

Samson Challenge 2026 Partner Race Standards



Partners will complete all 11 events consecutively under the supervision of one referee. Teams may compete as coed or same-sex pairs, with all events performed at the Jock level. Skipping any event results in a 10-minute penalty.

Event 1 – Rowing

Partners will begin on separate rowers and may set the damper to their preferred resistance. Both athletes will row **500 meters** simultaneously. If one partner finishes before the other, they must wait until both partners are finished before advancing to the next event.

Event 2 – Tire Flips

Partners will move to their assigned tire and complete **20 total tire flips**, alternating flips from opposite sides of the tire. The tire must touch the ground between each flip. If partners are unable to complete all reps, they may take a 30-second penalty per unfinished flip, added to their final course time (e.g., 3 uncompleted flips = 1.5-minute penalty). One partner may complete their 10 flips while the other takes penalties for missed reps, but one partner may not complete all 20 flips.

Female Partners:
Green tire (171lbs)

Coed Partners:
Green tire (171lbs)

Male Partners:
Purple tire (280lbs)

Event 3 – Spartan Pull

Partners will move to their assigned rope and kettlebell at the Spartan pull station. In a seated position with heels against the barrier and hips on the ground at all times, one partner must pull the rope until the kettlebell reaches the top bar for 10 reps while the other partner holds a plate overhead. If the kettlebell is too heavy for either partner to finish all 10 reps, partners can take a penalty. There will be 30-second penalty for each uncompleted repetition.

Female Partners:

Green 30lbs KB
+ 35lbs plate

Coed Partners:

Purple 40lbs KB for male
Green 35lbs KB for female
+ 35lbs plate for each

Male Partners:

Purple 40lbs KB
+ 45lbs plate

Event 4 – The Worm

Partners will move to their assigned worm and complete 20 Ground-to-Overhead lifts. The worm is a long sand-filled bag carried single file by both partners. Each rep consists of lifting the worm from the ground to the shoulder, overhead, to the opposite shoulder, and back to the ground on the other side. **The worm must touch the ground between reps.** Partners unable to complete all 20 reps may take a 30-second penalty for each unfinished rep.

Female Partners:

Green worm (60lbs)

Coed Partners:

Green worm (60lbs)

Male Partners:

Purple worm (80lbs)

Event 5 – Sandbag Run

Partners will move to the sandbag station and complete **3 laps together** (approximately 750 meters) while carrying one sandbag. The sandbag may be carried by either partner or shared between partners at any time. During each lap, both partners must crawl under the net together.

Female Partners:

Green sandbag (20lbs)

Coed Partners:

Green sandbag (20lbs)

Male Partners:

Purple sandbag (30lbs)

Event 6 – Sled Pull

Partners will move to the sled pull station and load their sled with the assigned weight. Partners will pull one tire in unison 25 meters, turn the sled around, and pull it back 25 meters for a total of 50 meters. Partners may use any technique or grip but may not shorten the rope during the

pull and must grip only the loops at the end. After finishing, partners must unload and reset the sled for the next competitor.

Female Partners:
Rainbow tire + 2x25lbs

Coed Partners:
Red/Orange tire + 2x35lbs

Male Partners:
Red/Orange tire + 3x35lbs

Event 7 – Wheelbarrow Walk

Partners will move to the Wheelbarrow Walk station where one partner will begin in the wheelbarrow position while the other partner holds their ankles or calves. The walking partner will travel 50 meters across the field on their hands while their partner supports their legs. Partners will then switch roles and complete the 50-meter return. Total hand-walking distance is **100 meters (50 meters per partner)**.

Event 8 – Heavy Bag

Partners will move to the Heavy Bag station and carry their assigned heavy bag **together** for 25 meters to the first obstacle, where they must lift both themselves and the bag over the hurdle three times. Partners will then carry the Heavy Bag for another 25 meters to a second obstacle and repeat the three hurdle crossings before carrying the bag 50 meters back to the start. Partners may help one another over the obstacle if needed. Both partners must be always touching the bag.

Female Partners:
Green Heavy Bag (45lbs)

Coed Partners:
Green Heavy Bag (45lbs)

Male Partners:
Purple Heavy Bag (65lbs)

Event 9 – Overhead Lunges

Partners 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, partners will perform 25 bent-knee sit ups facing their partner and include 'high-fives' at the top of each rep. Partners will then lunge back with bars in the overhead position.

Female Partners:
Green 15lbs

Coed Partners:
Purple 18lbs for male
Green 15lbs for female

Male Partners:
Purple 18lbs

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 from one partner to another. Partners will perform 10- throws each, resulting in 20 total repetitions. A 30-second penalty will be assessed for each uncompleted repetition.

Female Partners:
Green 14lbs Medicine Ball

Coed Partners:
Green 14lbs Medicine Ball

Male Partners:
Purple 20lbs Medicine Ball

Upon completion of all repetitions, the athletes will advance through South side gate and walk/run between the pickleball courts to the pool deck.

Event 11 – Water Wade with Overhead Carry

Partners will **remove their shoes** and, if desired, additional clothing (bathing suit required). Partners will pick up their assigned weight and enter the shallow end of the pool **feet first** into their designated lane based on the shorter partner's height. Partners will carry the weight together, side by side, with both partners' hands on the weight. Partners will walk from one end of their lane to the opposite wall and back, then return the weight back to its designated location for the next competitors.

Lane assignments:

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

Female Partners:
Green 40lbs

Coed Partners:
Purple 50lbs

Male Partners:
Purple 50lbs

To finish the course and lock in final time, partners will sound the buzzer/bell together located under the tent east of the pool.