

Athlete Guide

### **Individual Challenge Course Instructions**

7 AM – 8 AM Check-in - Get your race #

(If you would like to be on a team, put your name on the individuals - forming a team list at check-in)

8:00 AM – 1<sup>st</sup> Wave Start – “I’m going hard!”

8:30 AM – 2<sup>nd</sup> Wave Start – “Someone talked me into this. Let’s do it!”

9:00 AM – Team Challenge Start – must stay together as a team.

- Must have your Race # on the front outer most layer.
- Obstacle Penalty – failed obstacle – return and try again. After 3 failed attempts. 5 burpees and move on. You can get your # marked if you attempt 3 times and burpees.
- Must have your race # or wristband marked at each station to be eligible for top overall individual or team award.
- You can go around an obstacle. Make this as challenging as you want it to be.

### **Team Challenge Instructions**

8 AM – 9 AM Team Check-in - 1 race # per team

9:00 AM - Team Challenge Course Start (teams must stay together)

10:00 AM – Team Strength Events Start

Fire Truck Pull, Tire Flip, Sandbag Carry, Fire Hose & Dummy Rescue Relays

### **Awards: 12:00 Noon**

**Individual Overall Male, Female & Non-Binary**

**1<sup>st</sup> Place Teams Co-Ed, All Male, All Female – one team will be named the 2024 Winter Warrior Champions. Their team name will go on the perpetual Winter Warrior Cup!**

### **Kids Challenge Course Instructions**

When you can Crush the Course:

OPEN 9AM – 11AM, 12 Noon – 1PM

Family Relays 11AM – 12 Noon (Sign up at check-in)

### **OCNJ Winter Warrior Festival 9AM – 3PM**

**Vendors, Hot Chocolate, Music, Fire Heaters**