



HYROX

**ATHLETE_
GUIDE**

HYROX UK & IRELAND
OPEN RELAY CHAMPIONSHIPS_22.10.2023



HYROX UK & IRELAND OPEN RELAY CHAMPIONSHIPS

IMPORTANT INFO

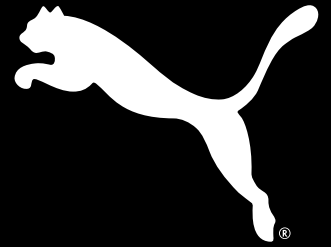
HYROX is making its triumphant return to Birmingham NEC to kickstart the 23/24 UK & Ireland season and the first-ever HYROX Open Relay Championships!

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

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VELOCITY NITRO 2



Charlie Marchon
PUMA Ambassador



feed your fit



foodspring

START TIMES

UK & IRELAND OPEN RELAY CHAMPINSHIPS 22.10.2023



CATEGORY

START TIME

HYROX MENS RELAY

09:00 - 09:20

HYROX MIXED RELAY

09:50 - 10:20

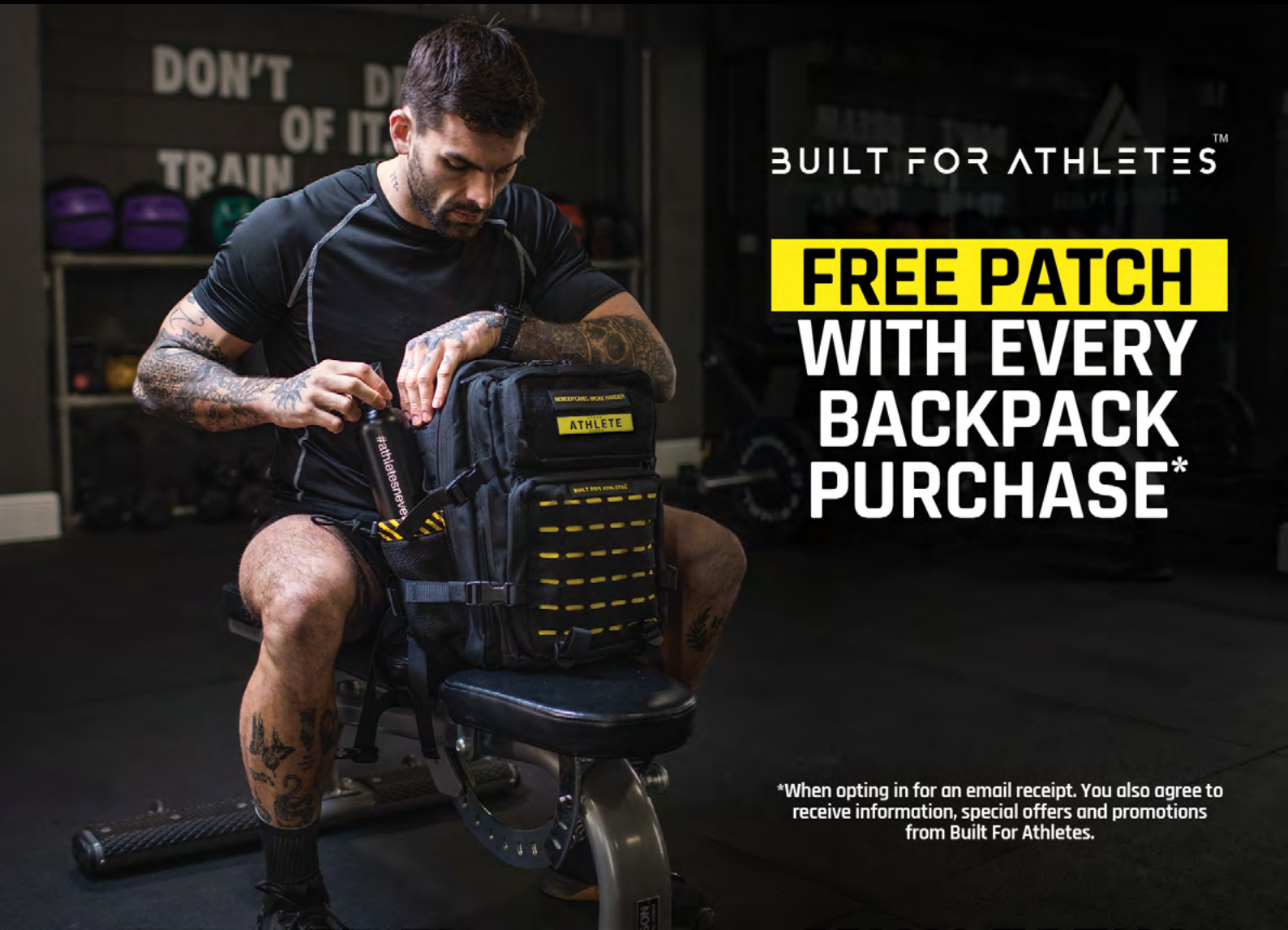
HYROX WOMENS RELAY

10:50 - 11:20

BUILT FOR ATHLETES™

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



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inclusive community of **Fuellers** nationwide.



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*discount does not apply to Taster Boxes

BFT



**GET
HYROX
READY**

**Official HYROX
Group Training Centre**

BodyFitTraining.com

**Different.
Better.**

BEFORE YOUR RACE

RACE DAY

ATHLETE CHECK-IN:

Check-in opens at 07:30 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 20 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 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.

[RELAY DIVISION RULEBOOK](#)





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MADE, NOT BORN.

