

HYROX VALENCIA RELAY BRIEFING – 16/10/26

GENERAL INFORMATION

Location: Relay Transition Zone, next to the Start Tunnel

Captains' check-in time: 17:00

Briefing time: 18:00

BRIEFING ATTENDANCE

All Relay teams must select **one team representative or captain**, who will be the **only** team member required to attend the mandatory briefing.

The captain must complete check-in beforehand in order to attend the briefing at the scheduled time. The rest of the team must check in at another time.

There will be a dedicated check-in queue for Relay team captains.

During the briefing, the Sports team will explain:

- Competition rules
- How the Relay works
- The course and race format
- The relay points and procedures for each handover

Attendance is **mandatory** to avoid any doubts or misunderstandings during the race. Once the briefing has finished, the captain will be responsible for sharing all the information with the rest of the team.

The organisation will not be responsible for any mistakes or penalties resulting from failure to attend the briefing.

RELAY RACE FORMAT

Each athlete must complete a total of:

2 km of running + 2 workouts

Each athlete's two blocks can be completed consecutively or alternated, but the following sequence must always be followed:

1 km run → 1 workout

HOW THE RELAY WORKS

Race 1

Start from the **Start Tunnel**.

Complete the **1 km running lap**.

The **second time you see the IN arch**, go through it and enter the SkiErg station.

Complete the workout.

Once finished, exit through the **OUT arch** and continue running to the Transition Zone. At the end of this run, you will see the IN arch for the third time.

At this point, hand over to Athlete 2 with a **high five (MANDATORY)**.

Races 2-7

Start from the **Relay Transition Zone**.

Complete the **1 km running lap**.

The **second time you see the IN arch**, go through it and enter your workout station.

Complete the workout.

Once finished, exit through the **OUT arch** and continue running to the Transition Zone. At the end of this run, you will see the IN arch for the third time.

At this point, hand over to the next athlete with a **high five (MANDATORY)**.

Final Race – Wall Balls

The final athlete completes their corresponding **1 km run**.

The **third time they reach the IN arch**, they must go through it and head directly to the final station.

Complete the **Wall Balls**.

Once the workout is complete, head **directly to the finish line**.

TWO CONSECUTIVE WORKOUTS

If the same athlete completes **two consecutive workouts**, the same procedure described above must be followed.

The athlete must **pass through the Transition Zone** before continuing with the next block. In this case, a high five is not required, as the same athlete will continue racing.

CROSSING THE FINISH LINE TOGETHER

While the final athlete is completing the Wall Balls, the remaining team members will be escorted by staff to the designated point to join them.

All four athletes must cross the finish line together. The athlete who completed the Wall Balls must be the **first member of the team to cross the finish line**.

IMPORTANT

The team captain's attendance at the briefing is **mandatory**.

Please make sure you arrive on time for both check-in and the briefing to ensure the smooth running of the competition.

See you in the Roxzone!