



**JUST.
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GYMS

HYROX SIMULATION EVENT

**ATHLETE
INFORMATION**

**JOHN CHARLES CENTRE FOR SPORT, LEEDS
SATURDAY 11TH JULY 2026**

Thank you for booking and joining us for our **HYROX** simulation event at John Charles Centre for Sport in Leeds. We are looking forward to hosting this amazing event and can't wait to see you all competing and enjoying the weekend! This **Athlete Information Pack** contains essential information for the event.

IMPORTANT: *Please ensure you and your partner/team mates have completed your **Athlete Waiver and Health Commitment Statement** before the event. The link can be found in your confirmation email.*

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TRAVELLING TO VENUE

Event Venue: John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ.

There are two roads leading to the venue:

IF APPROACHING FROM 'John Charles Approach':

- Take the second exit at the roundabout.
- At the next roundabout take the second exit to enter the 'Car & Coach Park Long Stay'.

IF APPROACHING FROM 'Middleton Grove':

- At the roundabout take the third exit to enter the 'Car & Coach Park Long Stay'.






Public transport to the venue is available - there are bus stops on the main road network. Some bus stops require a short walk to the venue from the A653.

PARKING

Please use the 'Car & Coach Park Long Stay' to park as indicated by the red square on the map below. Parking is free however please note there may be other events taking place at the venue which may cause the car park to be busy. On street parking is also available with only a short walk to the venue. There is no EV charging at John Charles Centre for Sport.

PLEASE NOTE: The entrance gate on 'John Charles Approach' and the Long Stay Car Park next to the Indoor Bowls & Athletics Centre will be closed due to the HYROX athletes running route (see white dotted line on map below).



-  Road closed
-  Long Stay Car Park
-  Walking route to Event Registration
-  Turn left at this point of walking route - DO NOT continue up the hill
-  HYROX athletes running route

ENTERING THE VENUE

- Follow the walking route to the venue (*shown on map on page 3 with green arrows*).
- This will take you around the perimeter road of the venue - please ensure you **turn left** at the yellow dot on the map to enter the Stadium and Aquatics Complex, **DO NOT continue up the hill**.

REGISTRATION

- All competitors must complete registration at **'The Indoor Bowls and Athletics Centre'**.
- **DOUBLES**, **SINGLES** and **RELAY** competitors:
Registration point is at the far end of the indoor athletics track highlighted below
- At registration, you will be given your race ankle tag and all essential details for your event.



← Event Registration:
DOUBLES
SINGLES
RELAY

WAVE INFORMATION

- There are XX waves on Saturday, each wave having it's own start time. Please arrive **at least 30 minutes** prior to your wave start time to allow you time for registration, collecting your timing chip tag, warm up and race brief.
- Please adhere to your wave start time to ensure you set off in the correct category. If you need to change your wave time before the event, please contact us and we will let you know if there is space in another wave.
- Make sure you allow enough time prior to your wave start time to utilise the changing rooms/toilet facilities if required.

RACE TIMING

- **RaceBest** are our official event chip timing for all categories ensuring all competitors receive their personal time for the event. Competitors will be provided with ankle tag which is to be worn at all times - there will be no race numbers pinned to t-shirts.
- If you are taking part in the HYROX **RELAY** category, you will be given a triathlon type band to ensure timing is accurately collected from each competitor and allows the band to be passed to the next athlete. More information on this will be discussed in your wave briefing.
- All competitors will receive a results text on completion of the event sent to the contact number provided at event sign up.

