

# RACE FORMAT

Athletes will start on the track and complete the event in the following format:

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 1: EVALENCE SKI ERG STATION –1km**

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 2: F45 Quarry Park COMBINED SLED PUSH/PULL STATION**

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 3: CROSSFIT SUNALTA BURPEE BROAD JUMPS STATION**

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 4: IMPACT MAGAZINE ROW STATION**

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 5: COMPETITIVE FIT FARMERS CARRY STATION**

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 6: COR.Fit SANDBAG LUNGE STATION**

**Run Start: 1km** –5 laps around the track in counterclockwise direction.

**Station 7: FITKITCHEN WALL BALL STATION**