

Samson Challenge 2026 Individual Race Standards



Athletes will complete ALL 11 events consecutively under the supervision of one referee. Skipping any event results in a 10-minute penalty.

Event 1 – Rowing

Athletes will begin on the rower and may set the damper to their preferred resistance. Each heat will feature 7 athletes from various categories.

Warrior Male – 1000 meters

Jock Male – 750 meters

Not-So-Ave. Joe – 500 meters

Masters Male – 500 meters

Rockstar/Legends Male – 400 meters

Warrior Female – 1000 meters

Jock Female – 750 meters

Not-So-Average Jane – 500 meters

Masters Female – 500 meters

Rockstar/Legends Female – 400 meters

Event 2 – Tire Flips

Athletes will move to their assigned tire and complete 10 total flips: 5 forward and 5 back. If unable to complete all 10 flips, the athlete may take a penalty to advance. A one-minute penalty will be added to the athlete's total course time for each uncompleted flip (e.g., 3 uncompleted tire flips = 3 min penalty).

Warrior Male – **Red** tire (390lbs)
Jock Male – **Purple** tire (280lbs)
Joe/Masters – **Yellow** tire (171lbs)
Rockstar Male – **Brown** tire (171lbs)
Legends Male – **Silver** tire (83lbs)

Warrior Female – **Orange** tire (280lbs)
Jock Female – **Green** tire (171lbs)
Jane/Masters – **Pink** tire (83lbs)
Rockstar Female – **Blue** tire (55lbs)
Legends Female – **Blue** tire (55lbs)

Event 3 – Spartan Pull

Athletes will move to their assigned rope and kettlebell at Spartan Pull Station. In a seated position with heels against the barrier and hips on the ground at all times, athletes must pull the rope until kettlebell reaches the top bar for 10 reps. Athletes unable to complete all 10 reps may take a one-minute penalty per unfinished rep.

Warrior Male – 50lbs **Red** KB
Jock Male – 40lbs **Purple** KB
Joe/Masters Male – 30lbs **Yellow** KB
Rockstar/Legends Male – 30lbs **Brown/Silver** KB

Warrior Female – 40lbs **Orange** KB
Jock Female – 30lbs **Green** KB
Jane/Masters – 15lbs **Pink** KB
Rockstar/Legends Female – 10lbs **Blue**

Event 4 – Ground to Overhead

Athletes will move to their assigned station to complete 20 Ground-to-Overhead lifts. Warriors will use pre-loaded barbells and perform 20 snatches or clean & presses. All other categories will use a plate, touching the edge to the ground at the bottom of each rep and lifting it overhead at the top. Athletes unable to complete all 20 reps may take a 30-second penalty per unfinished rep. (e.g., 3 non-completed reps = 1.5 min penalty.)

Pre-loaded Barbell:

Warrior Male – 95lbs **Red**

Warrior Female – 75lbs **Orange**

Plates:

Jock Male – 45lbs **Purple**
Joe/Masters Male – 35lbs **Yellow**
Rockstar/Legends Male – 25lb **Brown/Silver**

Jock Female – 35lbs **Green**
Jane/Masters Female – 25lbs **Pink**
Rockstar/Legends Female – 10lbs **Blue**

Event 5 - Sandbag Run

Athletes will move to the sandbag station and pick up their assigned sandbag. Athletes will complete two laps around the field (approximately 500m total), including a crawl under army net during each lap. Sandbags must remain in contact with the athlete while crawling under the net; throwing bags is not permitted. **Rockstars and Legends will run one 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**

One Lap Only:

Rockstar Male - 20lb bag **Brown**

Rockstar Female – 5lb bag **Blue**

Legends Male – 20lb bag **Silver**

Legends Female – 5lb bag **Blue**

Event 6 – Sled Pull.

Athletes will move to the sled pull station and load their own sled with the assigned weight. Athletes will pull the sled 25 meters, turn the sled around and pull it back 25 meters for a total of 50 meters. Athletes may use any technique or grip but may not shorten the rope during pull and must grip the loops at the end. After finishing, athletes must unload and reset the sled for the next competitor.

Warriors: 65lbs tire sled (**Red & Orange**)

Warrior Male – 170lbs (sled + 3 x 35lbs)

Warrior Female – 115lbs (sled + 2 x 25lbs)

All other categories: 55lbs tire sled (**Purple, Green, Yellow, Pink, Blue, Brown, Silver**)

Jock Male: 130lbs (sled + 3 x 25lbs)

Jock Female: 80lbs (sled + 1 x 25lbs)

Joe/Masters: 105lbs (sled + 2 x 25lbs)

Jane/Masters: 65lbs (sled + 1 x 10lbs)

Rockstar/Legends Male: 75lbs (sled + 2 x 10lbs)

Rockstar/Legends Female – 55lbs (sled only)

Event 7 – Farmer's Carry

Athletes will move to Farmer's Carry Station and pick up their assigned weights. Warriors will use the pre-loaded 'heavy-hands' while all other athletes will use kettlebells. Athletes will perform Farmer's Carry for 50 meters, turn around and farmer's carry back for total of 100 meters. Athletes may set the carried weights down at any time during the event to rest.