WARM UP AREA

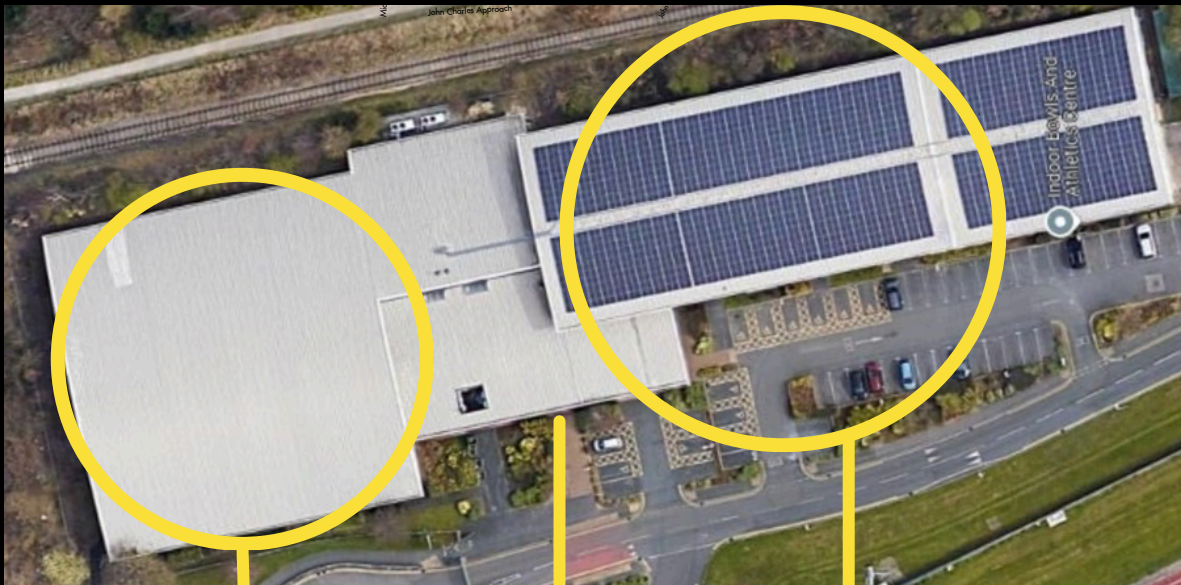
- The warm up area is located at the end of the Indoor Athletics Track and/or the car park to the right of the Indoor Bowls & Athletics Centre.



Warm Up Area

WORKOUT STATIONS

- Indoor Bowls: **Workout stations 1 - 5**
- Indoor Athletics Centre: **Workout stations 6 - 8**
- Athletics Track: **Run area**



Indoor Bowls
Stations 1 - 5

2: SLED PUSH

1: SKI ERG

3: SLED PULL

5: ROWING

4: BURPEES

Reception

Changing Rooms

Toilets

Cafe

Indoor Athletics Centre
Stations 6 - 8

FINISH

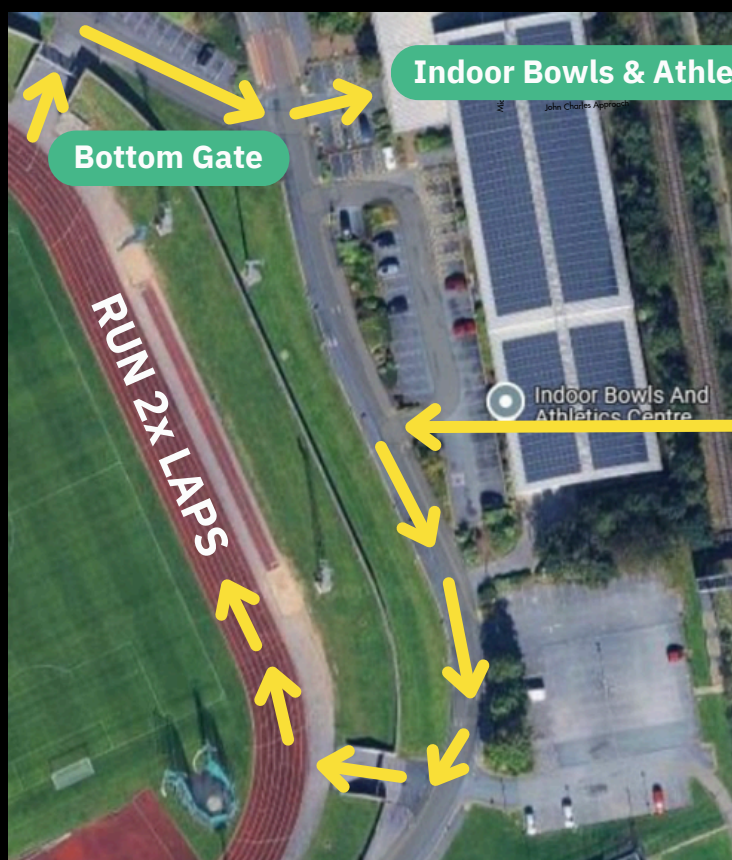
8: WALL BALLS

6: FARMERS CARRY

7: LUNGES

RUNNING AREA

- Official start line is at the top of the **Indoor Bowls & Athletics Centre** car park.
- Official timing will begin as you cross the start line wearing the provided ankle tag.

