

2024 Samson Challenge Partner Race Standards



Athletes will perform all 11 events back-to-back with their individual referee. Partners must stay together throughout the Samson course and most events will have tasks specifically designed for the partner race. Athletes can compete as Coed or Same-Sex partners.

Event 1 – Rowing

Both partners will begin on the rower. Each athlete is permitted to set their damper to their desired setting. All athletes will row **500 meters** simultaneously. If one partner finishes earlier than their partner, they must wait for their partner to finish before moving on to the next event.

Event 2 – Tire Flips

Athletes will advance to their prescribed tire. **20 total** tire flips must be completed (10 each athlete) Athletes will stand on opposite sides of the tire and flip from one athlete to another. **Tire must hit the ground** between each flip. If the tire is too heavy for the athletes to complete all flips, the athlete is allowed to take a penalty for advancement. A 30-sec penalty will be assessed for each uncompleted repetition. This will be added to the total time of the athlete at the completion of the course. If one partner can finish their 10 flips, they can do so, while the penalty will apply to the other athlete missing their flips. One partner cannot complete all 20 flips.

Example 3 non-completed flips = 1.5-minute penalty.

*Coed Partners - **Green** tire (171lbs)*

*Female Partners - **Green** tire (171lbs)*

*Male Partners - **Purple** tire (280lbs)*

Event 3 – Spartan Pull

Partners will advance to their prescribed rope/kettlebell. One athlete will sit down, place their heels on the wall, grab their rope and pull their kettlebell all the way to the top bar for **10 reps**, while their partner holds a plate overhead. When 10 reps are reached, partners will switch. Spartan Pull is to be done in a seated position, with bottom down at all times. If the kettlebell is too heavy for the athlete to finish all 10 reps, the athlete can take a penalty. There will be 30-second penalty for each uncompleted repetition.

*Coed Partners – **Purple** KB, male partner (40lbs), **Green** KB (35lbs) female partners + 35lbs plate*

*Female Partners – **Green** KB (30lbs) + 35lbs plate*

*Male Partners – **Purple** KB (40lbs) + 45lb plate*

Event 4 – The Worm

Athletes enter the Futsal Cage from the north door. Athletes will locate their color-coded station to perform 20 Ground to Overhead lifts with a Worm. The Worm is a long, narrow bag filled with sand. Partners will stand 'single file' and lift the worm: from ground to shoulder, then from shoulder to arms extended overhead, then to other shoulder, then to ground on the other side. The Worm must touch the ground in between lifts. Repeat this lift, from side to side, for **20 total** overhead lifts (10 each side). If the partners can't finish all 20 repetitions, they can take a 30-second penalty per repetition missed.

*Coed Partners – **Green** Worm (60lbs)*

*Female Partners – **Green** Worm (60lbs)*

*Male Partners – **Purple** Worm (80lbs)*

Event 5 – Sandbag Run

Partners will run together for **3 laps** (750 meters) while carrying one sandbag. Partners can decide how to carry the bag as they deem appropriate. Both partners will crawl under the net together during each lap.

*Coed Partners – **Green** Sandbag (20lbs)*

*Female Partners – **Green** Sandbag (20lbs)*

*Male Partners – **Purple** Sandbag (30lbs)*

Event 6 – Sled Pull.

Partners will load their sled/tire with an appropriate amount of weight, pull **one tire in unison** using any technique (front/back/any grip) for 25 meters, turn the sled around and pull back for another 25 meters. Each partner will grasp one handle. Athletes may **NOT** shorten the rope, and hands must be placed at the loops at the end of the rope. After the total of 50 meters, partners will **have to unload** and **turn the sled around** for the next contestants.

*Coed Partners – 3 x 35lbs to **Red/Orange** Tire (170lbs)*

Female Partners – 2 x 25lbs to Rainbow Tire (105lbs)

*Male Partners – 3 x 35lbs to **Red/Orange** Tire (170lbs)*

Event 7 – Tire Run & Balance Beam

Athletes will run/walk through 10 tires in a high-knee fashion, then continue to walk together on parallel balance beams, which are 7.5 meters long, 5.5 inches wide, and 14 inches high. Partners will walk sideways (lateral steps), facing each other along their beams while holding 2 super bands between them, one in each hand. If either athlete loses balance and touches the ground, they must both start over from the beginning of the beams they were on. After the first beams, athletes will run through another set of 10-tires and balance on a 2nd set of beams. Partners will then walk/run back off to the side of the beams and return the super bands to the start for the next contestants.

Event 8 – Heavy Bag

Athletes will pick up their dedicated Heavy Bag and carry it – together – for 25 meters, lift the bag - together - and then climb over a 4ft obstacle **3 times**. Athletes are allowed to help one another over obstacles if needed. After the first obstacle, athletes will carry the Heavy Bag - together - for another 25 meters and meet a second obstacle where they will again lift the bag and climb over **3-times**. After completing the second obstacle, the partners will carry the Heavy Bag back – together - to the start.

*Coed Partners – 65lbs **Purple Bag***

*Female Partners - 55lbs **Green Bag***

*Male Partners – 65lbs **Purple Bag***

Event 9- Overhead Lunges

Each partner will pick up their dedicated barbell, place it in overhead position and lunge 25 meters. Back knee must touch the ground with each repetition. Once athletes reach the 25-meter mark, they will perform 25 bent-knee sit ups facing their partner, and include ‘high-fives’ at the top of each repetition. Then athletes will lunge back with bars in overhead position.

*Jock Men – 18lbs **Purple***

*Jock Women – 15lbs **Green***

200m Sprint/Jog/Walk/Crawl to Sand Volleyball Court

Athletes will follow the clearly marked path from the field to the #10 event at the sand volleyball court. This is an approximately 200meter sprint/jog/walk.

Event 10 – Medicine Ball Toss

Partners will pick up their designated medicine ball and toss it over the volleyball net from one partner to another. Athletes can catch each other’s toss or let it drop if need be. Athletes will perform 10 throws each, resulting in 20 total repetitions.

A 30-second penalty will be assessed for each uncompleted repetition. Upon completion of all repetitions, the athletes will advance through the East gate (closest to the volleyball court), into the pool area.

*Coed Partners – 14lbs **Green** Medicine Ball*

*Female Partners – 14lbs **Green** Medicine Ball*

*Male Partners – 20lbs **Purple** Medicine Ball*

Event 11 –Water Wade with Overhead Carry!

Athletes must remove their shoes, and if they choose to, clothes as well (bathing suit required...), locate their dedicated weight and jump **FEET FIRST** into the shallow end of the pool into their Samson-dedicated lap lane based on the shorter partner's height. Partners will carry the weight together, side by side, and both partners' hands must be on the weight. Athletes will walk from one end of their lane to the opposite wall and back. Athletes **must** return the weight back to the pick-up location for the next competitors.

Lanes are dedicated for various heights.

Lane 1. 5'-5'3" | **Lane 2.** 5'4"-5'7" | **Lane 3.** 5'8"-5'11" | **Lane 5.** 6'+

Weights to be carried overhead:

*Coed Partners – 50lbs **Purple***

*Male Partners – 50lbs **Purple***

*Female Partners - 40lbs **Green***

To finish the course and lock in final time, athletes will sound the buzzer/bell, located several feet outside the pool, **together**.

*If an athlete chooses to skip any event, she/he will receive a 10 min penalty.