



**HYROX**

**ATHLETE\_  
GUIDE**

HYROX.BIRMINGHAM\_21.10.2023



# HYROX BIRMINGHAM

## IMPORTANT INFO

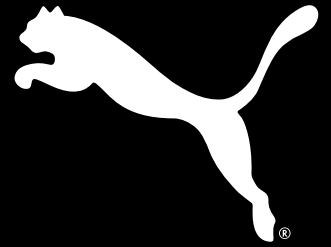
HYROX is making its triumphant return to Birmingham NEC to kickstart the 23/24 UK & Ireland season.

## [HOW TO GET TO THE BIRMINGHAM NEC](#)

## CONTENTS

- 05. **START TIMES**
- 08. **BEFORE THE RACE / YOUR RACE**
- 11. **VENUE MAP**
- 13. **WORLD CHAMPIONSHIPS**
- 16. **AFTER YOUR RACE**

# VELOCITY NITRO 2



Charlie Marchon  
PUMA Ambassador



***feed your fit***



**foodspring**

## START TIMES

**BIRMINGHAM 21.10.2023**



### CATEGORY

### START TIME

HYROX DOUBLES MEN

08:00 - 09:40

HYROX MEN

10:00 - 14:10

HYROX DOUBLES MIXED

14:30 - 15:40

HYROX WOMEN PRO

16:00 - 16:10

HYROX DOUBLES WOMEN

16:30 - 18:10

HYROX WOMEN

18:20 - 20:10

HYROX MEN PRO

20:40 - 21:10

BUILT FOR ATHLETES™

**FREE PATCH  
WITH EVERY  
BACKPACK  
PURCHASE\***

\*When opting in for an email receipt. You also agree to receive information, special offers and promotions from Built For Athletes.

# FUEL YOUR FITNESS

YOU ARE IN CONTROL. YOU HAVE THE **POWER** TO FUEL  
A WINNING **PERFORMANCE** AND **MENTALITY**.

USE CODE **HYROX30** AT CHECKOUT FOR 30% OFF YOUR FIRST FUEL BOX\*



**Premium**, high protein,  
macro-controlled meal prep.



**Zero** food waste company with **fully**  
**sustainable** packaging.



Designed by **nutritionists**, approved by  
**athletes, elite sports teams** and an  
inclusive community of **Fuellers** nationwide.



**FUELHUB**  
Athlete Approved Nutrition

\*discount does not apply to Taster Boxes

BFT



**GET  
HYROX  
READY**

**Official HYROX  
Group Training Centre**

**BodyFitTraining.com**

**Different.  
Better.**

## **BEFORE YOUR RACE:**

### **EARLY CHECK IN:**

Beat the queues on race day and walk straight into the venue after already collecting your timing chip, velcro, entry band and race number!  
Early Registration will be at the Birmingham NEC on Friday 20th October.

**LOCATION:** National Exhibition Centre, North Ave, Marston Green, B40 1NT  
**DATE & TIME:** Friday 20th October | 5:00 PM - 9:00 PM

### **RACE DAY**

#### **ATHLETE CHECK-IN:**

Check-in opens at 06:30 AM at the Birmingham NEC. 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: Missing timing chips will incur a £45 fee.  
Return your timing chips at the Finishers Stage after your race.**

#### **CHANGING ROOMS:**

As you enter the hall, turn left and towards the back of the hall you will find the changing rooms (see venue map for reference).

#### **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:**

Get race ready in our Official Athlete Warm Up Zone with HYROX, Concept2 and Velites equipment. The Warm up zone is located on the left hand side of the hall (near the changing rooms and bag drop)

Make sure to head 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 55 athletes per Singles start wave and 44 pairs in each Doubles 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 IN arch marking the entrance to the ROXZONE and the OUT arch marking the exit from the ROXZONE onto the run track.

