

2024 Samson Challenge Individual Race Standards



Athletes will perform ALL 11 events back-to-back with their individual referee.

Event 1 – Rowing

Athletes will begin on the rower. Each athlete is permitted to set their damper to their desired resistance setting.

Warrior Men – 1000 meters

Warrior Women – 1000 meters

Jock Men – 750 meters

Jock Women – 750 meters

Not-So-Ave. Joe – 500 meters

Not-So-Average Jane – 500 meters

Masters Male – 500 meters

Masters Female – 500 meters

Rockstar Male – 400 meters

Rockstar Female – 400 meters

Event 2 – Tire Flips

The athlete will advance to their prescribed tire. **Ten total** tire flips must be completed. Tire will be flipped 5 times forward. Then the participant will switch to the other end of tire and flip it 5 times back. If the tire is too heavy for the athlete to complete all 10 flips, the athlete is allowed to take a penalty for advancement. A one-minute 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.

Example – 3 non-completed repetitions = 3-minute penalty

Warrior Men – **Red** tire (390lbs)

Warrior Women – **Orange** tire (280lbs)

Jock Men – **Purple** tire (280lbs)

Jock Women – **Green** tire (171lbs)

Joe/Masters – **Yellow** tire (171lbs)

Jane/Masters – **Pink** tire (83lbs)

Rockstar Men – **Grey** tire (171lbs)

Rockstar Women – **Blue** tire (55lbs)

Event 3 – Spartan Pull

Each athlete will advance to their prescribed rope with kettlebell. Athletes will sit down, place their heels on the wall, grab their rope and pull their kettlebell all the way up to the top bar for 10 reps. Movement 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 one-minute penalty for each uncompleted repetition.

Warrior Men – 50lbs **Red** KB

Warrior Women – 40lbs **Orange** KB

Jock Men – 40lbs **Purple** KB

Jock Women – 30lbs **Green** KB

Joe/Masters Men – 30lbs **Yellow** KB

Jane/Masters – 15lbs **Pink** KB

Rockstar Men – 30lbs **Grey** KB

Rockstar Women – 10lbs **Blue** KB

Event 4 – Ground to Overhead

Athletes enter the Futsal Cage from the north door. Athletes will advance to their color-coded station to perform 20 Ground to Overhead lifts. Warriors will use pre-loaded barbells and perform 20 snatches or clean & presses. All other categories will lift a plate; edge of the plate must touch the ground at the bottom of each repetition and the plate must be lifted above the athlete's head at the top. Once complete, athletes will exit the Futsal Cage through the south door. If an athlete is unable to complete all 20 repetitions, the athlete can take a penalty. There will be a 30-second penalty for each uncompleted repetition.

Example – 3 non-completed repetitions = 1.5-minute penalty

Warrior Men – 95lbs **Red**

Warrior Women – 75lbs **Orange**

Jock Men – 45lbs **Purple**

Jock Women – 35lbs **Green**

Joe/Masters Men – 35lbs **Yellow**

Jane/Masters – 25lbs **Pink**

Rockstar Men – 25lb **Grey**

Rockstar Women – 10lbs **Blue**

Event 5 - Sandbag Run

After Ground to Overhead is completed, the athletes will advance to the sandbag station and pick up their appropriately labeled sandbag. This run will be **2 total laps** around the field (approximately 500m) combined with a crawl through army netting within each lap. Athletes must keep their sandbag in contact with them while crawling under the net (no throwing bags).

Rockstar(65+) Modification: **1-lap only!**

Below are the specific weight requirements for the sandbag run:

Warrior Men – 50lb sandbag **Red**

Warrior Women – 30lb Sandbag **Orange**

Jock Men – 30lb Sandbag **Purple**

Jock Women – 20lb Sandbag **Green**

Joe/Masters – 20lb Sandbag **Yellow**

Jane/Masters – 10lb Sandbag **Pink**

Rockstar Men – 20lb Sandbag **Grey**

Rockstar Women – 5lb Sandbag **Blue**

Event 6 – Sled Pull.

Athletes will load their sled with an appropriate amount of weight, pull using any technique (front/back/any grip) for 25 meters, turn the sled around and pull back for another 25 meters. Athletes may **NOT** shorten the rope in any way; hands must be placed using the loops at the end of the rope. After the total 50 meter pull, the athlete will have to unload and turn the sled around for the next contestant.

