

FOR INTENSE & INSANE LEVELS



## DATE & LOCATION

RACE LOCATION	:	The Promontory*, Singapore
QUALIFYING ROUNDS	:	26 – 27 May 2018, 8am – 9pm
SEMI-FINALS	:	2 June 2018, 8am – 9pm
FINALS	:	3 June 2018, 9am – 6pm

*\*The Promontory, Singapore address: 11 Marina Blvd, Singapore 018940*

## RACE CATEGORIES

Participants must be at least 18 years of age on the day of the event to participate in all categories.

CATEGORY 1: Men Open

CATEGORY 2: Women Open

CATEGORY 3: Mixed Team - Group of 4, at least one team member must be of a different gender

## RACE PACK COLLECTION

DATE	:	18 – 20 May, 8am – 8pm
LOCATION	:	TripleFit, 9 Raffles Boulevard #02-63, Millenia Walk (Accessible via escalator nearest to Starbucks Millenia Walk), 039596

All participants must collect their Race Pack containing the race bib with RFID time chip during the stated Race Pack Collection dates and timing.

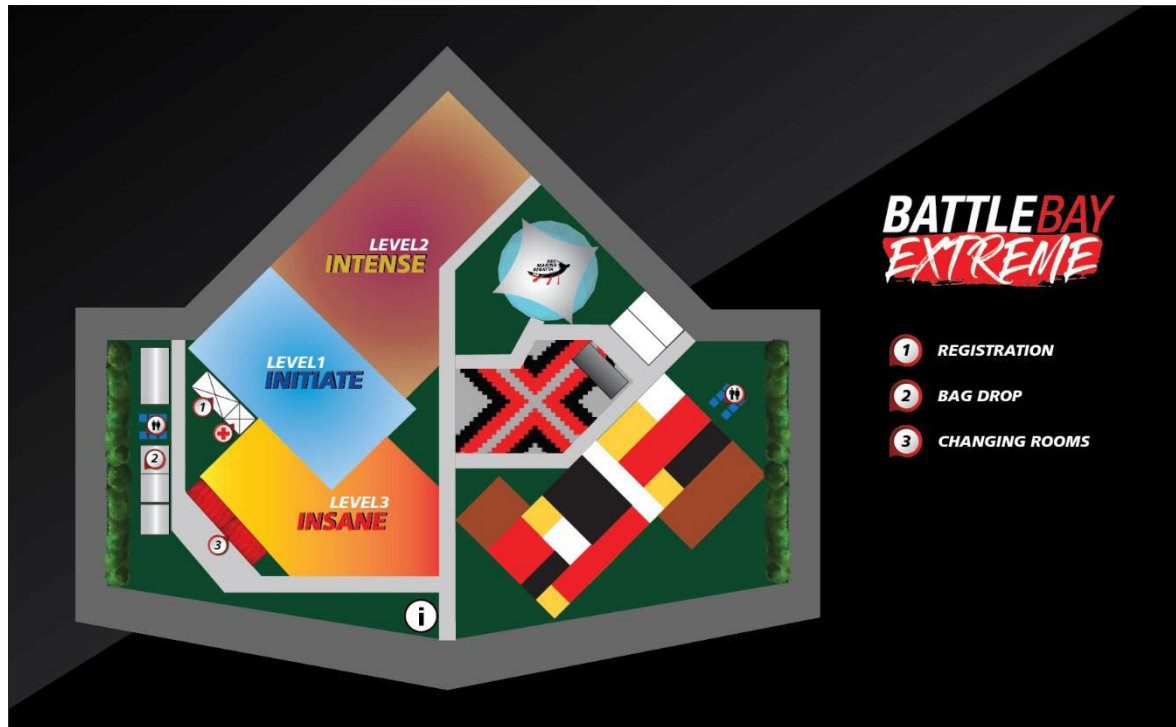
Participants are required to present their confirmation email in hardcopy or softcopy upon collection.

If you are unable to collect your race pack personally, the person collecting your race kit on your behalf must provide a copy of your confirmation email.

## RACE DAY

Arrive an hour before your flag off time at the registration booth. Flag off timing is every 30 minutes from 8am.

No on-ground registration is required. Make your way to the Bag Drop tent to store your belongings before reporting to the holding area 30 minutes before your flag off time. Please allocate some time to queue and drop off your belongings.



## RACE FORMAT

Timing for the entire run will be recorded, from entrance to exit point. Day 1 and Day 2 are Qualifying Rounds where the top half with the fastest timings in each category will move on to Day 3 to compete again in the Semi-Finals. The top half from Day 3 will advance to the Finals in Day 4 with slight modifications in difficulty to the obstacles.

For Mixed Team category, the whole team of 4 will race together and average time as a team will be taken.

The overall champion in each category will be selected based on total time taken for the entire race from flag-off to the finishing line.

A maximum of 10 minutes will be given to participants to complete the course from flag-off to the finishing line, otherwise they would be deemed disqualified.

A time penalty of 30 seconds will be given to those who fail to complete an obstacle.

A leader board can be viewed at the Race Village with result updates during race day.

## WHAT TO BRING

- Bib
- Towel & extra (dry) clothes
- Gloves (optional)
- Photo ID

## OBSTACLES

### Level 2

- 1. 4-foot Hurdle**  
*Jump over the hurdle.*
- 2. 5-foot Wall**  
*Climb up and over the wall.*
- 3. 6-foot Wall**  
*Climb up and over the wall.*
- 4. Monkey Bars**  
*Swing yourself from rung to rung to the other side.*
- 5. Crawl Under**  
*Stay low and crawl fast.*
- 6. Tyre Flip**  
*Flip a tyre (150kg Male, 100kg Female) x2 front and x2 back. Failure to complete the total of 4 flips will result in a time penalty.*
- 7. Inverted Wall**  
*Climb over a wall that is of a 30 degree angle.*
- 8. Dip Walk**  
*Push yourself up and begin moving forward with your hands to the other end. Feet not allowed to touch the ground.*
- 9. Sandbag Throw**  
*Throw a sandbag (25kg for women, 40kg for men) over a 6 feet high bar x2 times.*
- 10. Farmers Walk**  
*Pick up 2 kettlebells (24kg for women, 32kg for men) and walk 10m.*

### Level 3

- 1. Quintuple Steps**  
*Use your speed and agility to leap across 5 angled steps*
- 2. Rope Swing**  
*Grab the rope and swing from one rope to another to reach the other end*
- 3. Balance Slack Line**  
*A combination of tightrope walking and bouncing on a trampoline, walk and balance across a suspended length of flat webbing.*
- 4. Rope Climb**  
*Climb a rope, 3m high and ring the bell to complete the challenge.*
- 5. Cargo Net**  
*Scale a cargo net up and down.*
- 6. Traverse Wall**  
*Traverse the wall using handholds and footholds.*
- 7. Cliff Hanger**  
*A combination of gymnastics rings and pipes, use purely your arm strength to cross*
- 8. Inverted Ladder**  
*Climb up from underneath the angled side of the wall to reach the top, then swing across to climb down.*