



TRYKA



CLAN FORMAT

A MESSAGE FROM OUR FOUNDER AND CEO



I AM VERY EXCITED TO HAVE YOU COMPETING WITH US IN OUR FITTEST CLAN RACE AND HOPE YOU FIND EVERYTHING YOU NEED TO MAKE YOUR RACE-DAY EXPERIENCE AS SMOOTH AND ENJOYABLE AS POSSIBLE.

THIS PACK CONTAINS YOUR EVENT SCHEDULE, VENUE MAP AND KEY POINTS FOR THE DAY. PLEASE TAKE THE TIME TO CAREFULLY CHECK THE LOCATIONS OF YOUR RACE START, WARM-UP AREA AND YOUR REQUIRED NUMBER OF RUN LAPS. ARRIVING IN PLENTY OF TIME WILL HELP KEEP THE EVENT RUNNING SMOOTHLY FOR YOU, YOUR FELLOW ATHLETES, AND OUR CREW.

REMEMBER, TRYKA IS AS MUCH ABOUT COMMUNITY AS COMPETITION. I HOPE YOU ENJOY THE CHALLENGE, PUSH YOUR LIMITS AND SOAK UP THE ATMOSPHERE. WHETHER IT'S YOUR FIRST EVENT OR YOU'RE CHASING A PERSONAL BEST, YOU'VE ALREADY DONE THE HARD WORK — NOW IT'S TIME TO SHOW IT ON THE COURSE.

