

HYROX

**ATHLETE_
GUIDE**

HYROX.LONDON_19.11.2022

INTRO



HYROX LONDON

IMPORTANT INFO

Are you ready for the biggest ever event in HYROX history!? We can't wait to see you all on November 19th at the London ExCeL. Athlete/ Spectator Check in will be at Hall N3.

[HOW TO GET TO HYROX LONDON.](#)

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 - 05. BEFORE THE RACE / YOUR RACE
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 - 11. AFTER YOUR RACE
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START TIMES – **LONDON** 19.11.2022OFFICIAL HYROX LONDON START LIST.

CATEGORY	START TIME
HYROX DOUBLES MEN	08:00 - 09:20
HYROX DOUBLES MIXED	09:30 - 10:30
HYROX MEN	11:00 - 14:50
HYROX DOUBLES WOMEN	15:20 - 16:50
HYROX WOMEN	17:00 - 18:50
HYROX WOMEN PRO	19:10
HYROX MEN PRO	19:50 - 20:10
HYROX RELAY	20:40 - 20:55

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15% OFF USING
CODE HYROX15

TEST TO
TRAIN



ATHLETE CERTIFIED. STRENGTH

FUSE

BEFORE YOUR RACE: 19.11.22

ATHLETE CHECK-IN: Check-in opens at 06:15 am. Please ensure that you bring your ticket QR code that you received via email upon ticket purchase & a valid form of ID. At registration, you will receive your entry wrist band, your start number & your timing chip, which you will attach to your right ankle with the velcro band provided.

PLEASE NOTE: Don't lose your timing chip! If lost, you will be charged £45.

CHANGING ROOMS: The changing rooms are located on the left hand side of the race hall upon entrance.

BAG DROP: Located next to the changing rooms, you can drop off small gym bags with all items inside. HYROX is not responsible for lost bags outside of bag drop. Your bag must be collected within 1 hour of finishing your race.

WARM-UP AREA: You can warm up within this zone prior to your race with HYROX and Concept2 equipment. Please go to the start zone 10 minutes before your start.

YOUR HYROX RACE

HEALTH & SAFETY: Participation is at your own risk. If your health does not allow you to participate, we recommend that you do not take part.

PRE RACE AREA: You must go to the start zone 10 minutes before your race start time, where we will check your start number & your timing chip.

YOUR START: There are 50 athletes per each Singles start wave, 45 pairs in each Doubles start wave & 15 teams per Relay start wave.

THE ROXZONE: The ROXZONE is the area consisting of the run and the 8 workout stations. The competition starts with 1 km of running. The run course is visibly separated from the workouts by fences, with the YELLOW arc marking the IN entrance & the BLACK arc marking the OUT exit from the ROXZONE.

HYDRATION STATION: There is a water station located in the Roxzone, alongside a Red Bull energy station to help keep you fueled during your race.

MOVEMENT STANDARDS AND RULEBOOKS: The movement standards from the respective rulebook for your division must be adhered to. Please click the links below to find HYROX Rulebook for each division.

[HYROX SINGLES RULEBOOK](#)

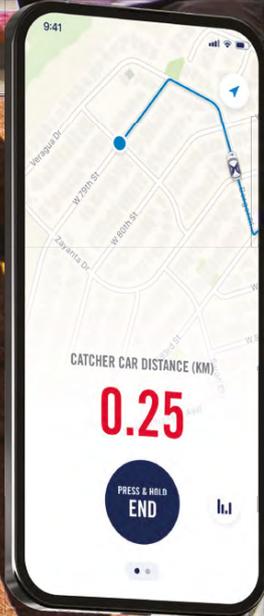
[HYROX DOUBLES RULEBOOK](#)

[HYROX RELAY RULEBOOK](#)





**FREE T-SHIRT
UNTIL 25TH MARCH**



MAY 7, 2023

YOUR RUN. YOUR DISTANCE. YOUR FINISH LINE.

