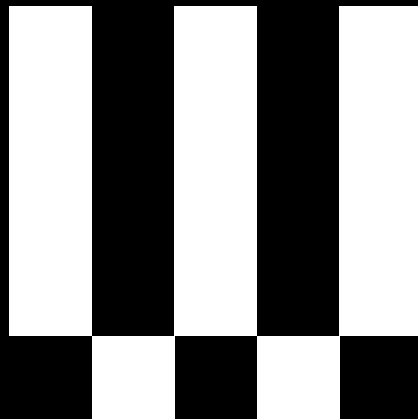




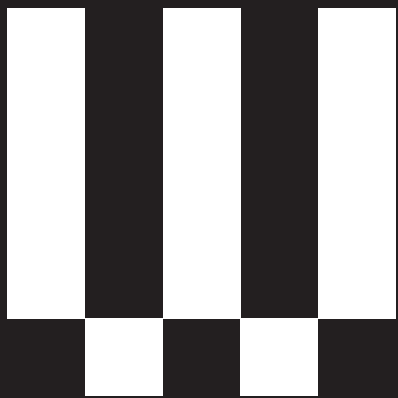
FAQs

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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?

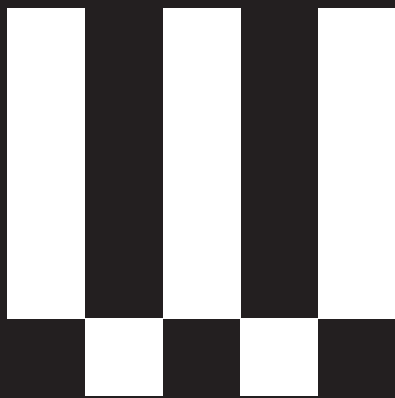
HYROX World Championships T-Shirts are available to pick up on Friday 7th June at Palais des Expositions — Nice Acropolis after you have checked-in for your race.

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.

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5. WHAT IS THE WITHDRAWAL / DEFERRAL POLICY?

If you need to withdraw from the event please email 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 — 4:00 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

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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 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.