

Yes, but it should be done by September 8 as we will be sending out bib assignment and information on race time.

WHEN WILL I KNOW WHAT TIME I AM RACING?

We will send out official race day information by September 8.

WILL THERE BE A PLACE TO WARM-UP?

Yes, after the pre-race meeting we will open up the field for warm-ups. Once the race begins, please keep warm-ups to the upper gym or around the outside of the YMCA. Do not interfere with other racers.

CAN I WEAR HEADPHONES OR LISTEN TO MUSIC WHILE I PARTICIPATE?

No. This is to prevent accidents and ensure racers can be communicated with throughout the competition.

WILL THERE BE MEDICAL STAFF ON SITE?

We will have staff who are trained in CPR & First-Aid, but no athletic training or physical therapy services will be provided at the event.

CAN FAMILY COME TO WATCH?

Yes, but they must not interfere with the competition and cannot join the participants in any part of the competition.

WILL I GET A T-SHIRT?

If you register by August 24 we can guarantee a shirt. No exchanges once registered.