RUN WITH US



LET'S RUN FOR THOSE WHO CAN'T

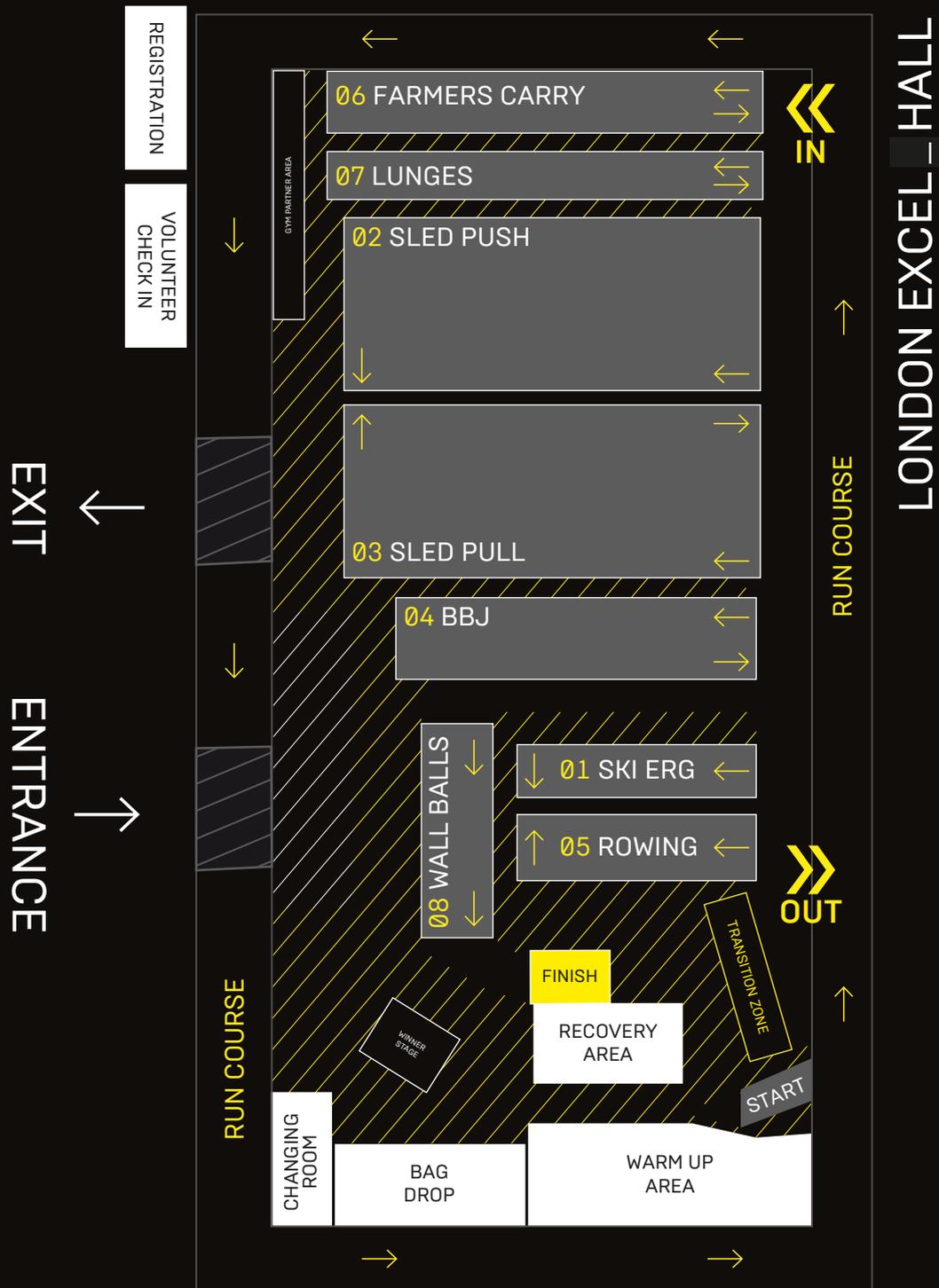
100% OF ALL MONEY RAISED GOES TO SPINAL CORD RESEARCH

HYROX

WORLD SERIES OF FITNESS RACING

LONDON

NOVEMBER 19TH 2022



CROSSWALKS



SPECTATOR AREA



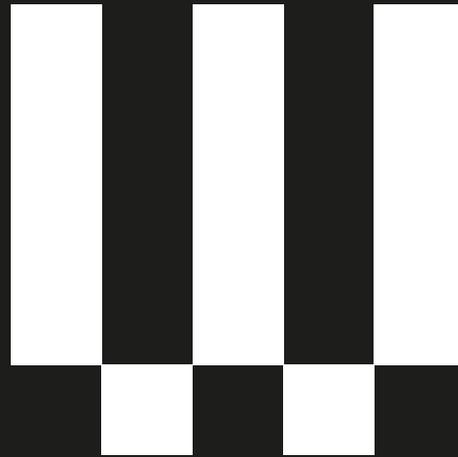
ENTERTAINMENT ZONE

WHAT'S YOUR
GOAL?



foodspring®

HYROX



WORLD_CHAMPIONSHIPS MANCHESTER_2023

WORLD CHAMPIONSHIPS 22/23

QUALIFYING SLOTS FOR THE WORLD CHAMPIONSHIPS | 27.05.2023 | MANCHESTER, UK

THE BEST ATHLETES IN EACH AGE GROUP WILL QUALIFY FOR THE WORLD CHAMPIONSHIPS IN MANCHESTER! YOU WILL BE NOTIFIED OF YOUR QUALIFICATION DURING THE AWARD CEREMONY OR BY EMAIL THE DAY AFTER THE EVENT.