### 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 the HYROX Rulebook for each division.

[SINGLES DIVISION RULEBOOK](#)

[DOUBLES DIVISION RULEBOOK](#)





# VELITES<sup>®</sup>

JUMP ROPES, HAND GRIPS, WRISTBANDS AND MUCH MORE

Get a **15% off** on the entire collection with the code: **HYROX15**

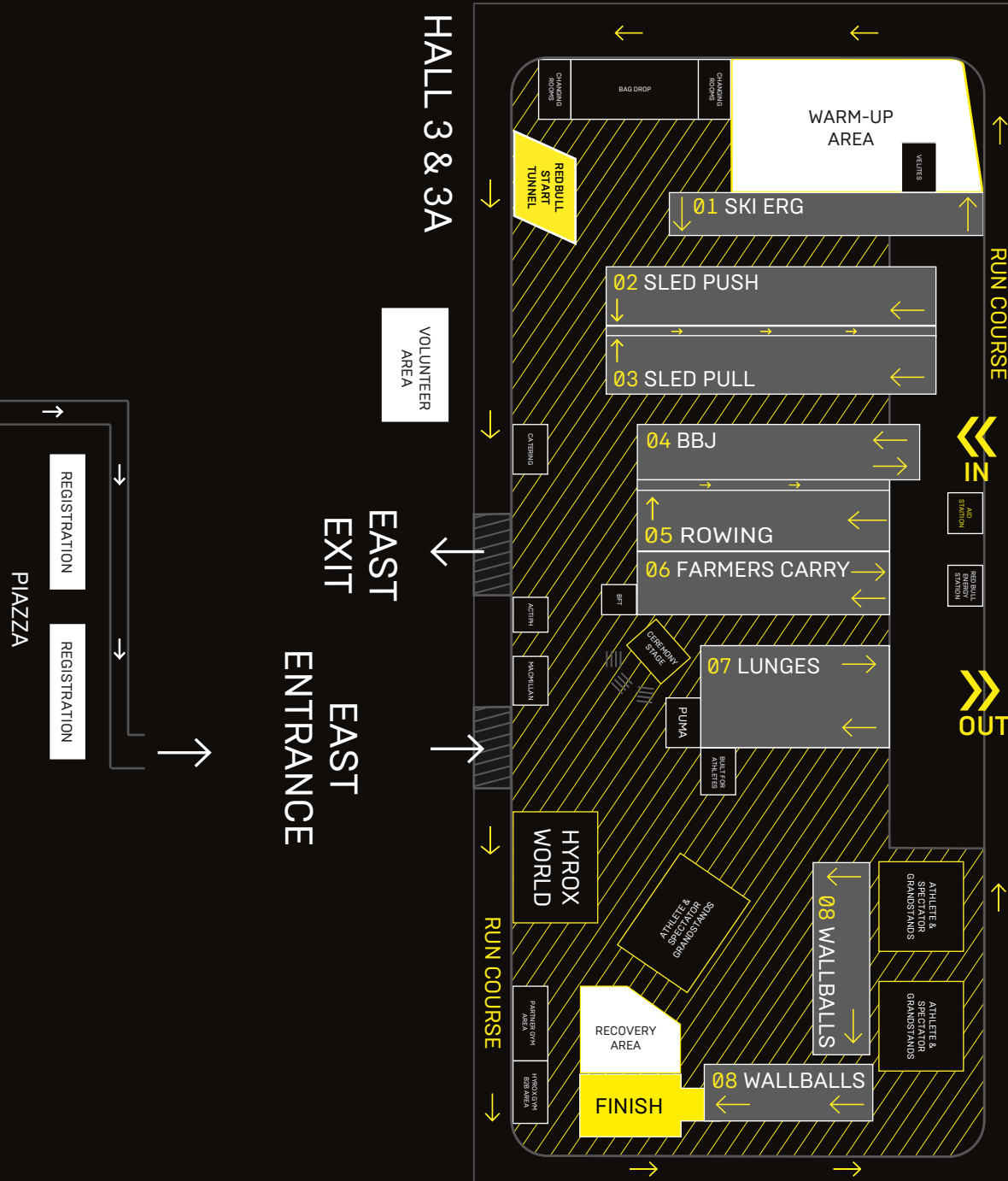
**MADE, NOT BORN.**



# HYROX

WORLD SERIES OF FITNESS RACING

# BIRMINGHAM

# 21<sup>ST</sup> OCTOBER 2023



 CROSSWALKS	 SPECTATOR AREA	<b>LAP 1</b> <b>1.75</b>
		<b>LAP 2-8</b> <b>2 &amp; A BIT</b>

**FAST/SLOW LANE UPDATE:**

Please note that there has been a change to our fast/slow lane policy which will improve the experience of all athletes. When **OVERTAKING**, athletes should now pass on the **RIGHT** hand side.

**MACMILLAN  
CANCER SUPPORT**



Registered with  
**FUNDRAISING  
REGULATOR**



# Join Team Macmillan

**The official charity partner for HYROX.**

We're doing whatever it takes to support the 3 million people in the UK living with cancer. But without your help, we can't support everyone who needs us.