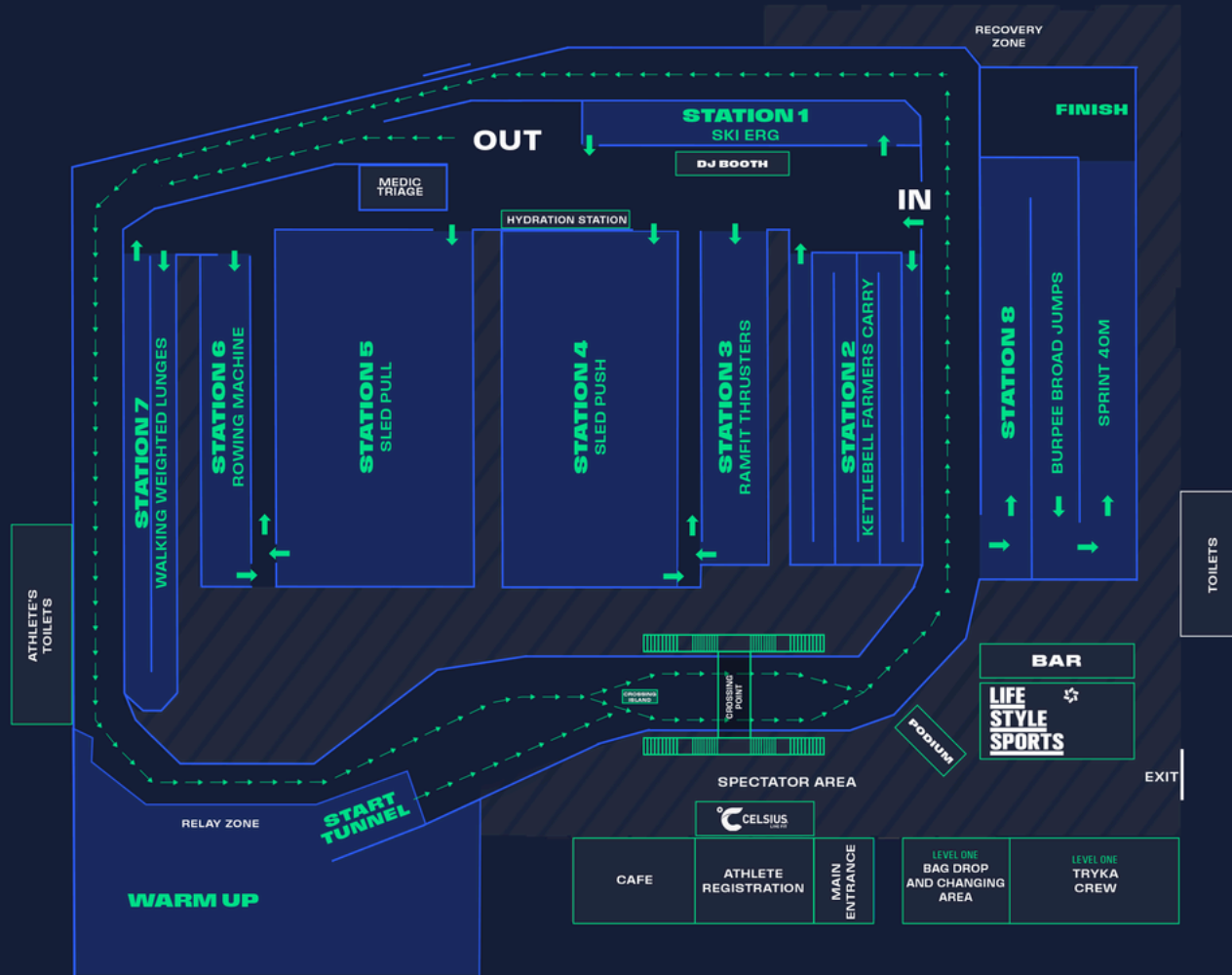
HEALTHY REGARDS

Brian Lee



WE DON'T QUIT. WE TRYKA

COURSE MAP



- PUBLIC AREA
- PARTICIPATOR AREA
- CROSSING POINTS

500

RUN 1 TO 7 IN 2ND TIME YOU SEE IN
 RUN 8 2ND TIME SEE STATION 8 GO INTO STATION 8

800, PRO & RELAY

RUN 1 TO 7 IN 3RD TIME YOU SEE IN
 RUN 8 3RD TIME SEE STATION 8 GO INTO STATION 8

CLAN

RUNS 1 TO 7 GO IN EVERY TIME YOU SEE IN
 RUN 8 GO INTO STATION 8, 1ST TIME YOU SEE STATION 8





TRYKA RACE FORMAT



1

1,000M
SKIERG



2

200M
KETTLEBELL FARMERS CARRY



3

60 REPS
RAMTHRUSTERS



4

50M
SLED PUSH



5

50M
SLED PULL



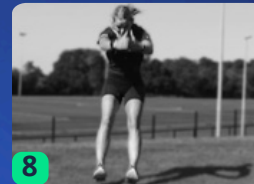
6

1,000M
ROWER



7

100M
WALKING LUNGES



8

80M
BURPEE BROAD JUMPS

WE DON'T QUIT
WE TRYKA



START



40M SPRINT
FINISH

START TIME AND WAIVER



KEY POINTS

MAKE SURE ALL THE DETAILS ON YOUR TICKET ARE CORRECT, FINAL CHANGES BY THURSDAY 2ND APRIL

WAVE TIMES WILL BE ISSUED BEFORE TUESDAY 7TH APRIL

ALLOCATED WAVE TIMES CAN NOT BE CHANGED

THE PHOTO AND PARTICIPATION WAIVER NEEDS TO BE SIGNED IN ORDER TO COMPETE. THIS IS SENT PRIOR TO THE EVENT. IF THE WAIVER ISNT SIGN CLAN MEMBERS CANT PARTICIPATE

TRYKA



REGISTRATION



KEY POINTS

EACH CLAN WILL CHECK IN AND BE GIVEN THEIR RACE BANDS AND 1 TIMING CHIP TO BE WORN BY 1 ADULT. THIS INFO PACK SHOULD BE READ IN CONJUNCTION WITH THE FULL MOVEMENT STANDARDS. THE CLAN WILL BE BROKEN INTO 2 PAIRS - CONSISTING OF 1 ADULT AND 1 CHILD. THE ADULT AND CHILD IN EACH PAIR WILL BE GIVEN A COLORED SWEAT WRIST BAND

YELLOW 8-9YRS

LIGHT BLUE 10-11 YRS

BLACK 12-13 YRS BOYS

GREEN 12-13 YRS GIRLS

ORANGE 14-15 YRS BOYS

NAVY 14-15 YRS GIRLS



TRYKA




REGISTRATION



TRYKA

WRISTBANDS



	<p>ALL CLAN MEMBERS GET THIS BAND</p>
 <p>8 - 9 BOYS AND GIRLS + 1 ADULT</p>	 <p>10-11 BOYS AND GIRLS + 1 ADULT</p>
 <p>12-13 BOYS + 1 ADULT</p>	 <p>12-13 GIRLS + 1 ADULT</p>
 <p>14-15 BOYS + 1 ADULT</p>	 <p>14-15 GIRLS + 1 ADULT</p>