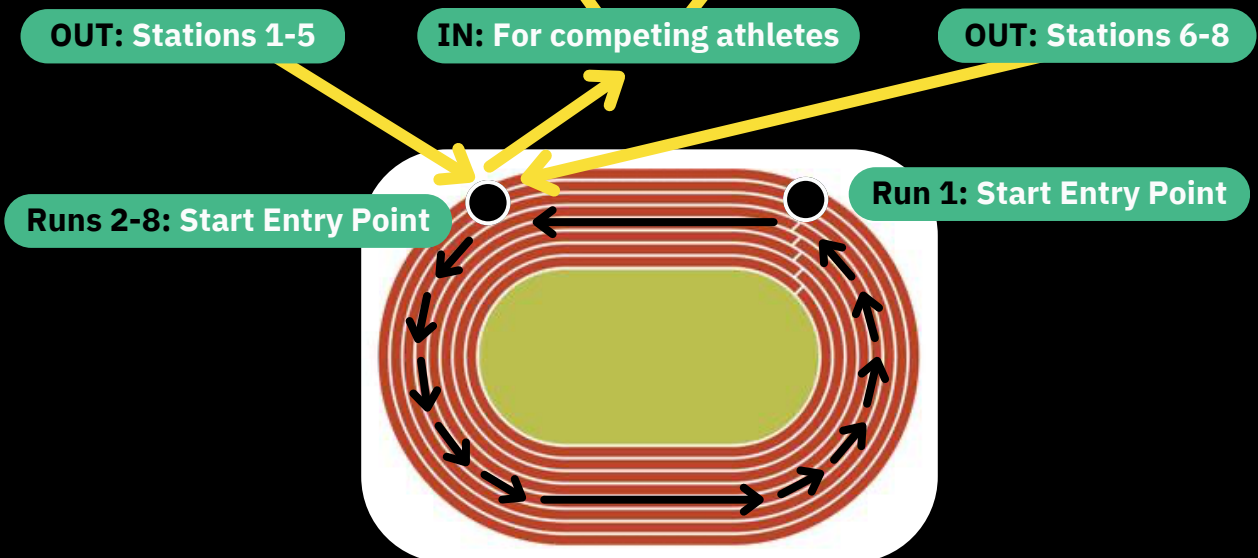
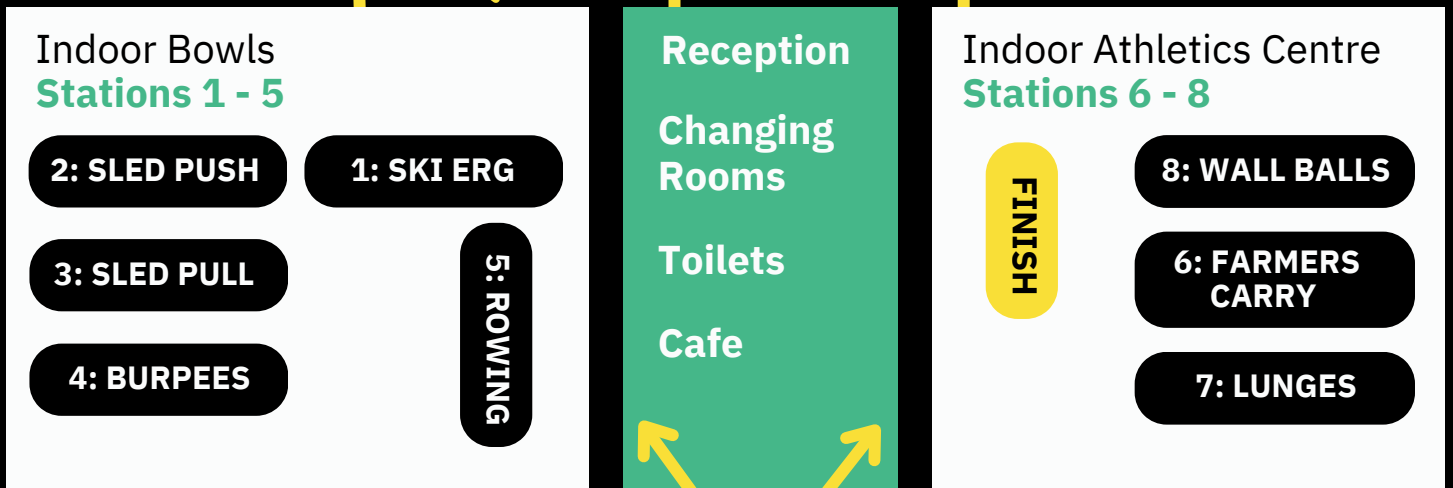
