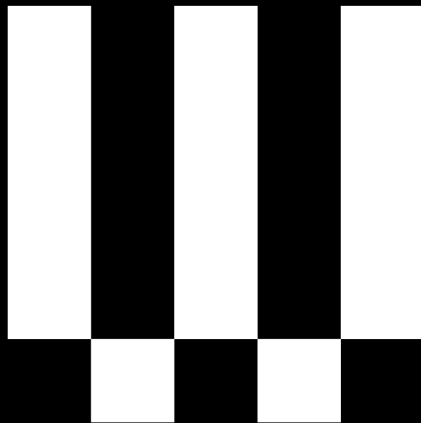




FAQs

H Y R O X



WORLD_CHAMPIONSHIPS
CHICAGO.2025

HYROX



WORLD_CHAMPIONSHIPS
CHICAGO.2025

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 claim your ticket before your slot is rolled down to the next athlete. Please note, there is no exception to this deadline.

2. CAN I QUALIFY IN MORE THAN ONE DIVISION?

Yes, you are eligible to qualify in both singles and doubles divisions. You may participate in both events at the World Championship if you meet the qualification criteria for each and the schedule allows it.

3. I QUALIFIED IN A DOUBLES PAIR. DOES MY PARTNER ALSO NEED TO CLAIM THEIR TICKET?

Yes. If you qualify as part of a doubles pair, both athletes will receive individual ticket reservations. Both you and your partner must claim your tickets separately, within the 48-hour window, to secure your spots at the World Championships.

4. CAN I REQUALIFY FOR THE WORLD CHAMPIONSHIPS IF MY TIME QUALIFIES ME AGAIN AFTER CLAIMING MY SPOT?

No, once you have claimed your spot for a specific division, you are not eligible to requalify for the same division, even if your time allows it. Additionally, you cannot switch your qualification from one age group to another after you've claimed your spot.

5. CAN I QUALIFY AGAIN WITH A DIFFERENT DOUBLES PARTNER IF I'VE ALREADY CLAIMED MY WC SPOT?

No, if you've already qualified and signed up for the World Championship with a doubles partner, you are not eligible to requalify, even if your time qualifies again.

6. CAN I CHANGE MY DOUBLES PARTNER AFTER QUALIFYING?

You cannot change your doubles partner unless there is a legitimate injury preventing your partner from racing. In such cases, you must provide a medical note and contact HYROX customer support for assistance in changing your partner.

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7. 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 2025 Race T-Shirt customised with your name and nationalities flag
- HYROX World Championships Finisher Medal

8. WHEN WILL SPECTATOR AND AFTER-PARTY TICKETS GO ON SALE?

Spectator and After-Party Tickets will be available from January 2025. We will send out email communications with further details when these tickets go live.

9. WHEN DO I RECEIVE MY HYROX WORLD CHAMPIONSHIPS RACE T-SHIRT?

HYROX World Championships T-Shirts are available to pick up on Thursday 12th June between 08:00 am - 18:00 pm Navy Pier.

10. 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.

11. 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.

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12. 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.

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

Athlete Check-In is available on Thursday 12th June between 08:00 am - 18:00 pm Navy Pier. We encourage all athletes to register on Thursday as your entry wristband given at Athlete Registration will grant you access to the event all weekend.

14. HOW SHOULD I PREPARE FOR THE HYROX WORLD CHAMPIONSHIPS?

We encourage athletes to stop by their local HYROX Training Club to connect with the HYROX community and get involved with their HYROX classes. To find a HYROX Training Club near you visit our Gym Finder online!

15. WHERE CAN I FIND THE OFFICIAL RACE PHOTOS POST-EVENT?

Sportograf is our Official Photo Service for all HYROX races within the 24/25 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.

16. CAN I CHANGE MY STARTTIME 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.