

# ATHLETE GUIDE SPARTA



SPARTANS ARE  
**REBORN HERE**

SPARTAN RACE WEEKEND | NOV. 4-5, 2017



**SPARTAN**



# WELCOME

SPARTA  
4th & 5th NOVEMBER

We are looking forward to see you on the 4<sup>th</sup> and 5<sup>th</sup> November for the Reebok Spartan Race Sparta. Until that day arrives, please read this document carefully. This is very important. You will find all the details you need to be fully ready for everything that will happen at the event.



# WARNING



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**Spartan Race Sparta is not a race like any others, read carefully those information to be aware about all !**



## CODE BEFORE THE RACE

- ✓ 1. THE OBSTACLES ARE MANDATORY, MISSED AN OBSTACLE MAY RESULT IN A PENALTY WITHOUT A SECOND TRIAL RUN (30 BURPEES)
- ✓ 2. IF YOU DON'T CROSS AN OBSTACLE OR DO NOT REALIZE THE PENALTY, YOU WILL BE DISQUALIFIED
- ✓ 3. THE BIB NUMBER MUST BE APPARENT FROM THE BEGINNING TO THE END OF THE RACE (MARK IT ON YOUR BODY!)
- ✓ 4. THE AID STATIONS ARE NOT LIKE RESTORE POINTS, TEAM UP ACCORDING TO YOUR NEEDS
- ✓ 5. THE BAG CHECK DO NOT ACCEPT BAGS EXCEEDING THE CABIN SIZE
- ✓ 6. SHOWERS ARE SPARTANS, THERE WILL BE COLD, DON'T BE SUPRISED, IT'S THE SPARTAN RULE !
- ✓ 7. VOLUNTEERS AND MARSHALL ARE THE FIRST GUARANTO OF ORDER, RESPECTS AND FOLLOWS THEIR INSTRUCTIONS

# 1. WHERE ?

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Statue of Leonidas  
Triakosion 77  
Sparti 231 00  
GREECE

SPARTA  
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# 2. WHEN ?

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Saturday November 4th → Beast from 9.00am

Sunday November 5th → Super from 9:00am  
Sprint from 1:00pm

# 3. SCHEDULE

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## Friday 3th November

5:00pm – 7:00pm Trifecta and Beast packet pick-up in front of Leonidas statue

## Saturday 4th November

### 9:00am BEAST ELITE HEAT START

9:20am Competitive Heat Beast

9:40am – 10:20am Open Heat Beast

10:20am Last Heat Beast.

Exact heat hours will be sent during the last week.

8:30pm Beast award ceremony in front of Leonidas statue in Sparta.

6:00pm – 9:00pm After Beast party, white night all over Sparta.

## Sunday 5th November

7:00am Packet pick-up for Sprint and Super.

### 9:00am SUPER ELITE HEAT START

9:15am – 9:30am Competitive Heat Super

9:45am – 11:00am Open Heat Super

11:00am Last Heat Super.

### 1:00pm SPRINT ELITE HEAT START

1:15pm Competitive Heat Sprint

1:30pm – 3:00pm Open Heat Sprint

3:00pm Last Heat Sprint.

Exact Heat hours will be sent during the last week.

2:30pm Elite Super + Sprint Awards.

2:00pm – 8:00pm Trifecta medal awarding in front of Leonidas statue

# 4. WHAT TO BRING WITH YOU ?

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Please make sure to plan enough time to pick up your racer pack (**min. 1h30 before**). To pick up your BIB and your Timing Chip you need to bring :

- ✓ ID (original version)
- ✓ Bring your email confirmation including the bar code. Please open the Newsletter the week before the event to receive last instructions.
- ✓ A medical note (certificate) of less than a year with at least the mention “suitable for the practice of running in competition”. Any time, a license from a sports federation, Running or not static sports (moving team sports: Football, Volleyball, Basketball etc . . . ) is also accepted.


EVENT REGISTRATION ATHLINKS

Print Close

Wismorel Winter Sprint 2018 07/07/2017 12:26 PM CEST

Invoice Number: 31174-164e27d728ba5d  
Confirmation Code: 154317

JESSY MACHOT [RACE-77700] ID 30585632 PAID BY CASH AT STATION 52.201.89.11



Item No.	Item Description	Quantity	Unit Price	Extended Price
1	Registration Choice: Open	1	€59.00	€59.00
2	Test 1	1	- €59.00	- €59.00
TOTAL				€0.00

Receipt generated by ChronoTrack – Athlinks  
Registered Office: ChronoTrack BV (The Netherlands), Zuidergracht 21-21, 3763 LS, Soest  
Number of Commerce: 30232168 – VAT: NL8186.98.909.B01

ATHLINKS

Prices and fees in this event are in Euro(€) and include VAT where applicable.

