

Samson Challenge 2025 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. Race will start with 7 athletes/heat from different categories.

Warrior Male – 1000 meters

Warrior Female – 1000 meters

Jock Male – 750 meters

Jock Female – 750 meters

Not-So-Ave. Joe – 500 meters

Not-So-Average Jane – 500 meters

Masters Male – 500 meters

Masters Female – 500 meters

Rockstar/Legends Male – 400 meters

Rockstar/Legends 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 and 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 Male – **Red** tire (390lbs)

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

Jock Male – **Purple** tire (280lbs)

Jock Female – **Green** tire (171lbs)

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

Jane/Masters – **Pink** tire (83lbs)

Rockstar Male – **Yellow** tire (171lbs)

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

Legends Male – **Silver** tire (83lbs)

Legends Female - **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 a one-minute penalty for each uncompleted repetition.

Warrior Male – 50lbs **Red** KB

Warrior Female – 40lbs **Orange** KB

Jock Male – 40lbs **Purple** KB

Jock Female – 30lbs **Green** KB

Joe/Masters Male – 30lbs **Yellow** KB

Jane/Masters – 15lbs **Pink** KB

Rockstar/Legends Male – 30lbs **Yellow/Silver** KB Rockstar/Legends Female – 10lbs **Blue**

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 Male– 95lbs **Red**

Warrior Female – 75lbs **Orange**

Jock Male – 45lbs **Purple**

Jock Female – 35lbs **Green**

Joe/Masters Male – 35lbs **Yellow**

Jane/Masters Female– 25lbs **Pink**

Rockstar/Legends Male – 25lb **Yellow/Silver**

Rockstar/Legends Female – 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 & Legends Modification: **1-lap only!**

Warrior Male – 50lb sandbag **Red**

Warrior Female – 30lb Sandbag **Orange**

Jock Male – 30lb Sandbag **Purple**

Jock Female – 20lb Sandbag **Green**

Joe/Masters – 20lb Sandbag **Yellow**

Jane/Masters – 10lb Sandbag **Pink**

Rockstar/Legends Male – 20lb bag **Yellow/Silver**

Rockstar/Legends Female – 5lb bag **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, Yellow, Pink, Blue, Silver**

Warrior Male – 170lbs Load: 3 x 35lbs

Warrior Female – 115lbs Load: 2 x 25lbs

Jock Male – 130lbs Load: 3 x 25lbs

Jock Female – 80lbs Load: 1 x 25lbs

Joe/Masters – 105lbs Load 2 x 25lbs

Jane/Masters – 65lbs: Load 1 x 10lbs

Rockstar/Legends Male – 75lbs Load 2 x 10lbs

Rockstar/Legends Female – 55lbs: Tire only

Event 7 – Yoke Carry

Athlete will carry a designated yoke on their shoulders (behind head) until 80-meter mark, turn around, and carry the yoke back to start. Athlete can place the yoke down for a break at any time and continue when they are recovered.

*Warrior Male – 50lbs/side **Red***

*Warrior Female – 30lbs/side **Orange***

*Jock Male – 30lbs/side **Purple***

*Jock Female – 20lbs/side **Green***

*Joe/Master – 20lbs/side **Yellow***

*Jane/Master – 15lbs/side **Pink***

*Rockstar Male – 20lbs/side **Yellow***

*Rockstar – 10lbs/side **Blue***

*Legends Male – 15lbs/side **Silver***

*Legends Female - 10lbs/side **Blue***

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 will scale a 3ft obstacle (Janes/Joes/Masters/Rockstars/Legends). 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 lift the bag and themselves over **3 times**. After completing the 2nd obstacle, the athlete will carry the Heavy Bag back to the start.

Rockstar/Legends Modification: Athlete will go over obstacle **1-time only!**

Warrior Male – 90lbs **Red**

Warrior Female – 70lbs **Orange**

Jock Male – 70lbs **Purple**

Jock Female – 55lbs **Green**

Joe/Master – 55lbs **Yellow**

Jane/Master – 40lbs **Pink**

Rockstar– 55lbs **Yellow**

Rockstar– 30lbs **Blue**

Legends Male – 40lbs **Silver**

Legends Female - 30lbs **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 the 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 of this before starting the race, lunge to your best ability, and referee will add a 2-minute penalty to your time.

Rockstar/Legends 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 Male – 18lbs **Red**

Warrior Female – 18lbs - **Orange**

Jock Male – 18lbs **Purple**

Jock Female – 15lbs **Green**

Joe/Master – 15lbs **Yellow**

Jane/Master – 12lbs **Pink**

Rockstar/Legends Male – 15lbs **Yellow**/ **Silver**

Rockstar/Legends Female – 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

Athletes will locate their designated weighted medicine ball and toss the ball clearing the top of the volleyball net and landing on the opposite side. The athletes 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 a 10 min. penalty. Upon completion of all reps, athletes will advance through the gate closest at the east end of the volleyball court, into the pool area.

Warrior Male – 30lbs **Red**

Warrior Female – 20lbs **Orange**

Jock Male – 20lbs **Purple**

Jock Female – 14lbs **Green**

Joe/Master – 14lbs **Yellow**

Jane/Master – 6lbs **Pink**

Rockstar/Male – 14lbs **Yellow**

Rockstar -4lbs **Blue**

Legends Male – 10lbs **Silver**

Legends Female – 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. Athletes 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 Male – 45lbs **Red***

*Warrior Female – 35lbs **Orange***

*Jock Male – 35lbs **Purple***

*Jock Female – 25lbs **Green***

*Joe/Master – 25lbs **Yellow***

*Jane/Master – 10lbs **Pink***

*Rockstar/Legends Male – 25lbs **Yellow**/ **Silver***

*Rockstar/Legends Female – 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.