

HYROX

**ATHLETE_
GUIDE**

HYROX.DUBLIN_28.10.2023



HYROX DUBLIN

IMPORTANT INFO

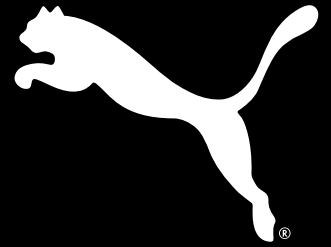
HYROX is making history in Dublin as we kickstart our first-ever event in Ireland THIS WEEKEND! Get ready for an electrifying racing experience as the World Series of Fitness Racing takes over this incredible city.

[HOW TO GET TO THE ROYAL DUBLIN SOCIETY](#)

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-

VELOCITY NITRO 2



Charlie Marchon
PUMA Ambassador



feed your fit



foodspring

START TIMES**DUBLIN 28.10.2023****CATEGORY****START TIME**

HYROX DOUBLES MEN

08:00 - 09:40

HYROX MEN

10:00 - 13:20

HYROX DOUBLES MIXED

13:40 - 14:50

HYROX WOMEN PRO

15:10 - 15:20

HYROX DOUBLES WOMEN

15:40 - 17:10

HYROX WOMEN

17:20 - 18:50

HYROX MEN PRO

19:20 - 19:40

HYROX MENS RELAY

20:00

HYROX MIXED RELAY

20:10 - 20:20

HYROX WOMENS RELAY

20:30 - 20:40

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

YOUR RACE: 28.10.23

RACE DAY

ATHLETE CHECK-IN:

Check-in opens at 06:30 am at the Royal Dublin Society, Simmonscourt Pavilion. Athlete Registration will be held in the registration marquee adjacent to the venue. In case of adverse weather please come in warm clothing as registration will take place in the marquee outside.

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.

CHECK-IN WINDOWS:

*If you arrive before your start time window, you can still access the hall via the Spectator Check-In desk.

HYROX DOUBLES MEN:	6:30 - 8:10
HYROX MEN:	8:30 - 11:50
HYROX DOUBLES MIXED:	12:10 - 13:20
HYROX PRO WOMEN:	13:40 - 14:00
HYROX DOUBLES WOMEN:	14:10 - 15:40
HYROX WOMEN:	15:50 - 17:20
HYROX PRO MEN:	17:50 - 18:10
HYROX RELAY:	18:30 - 19:10

**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 right 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 just behind the HYROX World immediately in front of you as you enter the hall.

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.

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](#)

[RELAY DIVISION RULEBOOK](#)