# 5. RULES & REGULATIONS

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- ✓ You will receive a bib number, its mandatory to wear it, if not, you will be disqualified. Also, do not hesitate to write your bibs number on your body in order to increase your chances to get nice pics from the race afterwards...You are not allowed to pass your bib number to another participant.
- ✓ You can only participate in the race if you have handed in your signed waiver when you pick up your racer packet.
- ✓ You will also receive a timing chip. It is mandatory to wear the timing chip at all times during the race, otherwise you cannot be timed. You are not allowed to pass your timing chip to another athlete, as it is linked with your bib number. If you can't complete an obstacle you will have to suffer 30 **BURPEES**. However there are obstacles that are "no fail" obstacles- you will have to overcome the obstacle otherwise you are disqualified. Passing an obstacle without overcoming it or doing the burpees will lead to disqualification. At each obstacle and along the course we have marshals checking that every athlete is following the course and obstacles. You are not allowed to cut the course. You can overtake others anywhere unless otherwise announced on the course. Also at obstacles, however we expect that you respect the other athletes.

# 6. TEAM'S RULES

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**Race with your friends or colleagues! It's probably the most extraordinary, fun experience you'll ever have!**

**Rules for the team are as follows:**

- Any team with at least five members will be part of the team standings. No need to make a special inscription.
- If you want to appear in the classification, a minimum of 4 members must finish the race.
- Each format (Sprint, Super or Beast) has its own classification. All team members must compete in the same distance.
- You need not start all on the same wave, anyway it is the most logical way to get a better result.
- A team may consist of only girls, boys or mixed. There will be only just one ranking and not differentiated by sex.
- Team results will not be known until all heats of the race are finished. So no prizes will be awarded on the day of the event, but will be announced at a later newsletter!

**Team ranking is based on the time of the 4th athlete of the team crossing the finish line. It's not about the best 4 or more individuals but about the best team effort. So run through the course as a team and you will get in with a better team time.**



# **7. AROUND THE RACE**

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## **After the race:**

Finisher T-shirts can be picked up at the finish area after the finishing line. Wear it with pride, you've earned it! Be sure to wear your medal to prove you're a Spartan Race Finisher!

Once you will cross the finish line, You will receive your well deserved Spartan medal! Check your official time at the result tent. Enjoy our refreshing showers and don't forget to pick up your bag at bag check. Also if you are joining the Trifecta Tribe after the completion of those races claim your special reward on Sunday.

## **Medal Engraving :**

If you're thinking of engraving your freshly earned medal, you will be able to do just that right after crossing the finish line. The stand is located just outside the finish area.

# 8. AROUND THE RACE

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## Sportograf finisher pics :

Do not forget to make a stop at the tent Sportograf in order to immortalize this moment alone or with your friends. Race pictures:

You will receive a link to order your photos taken by our Sportograf partner.

It will be right next to the finish line. Found photos on [www.sportograf.com](http://www.sportograf.com) just after the race.

## Awards Ceremony:

The prize-giving ceremony will take place at 8.30pm for Beast Elites Heat on Saturday

For Sunday, the award ceremony will take place at 2:30pm for Super and Sprint Elite Heat in front of the Leonidas Statue.

The Top 3 men and women of the Elite race will receive their awards, and Trifecta winners too.

## Festival Challenge:

During your downtime, visit the Festival Challenge area to try you on one of our challenges of the Festival. To test yourself on one skills on the various modules and try to win prizes on our partners.

Together we are stronger! Aroo!!

# 9. ACCESS FOR PARTICIPANTS AND SPECTATORS

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## CAR PARK

All the parking will be free. They will be on site directly.

## SPECTATORS:

Spectators are welcome at the event, the car parks are the same as those of the participants. They will be free.

NOTE: coolers and barbecues are not allowed inside the main area. Spectators are welcome. No liquor, glass bottles or camping on site.

# 10. CONTACT

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All Spartans do their homework. For questions or other applications that have not been addressed here, please visit our Frequently Asked Questions. If you do not find an answer please contact us at:



[greece@spartanraceeurope.com](mailto:greece@spartanraceeurope.com)

# AROO!