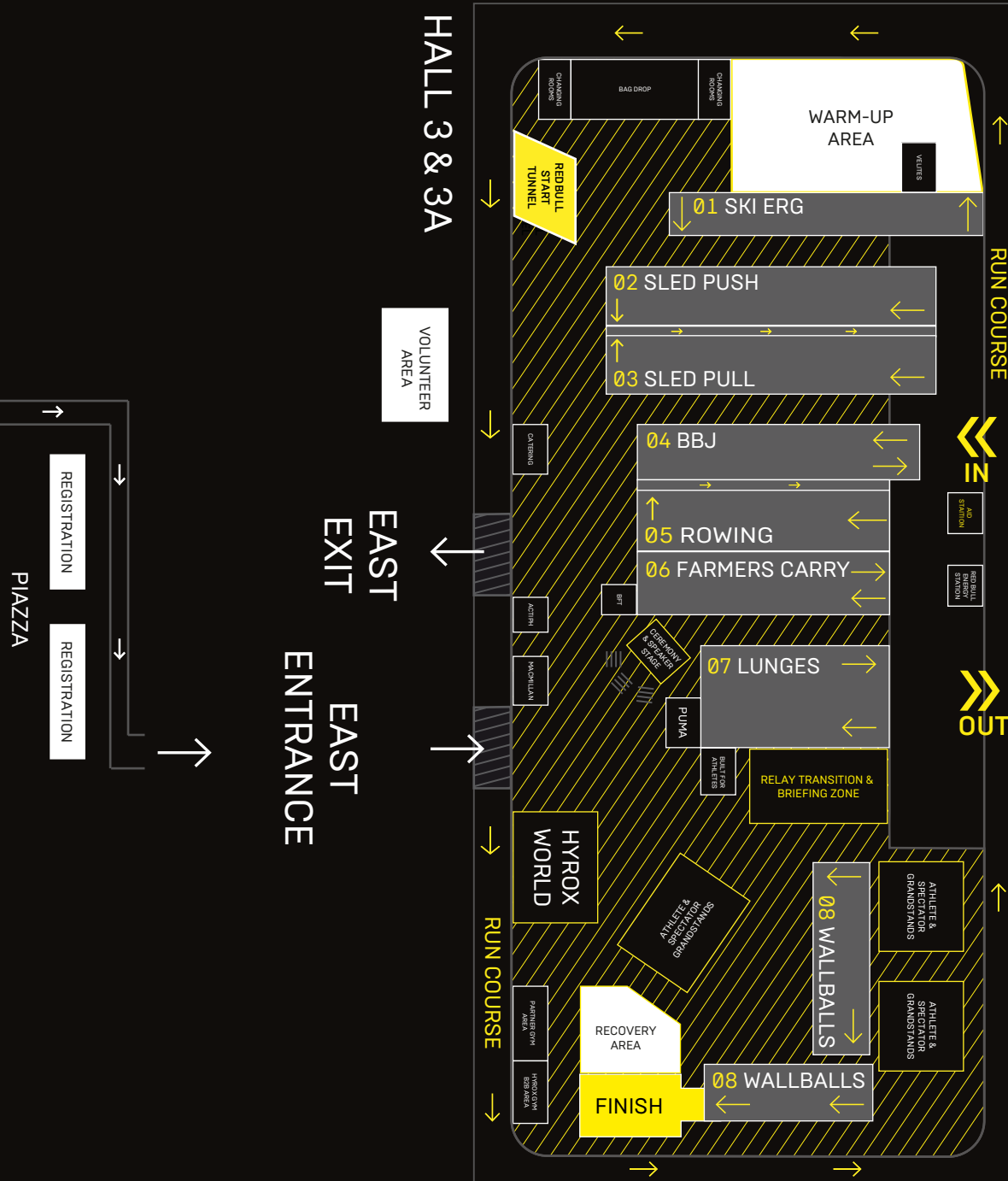
HYROX



WORLD SERIES OF FITNESS RACING

BIRMINGHAM

22ND OCTOBER 2023

UK & IRELAND OPEN RELAY CHAMPIONSHIPS



| | | |
|--|--|--------------------------|
|  CROSSWALKS |  SPECTATOR AREA | LAP 1 1.75 |
| | | LAP 2-8 2 & A BIT |

**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



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.

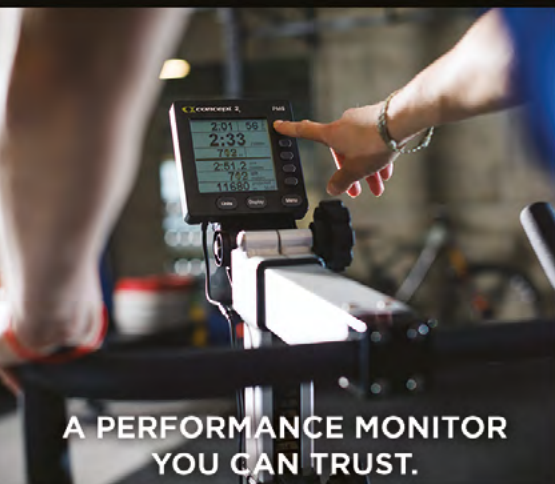


If you have already bought your Sportograf package, you will receive a one-off promo code via newsletter after the event which will grant you 100% off your photo package when applied at check-out.

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concept2.co.uk 0115 9340 140

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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

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.

| | |
|---------------------------|----------|
| HYROX MENS RELAY | 11:00 AM |
| HYROX MIXED RELAY | 12:00 PM |
| HYROX WOMENS RELAY | 1:00 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.hydrox.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