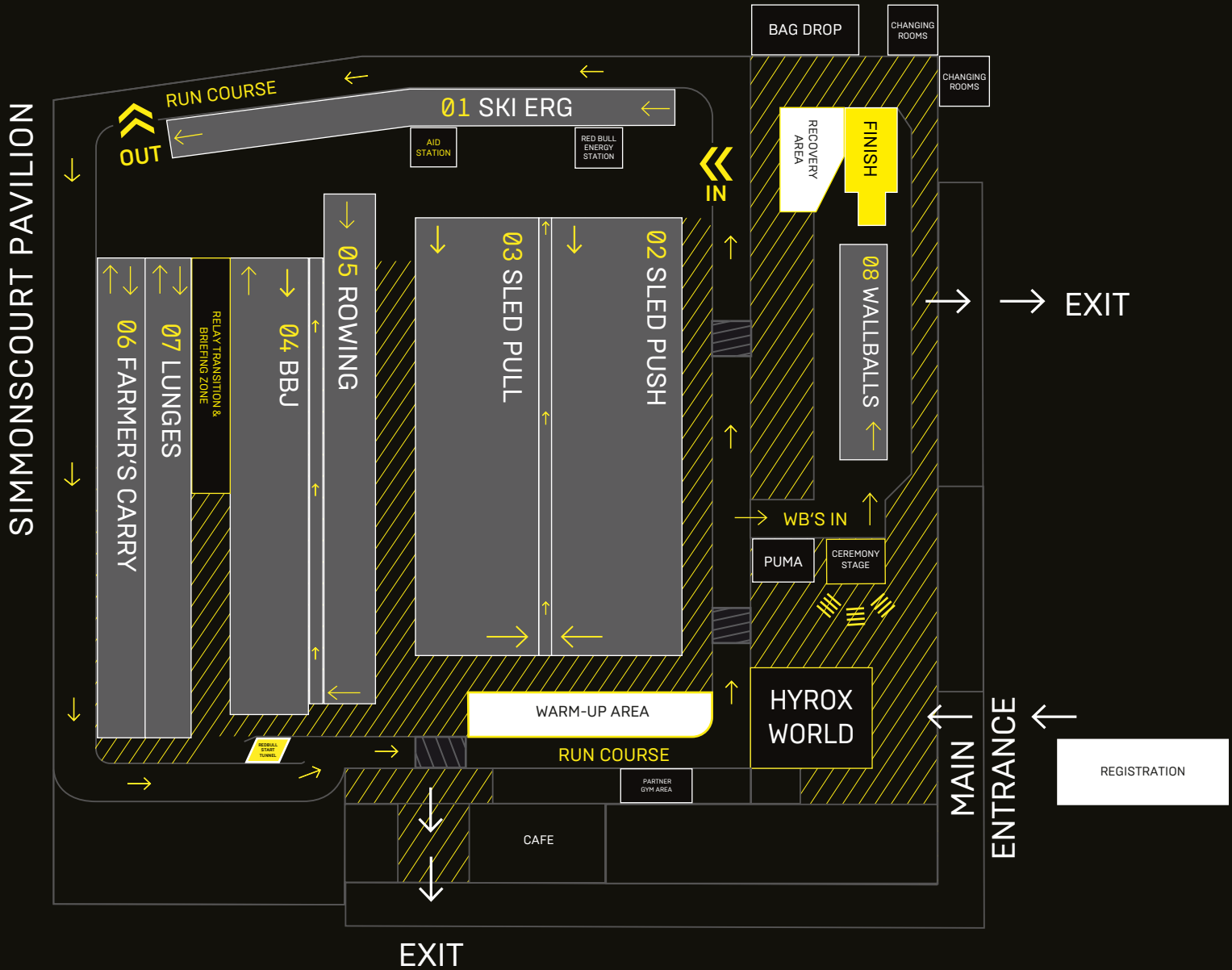


VELITES[®]

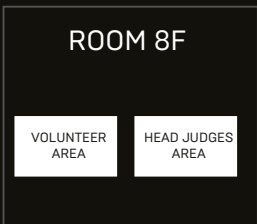
JUMP ROPES, HAND GRIPS, WRISTBANDS AND MUCH MORE

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

MADE, NOT BORN.



SECOND FLOOR



**LAP
COUNT
3.5**

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.

THE 4TH TIME YOU SEE THE 'IN' ARCH GO 'IN'!

**MACMILLAN
CANCER SUPPORT**



Registered with
**FUNDRAISING
REGULATOR**



Join Team Macmillan

The official charity partner for HYROX.

Macmillan is doing whatever it takes to support people with cancer. We're at the end of the phone. We're online. And our Macmillan health professionals are supporting people through their treatment.

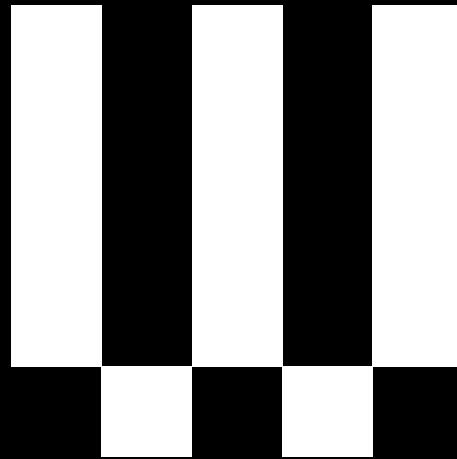
But we can't do it on our own. Use your HYROX Dublin place to fundraise for Macmillan by setting up a fundraiser or scanning our QR code to make a donation.

**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 - DUBLIN 28.10.2023

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

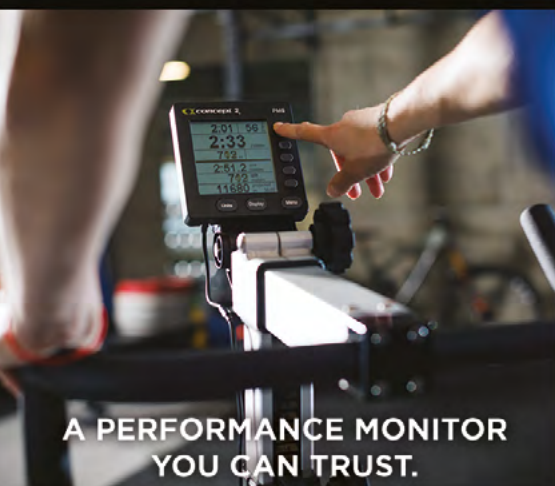


If you have already bought your Sportograf package, you will receive a one-off promo code via newsletter after the event which will grant you 100% off your photo package when applied at check-out.

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, type in your race number into the PUMA Vault at the Finish Stage!

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 DOUBLES MEN	11:30 AM
HYROX MEN	3:00 PM
HYROX DOUBLES MIXED	4:30 PM
HYROX WOMEN PRO	5:00 PM
HYROX DOUBLES WOMEN	7:00 PM
HYROX WOMEN	8:30 PM
HYROX MEN PRO	9:30 PM
HYROX RELAYS	10:30 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
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!

11.11.23
CHICAGO

18.11.23
HAMBURG

02.12.23
STOCKHOLM

20.01.24
MAASTRICHT

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