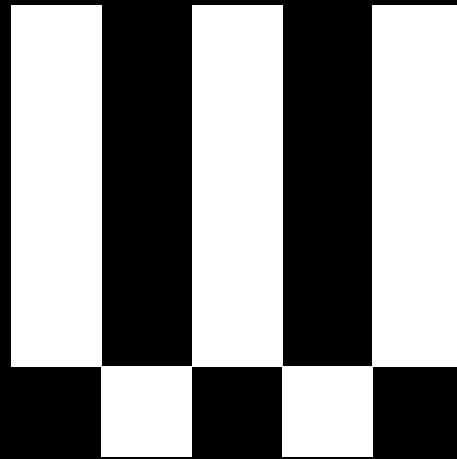
Use your HYROX Birmingham place to fundraise for Macmillan by setting up a fundraiser or scanning our QR code to make a donation.

**Good luck Team Macmillan,  
we are cheering you all on!**



Scan to donate

# HYROX



## WORLD\_CHAMPIONSHIPS NICE, FRANCE\_2024

### WORLD CHAMPIONSHIPS 23/24

QUALIFYING SLOTS FOR THE WORLD CHAMPIONSHIPS | JUNE 7-9TH 2024 | NICE, FRANCE

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

#### Age Group Slots Distribution - **BIRMINGHAM** 21.10.2023

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



# 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.

# Row Ski Bike **ERG**



OVER 40 YEARS OF CREATING INNOVATIVE,  
AFFORDABLE EQUIPMENT FOR HOMES AND GYMS.



A PERFORMANCE MONITOR  
YOU CAN TRUST.



AIR-RESISTANCE  
FLYWHEEL.



DURABLE  
CONSTRUCTION.

**concept 2**

OARS | ROWERG | SKIERG | BIKEERG  
concept2.co.uk 0115 9340 140

Proud HYROX sponsor.

## 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

Take your pick from a range of complimentary foodspring products and refuel your body post race.

### PODIUMS:

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

<b>HYROX DOUBLES MEN</b>	11:30 AM
<b>HYROX MEN</b>	4:00 PM
<b>HYROX DOUBLES MIXED</b>	5:30 PM
<b>HYROX WOMEN PRO</b>	6:00 PM
<b>HYROX DOUBLES WOMEN</b>	8:00 PM
<b>HYROX WOMEN</b>	10:00 PM
<b>HYROX MEN PRO</b>	10:45 PM

### RESULTS:

After your race, the results (including all split times) will be published online on our [Results & Rankings page](#), where you will also be able to download your Finisher Certificate with your time and ranking!

### PENALTIES:

To enquire about your race results or submit a formal penalty dispute, please follow the steps below;

1. Visit [results.hyrox.com](https://results.hyrox.com)
2. Filter the search window by event, division and last name
3. Click on your race profile
4. Scroll to the bottom of the page
5. Click 'Results Request Form'
6. Submit your enquiry





## WHAT ELSE IS ON?

### **HYROXWORLD**

Featuring our new 23/24 collection, it's your chance to secure your exclusive Official HYROX x PUMA Merchandise at the HYROXWORLD stand!

### **PUMA**

Head over to the PUMA stand to try out and purchase the Nitro range, the number 1 shoes for HYROX, in brand new colourways!

### **foodspring**

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

### **Built for Athletes**

Secure your perfect HYROX racing companion, a small or large customisable backpack and limited edition HYROX Athlete Patch!

### **Macmillan**

Supporting Macmillan Cancer Support this weekend? Come on by and say hello to the team on the day! Rest in the chillout zone, get a massage from one of our massage therapists or pose for a commemorative polaroid to add to our HYROX Heroes wall. All funds raised go towards supporting people living with cancer across the UK.

### **BFT**

Learn more about our recently launched HYROX Official Training Centres in partnership with BFT and find out how you can open your own BFT studio.

11.11.23  
CHICAGO

18.11.23  
HAMBURG

02.12.23  
STOCKHOLM

20.01.24  
MAASTRICHT

28.10.23  
DUBLIN

25.11.23-  
26.11.23  
LONDON

27.01.24-  
28.01.24  
MANCHESTER

02.03.24-  
03.03.24  
GLASGOW

07.06.24 - 09.06.24  
WORLD CHAMPIONSHIPS  
NICE, FRANCE



OUT

ive today. fitter tomorrow.

active today. fitter tomorrow.

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