Tire weight is 65lbs for warriors - **Red & Orange**

Tire weight is 55lbs for all other categories. **Purple, Green, Grey, Yellow, Pink, Blue**

Warrior Men – 170lbs Load: 3 x 35lbs *Warrior Women – 115lbs Load: 2 x 25lbs*

Jock Men – 130lbs Load: 3 x 25lbs *Jock Women – 90lbs Load: 1 x 25lbs + 1 x 10lbs*

Joe/Masters – 105lbs Load 2 x 25lbs *Jane/Masters – 65lbs: Load 1 x 10lbs*

Rockstar Men – 85lbs Load 3 x 10lbs *Rockstar Women – 55lbs: Tire only*

Event 7 – Tire Agility Run and Balance Beams

Athletes will run/walk through 10 tires in a high-knee fashion, then advance to balance a beam, which is 7.5 meters long, 5.5 inches wide, and 14 inches high. If the athlete loses balance and touches the ground at ANY point, they must start over from the beginning of the beam. After the first beam, athletes will face another set of 10-tires, and a second balance beam. Athletes will balance through beams moving south and walk back off to the side of the beams (NOT on the beams – one way traffic only!) on the way back.

Event 8 – The Heavy Bag

Athletes will pick up their dedicated Heavy Bag and carry it – any style – for 25 meters, lift the bag and themselves over a hurdle-like obstacle **3 times**. Warriors, Jocks and all partner-level athletes will scale a 4ft obstacle; all other level athletes (Janes/Joes/Masters/Rockstars*) will scale a 3ft obstacle. After getting through the first obstacle, the athlete will carry the Heavy Bag for another 25 meters and meet a second obstacle where they will again lift the bag and themselves over **3 times**. After completing the 2nd obstacle, the athlete will carry the Heavy Bag back to the start. *Rockstars ONLY will scale each of the two obstacles **one time each**.

Warrior Men – 85lbs **Red**

Warrior Women – 65lbs **Orange**

Jock Men – 65lbs **Purple**

Jock Women – 55lbs **Green**

Joe/Master – 55lbs **Yellow**

Jane/Master – 35lbs **Pink**

Rockstar Men – 55lbs **Grey**

Rockstar Women – 25lbs **Blue**

Event 9- Overhead Lunges

The athletes 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 athlete reaches the 25-meter mark, she/he will perform 25 straight leg sit ups with barbell overhead. Then athlete will lunge back to the start. If you opt to skip this station, there will be 10-minute penalty. If you can't touch the knee to the ground, you may inform your referee this before starting the race, lunge to your best ability, and referee will add a 2-minute penalty to your time.

Rockstar Modification: Bar may be carried on shoulders
 No Knee touch to ground required
 25 sit ups without a bar
 Walk/Jog back without lunging

Warrior Men – 18lbs **Red**

Warrior Women – 18lbs - **Orange**

Jock Men – 18lbs **Purple**

Jock Women – 15lbs **Green**

Joe/Master – 15lbs **Yellow**

Jane/Master – 12lbs **Pink**

Rockstar Men – 15lbs **Grey**

Rockstar Women – 9lbs **Blue**

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

Athletes will follow the clearly marked path from the field to the #10 event located on the sand volleyball court – your referee will guide you. This is an approximately 200meter sprint/jog/walk.

Event 10 – Medicine Ball Toss

Athlete will locate their designated weighted medicine ball and toss the ball clearing the top of the volleyball net and landing on the opposite side. Athlete will then go under the net to retrieve their ball and repeat, for 10 repetitions total. The ball **HAS TO TOUCH THE GROUND** in between throws. 1-minute penalty will be assessed for each uncompleted repetition. Inability to complete all 10 repetitions will result in 10 min. penalty. Upon completion of all reps, athlete will advance through the gate closest at the east end of the volleyball court, into the pool area.

Warrior Men – 30lbs **Red**

Warrior Women – 20lbs **Orange**

Jock Men – 20lbs **Purple**

Jock Women – 14lbs **Green**

Joe/Master – 14lbs **Yellow**

Jane/Master – 6lbs **Pink**

Rockstar Men – 14lbs **Grey**

Rockstar Women – 4lbs **Blue**

Event 11 –Water Wade with Overhead Carry!

Athlete will **remove shoes**, and if they choose to, clothing as well (bathing suit required...), pick up their dedicated weight and jump **FEET FIRST** into shallow end of the pool into their dedicated lap lane based on their height. Athletes will carry their weight in the overhead position while walking in the water - athletes are allowed to rest the weight on their head also. Athlete will walk from one end of their lane to the opposite wall and back. Athlete **MUST** return the weight back to pick-up location for the next athlete.

Lanes dedicated by height: **Lane 1.** 5'-5'3", **Lane 2.** 5'4"-5'7", **Lane 3.** 5'8"-5'11", **Lane 4.** 6'+

Warrior Men – 45lbs **Red**

Warrior Women – 35lbs **Orange**

Jock Men – 35lbs **Purple**

Jock Women – 25lbs **Green**

Joe/Master – 25lbs **Yellow**

Jane/Master – 10lbs **Pink**

Rockstar Men – 25lbs **Grey**

Rockstar Women – 5lbs **Blue**

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

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