Heavy Hand bar:

Warrior Male – +90lbs **Red**

Warrior Female – +50lbs **Orange**

Kettlebells:

Jock Male – 53lbs KB/side **Purple**

Jock Female – 35lbs KB/side **Green**

Joe/Master – 35lbs KB/side **Yellow**

Jane/Master – 25lbs KB/side **Pink**

Rockstar – 26lbs KB/side **Brown**

Rockstar – 15lbs/side **Blue**

Legends Male – 26lbs KB/side **Silver**

Legends Female – 15lbs/side **Blue**

Event 8 – The Heavy Bag

Athletes will move to the Heavy Bag station and carry their assigned bag using any method for 25 meters to the first obstacle, where they must lift both themselves and the bag over the assigned obstacle three times. Athletes will then carry the Heavy Bag for another 25 meters to a second obstacle and repeat the three crossings before carrying the bag 50 meters back to the start. Warriors and Jocks will use the 4ft Obstacle and all other athletes will use a 3ft obstacle. **Rockstars and Legends will hurdle each obstacle only once.**

4-Foot Obstacle

Warrior Male – 90lbs **Red**

Warrior Female – 70lbs **Orange**

Jock Male – 70lbs **Purple**

Jock Female – 55lbs **Green**

3-Foot Obstacle

Joe/Master – 55lbs **Yellow**

Jane/Master – 40lbs **Pink**

3-Foot Obstacle Only Once Over the Hurdle

Rockstar – 55lbs **Brown**

Rockstar – 30lbs **Blue**

Legends Male – 40lbs **Silver**

Legends Female - 30lbs **Blue**

Event 9- Overhead Lunges

The athletes will move to the Overhead Lunges station, hold their assigned barbell overhead and complete lunges for 25 meters. **The athlete's back knee must touch the ground on each rep.** At the 25-meter mark, athletes will perform 25 straight-leg sit ups while holding the barbell overhead and then lunge back to the start. Skipping this station will result in a 10-minute penalty. Athletes unable to touch their knee to the ground must notify their referee before the race, lunge to the best of their ability, and will receive 2-min penalty.

For Rockstars and Legends:

- 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**

Jock Male – 18lbs **Purple**

Joe/Master – 15lbs **Yellow**

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

Warrior Female – 18lbs - **Orange**

Jock Female – 15lbs **Green**

Jane/Master – 12lbs **Pink**

Rockstar/Legends Female – 9lbs **Blue**

Event 10 – Horizontal Medicine Ball Toss

Athletes will locate their assigned medicine ball. From the 10-foot line, they will toss the ball over a three-foot obstacle, then climb over to retrieve it and repeat the throw back. Athletes will complete 10 throws total; 5 out and 5 back. One-minute penalty will be added for each uncompleted repetition. **For Rockstar and Legends:** Athlete will go around the obstacle, NOT over!

Warrior Male – 30lbs **Red**

Jock Male – 20lbs **Purple**

Joe/Master – 14lbs **Yellow**

Rockstar/Male – 10lbs **Brown**

Legends Male – 10lbs **Silver**

Warrior Female – 20lbs **Orange**

Jock Female – 14lbs **Green**

Jane/Master – 6lbs **Pink**

Rockstar -4lbs **Blue**

Legends Female – 4lbs **Blue**

Event 11 –Water Wade with Overhead Carry!

Athletes will **remove their shoes**, and if desired, additional clothing (bathing suit required). Athletes will then pick up their assigned weight and enter the shallow end of the pool, **feet first** into their designated lane based on height. While walking in the water, athletes must carry the weight overhead; resting the weight on the head is permitted. Athletes will walk to the opposite end of the lane and back, then return the weight to its designated location for the next athlete.

Lanes Assignments:

Lane 1. 5'-5'3"

Lane 2. 5'4"-5'7"

Lane 3. 5'8"-5'11"

Lane 4. 6'+

*Warrior Male – 45lbs **Red***

*Jock Male – 35lbs **Purple***

*Joe/Master – 25lbs **Yellow***

*Rockstar Male – 25lbs **Brown***

*Legends Male - 25lbs **Silver***

*Warrior Female – 35lbs **Orange***

*Jock Female – 25lbs **Green***

*Jane/Master – 10lbs **Pink***

*Rockstar Female – 5lbs **Blue***

*Legends Female – 5lbs **Blue***

To finish the course and lock in final race time, athletes must sound the buzzer/bell, located at the finish line under the tent east of the pool.

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