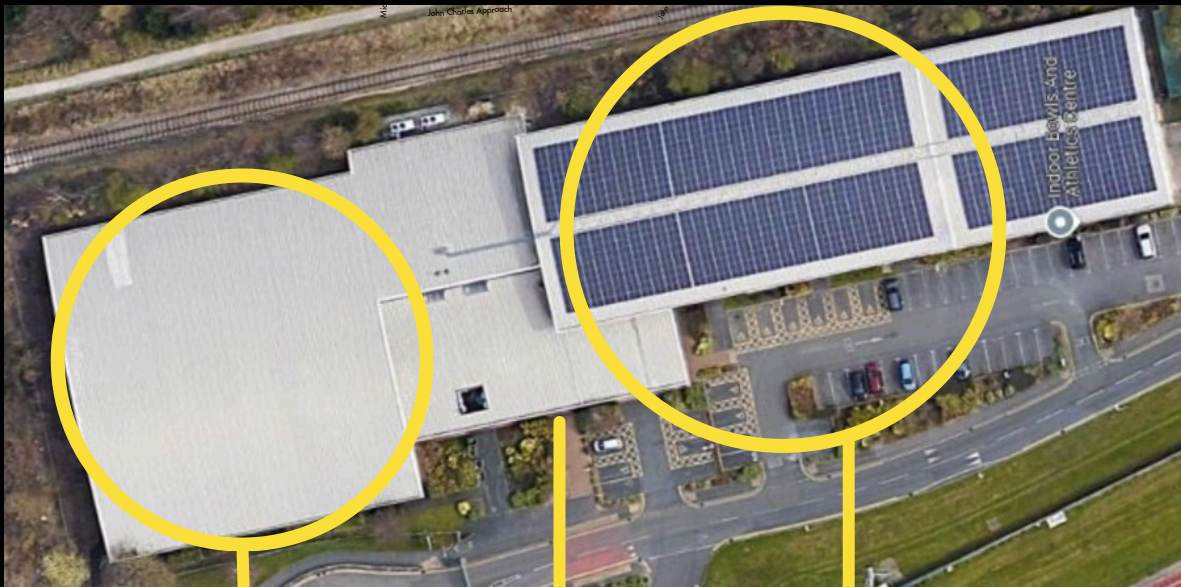