Age Group Slots Distribution - LONDON 19.11.2022

Age Group	MEN	WOMEN	PRO MEN	PRO WOMEN	Doubles Age Group	WOMEN	MIXED	MEN
16-24	2	1	1	2	16-29	4	5	6
25-29	5	4	3	2	30-39	11	9	10
30-34	7	5	5	4	40-49	8	6	7
35-39	8	4	4	2	50-59	2	1	2
40-44	7	4	3	3	60-69	0	1	1
45-49	5	2	2	1	70-79	0	0	0
50-54	3	1	1	1				
55-59	1	1	1	0				
60-64	1	1	0	0				
65-69	1	1	0	0				
70-74	0	0	0	0				

IT'S HEAVY,
THAT'S WHY
THEY CALL
IT WEIGHT.



IN FOCUS – YOUR HYROX RACE MOMENTS!

SPORTOGRAF: OUR OFFICIAL PHOTO PARTNER

BACK AGAIN - YOUR PROFESSIONAL RACE PHOTOS COURTESY OF OUR PHOTO PARTNER, SPORTOGRAF!

[SIGN UP TO RECEIVE AN EMAIL NOTIFICATION WHEN RACE PHOTOS GO LIVE!](#)

Our photographers capture your special moments from the very start of your race to the very end, from your first running lap, to the grit of the workout stations and the elation at the finish line!

If you haven't already purchased your Sportograf package, after the event, you can order your professional photos online.

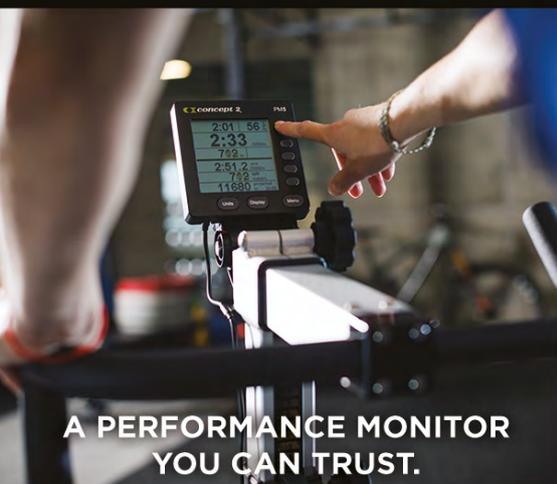


If you have already bought your Sportograf package, you will receive a one-off promo code via newsletter after the event which will grant you 100% off your photo package when applied at check-out.

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AFTER YOUR RACE

RECOVERY AREA: After your race, our partners will be waiting for you on the Finish Stage & in the Recovery Area...

PUMA For your chance to win one of the many PUMA prizes up for grabs, choose a key at the Finish Stage and attempt to unlock The PUMA Vault!

Red Bull Re-energise post-race with a can of Red Bull & enjoy the tunes from the Red Bull DJ Truck

foodspring Refuel your body with a complimentary protein bar post-race!

PODIUMS: The award ceremonies for each division and age group will take place at the following times:

HYROX DOUBLES MEN	12:15 PM
HYROX DOUBLES MIXED	12:15 PM
HYROX MEN	4:30 PM
HYROX DOUBLES WOMEN	6:30 PM
HYROX WOMEN	8:45 PM
HYROX WOMEN PRO	8:45 PM
HYROX MEN PRO	10:30 PM
HYROX RELAY	10:30 PM

RESULTS: After your race, the results (including all split times) will be published online on the event homepage.

[YOUR HYROX RESULTS.](#)

FINISHER CERTIFICATE: You will receive your Finisher Certificate with your time & ranking via newsletter the day after your race, which you can download and print.





WHAT ELSE IS ON?

HYROXWORLD

Featuring our new 22/23 collection, it's your chance to secure your exclusive Official HYROX x PUMA Merchandise at the HYROXWORLD stand!

foodspring

Take your nutrition to the next level with top quality organic protein products courtesy of foodspring. Time to fuel the fire!

Radox Health

Train smarter not harder. Get your complimentary body composition test at the Radox Health stand.

Fiit For Life

Support our charity partner and pick up up your Official HYROX London shirt. With a cut of the proceeds going towards providing safe and effective exercise programmes for those with chronic health conditions, what better way to take home a memento from your ace day!

26.11.2022
HAMBURG

26.11.2022
MADRID

10.12.2022
FRANKFURT

21.01.2022
MAASTRICHT

04.02.2022
STÜTTGART

28.01.2023
MANCHESTER

11.02.2023
GLASGOW

30.04.2023
LONDON DAY 1

01.05.2023
LONDON DAY 2

27.05.2023
WORLD CHAMPIONSHIPS
MANCHESTER

NEW FINISHER

HYROX



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