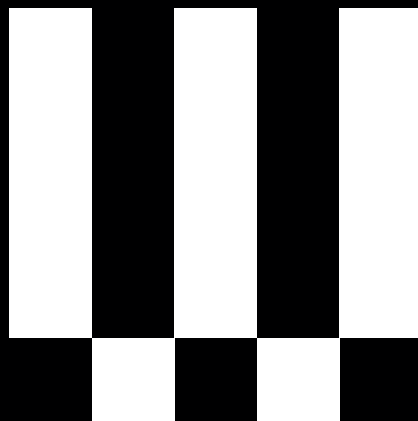




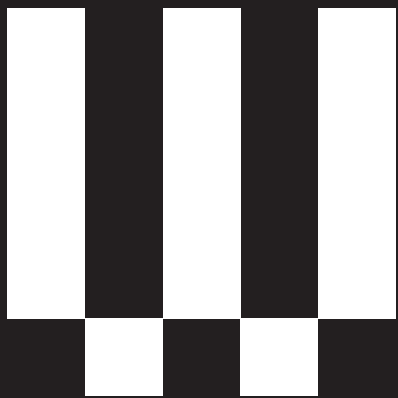
# FAQs

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# HYROX



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# FAQs

## **1. HOW LONG DO I HAVE TO SECURE MY HYROX WORLD CHAMPIONSHIPS PLACE?**

Once you have been offered a place to compete at the HYROX World Championships, you have a 48 hour window to purchase your ticket before your slot is rolled down to the next athlete. Please note, there is no exception to this deadline.

## **2. WHAT DO I GET WITH MY REGISTRATION?**

Included within your HYROX World Championships registration is:

- 1 x race entry
- Weekend admission to the HYROX EXPO
- Admission for the Opening Ceremony
- Admission to watch the Elite15 races
- HYROX World Championships 2024 Race T-Shirt customised with your name and nationalities flag
- HYROX World Championships Finisher Medal

## **3. WHEN DO I RECEIVE MY HYROX WORLD CHAMPIONSHIPS RACE T-SHIRT?**

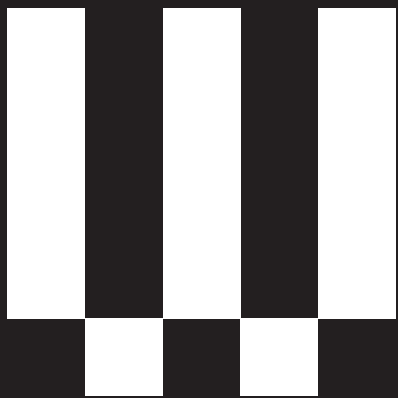
HYROX World Championships T-Shirts are available to pick up on Friday 7th June at Palais des Expositions — Nice Acropolis after you have checked-in for your race.

## **4. WHAT WEIGHTS/REPS DO I COMPETE IN AT THE HYROX WORLD CHAMPIONSHIPS?**

At the HYROX World Championships, all divisions will compete with the PRO weights/ reps with the exception of HYROX Mixed Doubles and athletes aged 60+ who will compete with the OPEN weights/reps.

Please use the [HYROX Rulebooks](#) as guidance to your race weights/ reps.

# HYROX



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# FAQs

## 5. WHAT IS THE WITHDRAWAL / DEFERRAL POLICY?

If you need to withdraw from the event please email [wc@hyrox.com](mailto:wc@hyrox.com) to inform the team that you will not be attending. Per our terms and conditions, deferrals, transfers or refunds are not permitted.

## 6. WHEN DO I RECEIVE MY RACE INFORMATION [START TIME, TIMING CHIP, RACE NUMBER ETC]?

Please see the timeline of communication you can expect information to be released by:

- 4 weeks out — provisional event schedule communicated via email
- 3 days out — individual start times & race number communicated via email

Your timing chip will be assigned to you during Athlete Registration during the event weekend.

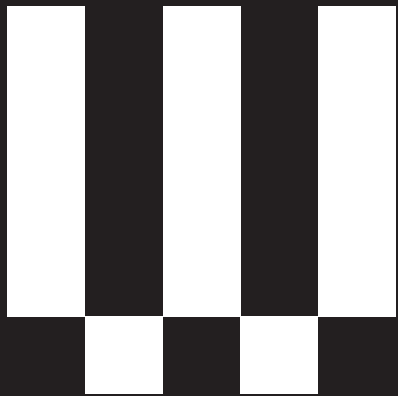
## 7. WHEN AND WHERE IS ATHLETE CHECK-IN/REGISTRATION?

Athlete Check-In is available at Palais des Expositions — Nice Acropolis on Friday 7th June from 11:00 AM — 5:00 PM.

We encourage all athletes to register on Friday as your entry wristband given at athlete registration will grant you access all weekend.

For those that will not make check-in during that period, we will offer a later check-in at reduced hours as follows on Saturday 8th June 7:00 AM - 3:00 PM and Sunday 9th June 7:00 AM - 3:00 PM

# HYROX



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# FAQs

## **8. HOW SHOULD I PREPARE FOR THE HYROX WORLD CHAMPIONSHIPS?**

We encourage athletes to stop by their local HYROX Partner Gym to connect with the HYROX community and get involved with their HYROX classes. To find a HYROX Partner Gym near you visit our [Gym Finder](#) online!

## **9. WHERE CAN I FIND THE OFFICIAL RACE PHOTOS POST-EVENT?**

Sportograf is our Official Photo Service for all HYROX races within the 23/24 Season. Sportograf operates with facial recognition technology — head over to their site and upload a selfie to see each photo captured of you while you raced!

Register your email address for the HYROX World Championships at [www.sportograf.com](http://www.sportograf.com) to be notified as soon as photos are online.

## **10. HOW ARE START TIMES ALLOCATED?**

Start times for the HYROX World Championships are allocated by division and age group and run from youngest to oldest. Please note, they will not be determined by finishers times.

## **11. CAN I CHANGE MY START TIME IF THE ALLOCATED TIME DOES NOT WORK FOR ME?**

It is not possible to request or change your allocated start time to race at the HYROX World Championships since all start waves are allocated by age group and division.