Start Line

- From the start line, take a **left** and enter track from gate on the right.
- Run 2x laps of the track (anti-clockwise) and exit at the **bottom gate** back towards the **Indoor Bowls & Athletics Centre** to begin **Station 1: SkiErg**.

- From this point, entry and exit will be through the **bottom gate** for all further runs.
- Athletes complete 2 laps of the track between each workout station in the correct order. After completing the final wall ball station, run through the finish line to complete the event.
- The run on the athletics track totals 800m - the extra distance required to complete 1km will be made up in transition between the Athletic Track and the indoor workout “Rox Zones” in the Indoor Bowls area (Stations 1-5) and Athletics area (Stations 6-8).
- Please take care when entering the main Reception area as there may be spectators visiting the café/toilets etc.

EVENT STRUCTURE



SINGLES FORMAT

- All athletes must complete the full race alone and meet the movement standards.

DOUBLES FORMAT

- Athletes must run together. The workout stations can be split however each pair chooses, ensuring movement standards and doubles rules are met.

RELAY FORMAT

- In your team of 4, each member to complete 2x runs and 2x stations. You must complete the run **prior** to completing your chosen workout station. Each team can decide which of their athletes are doing which station. Teams can be male, female or mixed gender and the weights on the stations will be adjusted accordingly.

WEIGHTS, REPS & DISTANCES

	<i>Men's Singles & Doubles Mixed Doubles</i>	<i>Women's Singles & Doubles</i>
SkiErg	1000m	1000m
Sled Push	50m at 152kg (inc. sled)	50m at 102kg (inc. sled)
Sled Pull	50m at 103kg (inc. sled)	50m at 78kg (inc. sled)
Burpee Broad Jumps	80m	80m
Rowing	1000m	1000m
Kettlebell Farmers Carry	200m, 2x 24kg Kettlebells	200m, 2x 16kg Kettlebells
Walking Sandbag Lunges	100m, 20kg Sandbag	100m, 10kg Sandbag
Wall Balls	100 reps, 6kg ball, 3m target	100 reps, 4kg ball, 2.7m target

COURSE LAYOUT FOR STATIONS 2, 3, 4, 6 & 7

STATION 2:

SLED PUSH

Either 4x 12.5m track or 8x 6.25m track, with the sled passing the white marker fully at each end.

STATION 3:

SLED PULL

4x length of 12.5m track, with sled passing the white marker fully at each end.

STATION 4:

BURPEE BROAD JUMPS

Start with a burpee behind the line and ensure you jump fully over the line at each end. Follow the one-way system and complete 2x laps to total 4x the length of the 20m course.

STATION 6:

KETTLEBELL FARMERS CARRY

Follow the one-way system and complete 3x laps to total 6x the length of the 33.33m course, returning the kettlebells to where you picked them up once passing the finish line.

STATION 7:

SANDBAG LUNGES

Following the one way system, complete 2x laps to total 4x the length of the 25m course.

HYROX FAQs

What the difference between Singles, Double and Relay?

- **SINGLES**

Competitors must complete each run and each station in the correct order in full themselves.

- **DOUBLES**

Partners must run together however can divide up the workout stations how they see fit.

- **RELAY - Team of 4 people**

Each team member must complete two of the running sections and two of the stations.

The team can decide which stations each member completes to play to the strengths of each individual. The team member must complete the run that precedes the station they have chosen. Here is an example of how a relay structure may look:

Team Member 1: Run 1 & Ski-erg

Team Member 2: Run 2 & Sled Push

Team Member 3: Run 3 & Sled Pull

Team Member 4: Run 4 & Burpee Broad Jumps and so on...

Can I bring spectators and is there a charge for them?

Absolutely! Bring your friends and family, all spectators can watch the event free of charge.

Do the workout stations have movement standards?

Yes - find standards for all movements, rules and regulations via the HYROX official website:

<https://hyrox.com/rulebook/>

Do you receive anything for finishing the event?

Yes, complete the HYROX event course and when you cross the finish line you will receive a **JUST.MOVE** HYROX finisher's medal.

Is the event indoors or outdoors?

Both. The running sections are outside on the athletics track and all workout stations are indoors using the Indoor Bowls & Athletics Centre.

Will there be First Aid at the event?

Yes, an external company will be in place to provide assistance should it be required.

Is there be a café available?

Yes, there is food and drink available at the Indoor Bowls & Athletics Centre and the Aquatics Centre.

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SIMULATION EVENT

Filming & Photography

PLEASE NOTE: FILMING & PHOTOGRAPHY WILL BE TAKEN THROUGHOUT THE EVENT AND SHARED ACROSS SOCIAL MEDIA PLATFORMS AND FUTURE MARKETING

Thank you!

On behalf of everyone at **JUST.MOVE**, thank you for signing up to our HYROX event — we can't wait to see you there bringing the energy!

Our amazing team of volunteers will be around throughout the event to help guide and support you, please be kind and respectful as they are giving their time to help make the day a brilliant experience for everyone.

See you at the start line!