TRYKA



RUNS



KEY STANDARDS

ALL 4 CLAN MEMBERS COMPLETE THE RUNS TOGETHER

YOU MUST ALL STAY TOGETHER ON THE RUNS AND YOU CANNOT START THE STATIONS UNTIL ALL MEMBERS OF THE CLAN ARE AT THE WORKSTATION

FOR RUNS 1 TO 7 THE 1ST TIME YOU SEE IN YOU GO IN

FOR RUN 8 THE 1ST TIME YOU SEE STATION 8 YOU GO IN

TRYKA



SKI-ERG — 1,000 M



KEY STANDARDS

ALL 4 CLAN MEMBERS WILL WORK ON IGYG (I GO YOU GO) TO COMPLETE THE DISTANCE. THE CHILDREN SHOULD TRY COMPLETE THE SUGGESTED DISTANCE AS PER THE MATRIX

DAMPER CAN BE CHANGED, STAY ON THE PLATFORM WHILE SKIING. AT 1,000 M, RAISE YOUR HAND; WAIT FOR JUDGE CONFIRMATION BEFORE LEAVING.

DO NOT HAND THE HANDLES TO YOUR TEAM MEMBER. HANDLES MUST BE FULLY RELEASED BEFORE NEXT PERSON GOES AND ADULTS CAN THEN HELP SMALLER CHILDREN WITH THE HANDLES, IF REQUIRED

TRYKA



KETTLEBELL FARMER'S CARRY

— 200 M



KEY STANDARDS

YOU WILL WORK IN YOUR PAIRS (SAME WRISTBAND COLOR). USE DIVISION-CORRECT KETTLEBELLS

CARRY AT SIDES WITH ARMS EXTENDED AND BELLS OUTSIDE THIGHS. IGYG CHANGEOVERS; NON-WORKING ATHLETE STAYS BEHIND; PLACE BELLS DOWN BEFORE SWITCHING

SET DOWN TO REST AS NEEDED. STATION ENDS WHEN ATHLETES AND BOTH KETTLEBELLS CROSS THE FINISH LINE; RETURN KETTLEBELLS NEATLY TO THE STORAGE AREA, AS SHOWN BY THE JUDGE.

TRYKA



KETTLEBELL FARMER'S CARRY



TRYKA



KETTLE BELL FARMERS CARRY



4KG



8KG



16KG

TRYKA



RAMFIT THRUSTERS — 60 REPS



KEY STANDARDS

ALL ATHLETES WILL COMPETE AT THEIR OWN RAM WEIGHT
TO COMPLETE THE 60 REPS AS A TEAM

SQUAT TO PARALLEL

FINISH EACH REP WITH FULL EXTENSION/LOCKOUT
OVERHEAD

JUDGED BY AI, ATHLETE NEEDS TO PRESS START ON THE
SCREEN

IGYG; RETURN RAM NEATLY

TRYKA



RAMFIT THRUSTERS — 60 REPS



TRYKA



RAM THRUSTERS



Female Adult +
14-15 Boy

8.5KG

Male Adult

15KG



Child

5KG

TRYKA



SLED PUSH — 50 M (4 X 12.5 M)



KEY STANDARDS

MUST TAKE DESIGNATED LANE ASSIGNED BY JUDGE/HEAD JUDGE BASED ON YOUR COLORED WRISTBAND

START BEHIND THE LINE. PUSH FROM BEHIND THE SLED. STAY IN YOUR LANE; SLED MUST FULLY CROSS EACH 12.5 M LINE BEFORE TURNING.

DONE IN PAIRS, 1ST PAIR COMPLETE THEIR 2 LENGTHS BEFORE NEXT PAIR DO THEIRS

IGYG, PARTNER WALKS BEHIND.

TRYKA



SLED PUSH — 50 M (4 X 12.5 M)



TRYKA

SLED PUSH



TRYKA



SLED PULL — 50 M (4 X 12.5 M)



KEY STANDARDS

MUST TAKE DESIGNATED LANE ASSIGNED BY JUDGE/HEAD JUDGE BASED ON YOUR COLORED WRISTBAND

START BEHIND THE LINE. PULL THE SLED. MUST STAY IN YOUR BOX; SLED MUST FULLY CROSS EACH 12.5 M LINE BEFORE TURNING.

DONE IN PAIRS, 1ST PAIR COMPLETE THEIR 2 LENGTHS BEFORE NEXT PAIR DO THEIRS

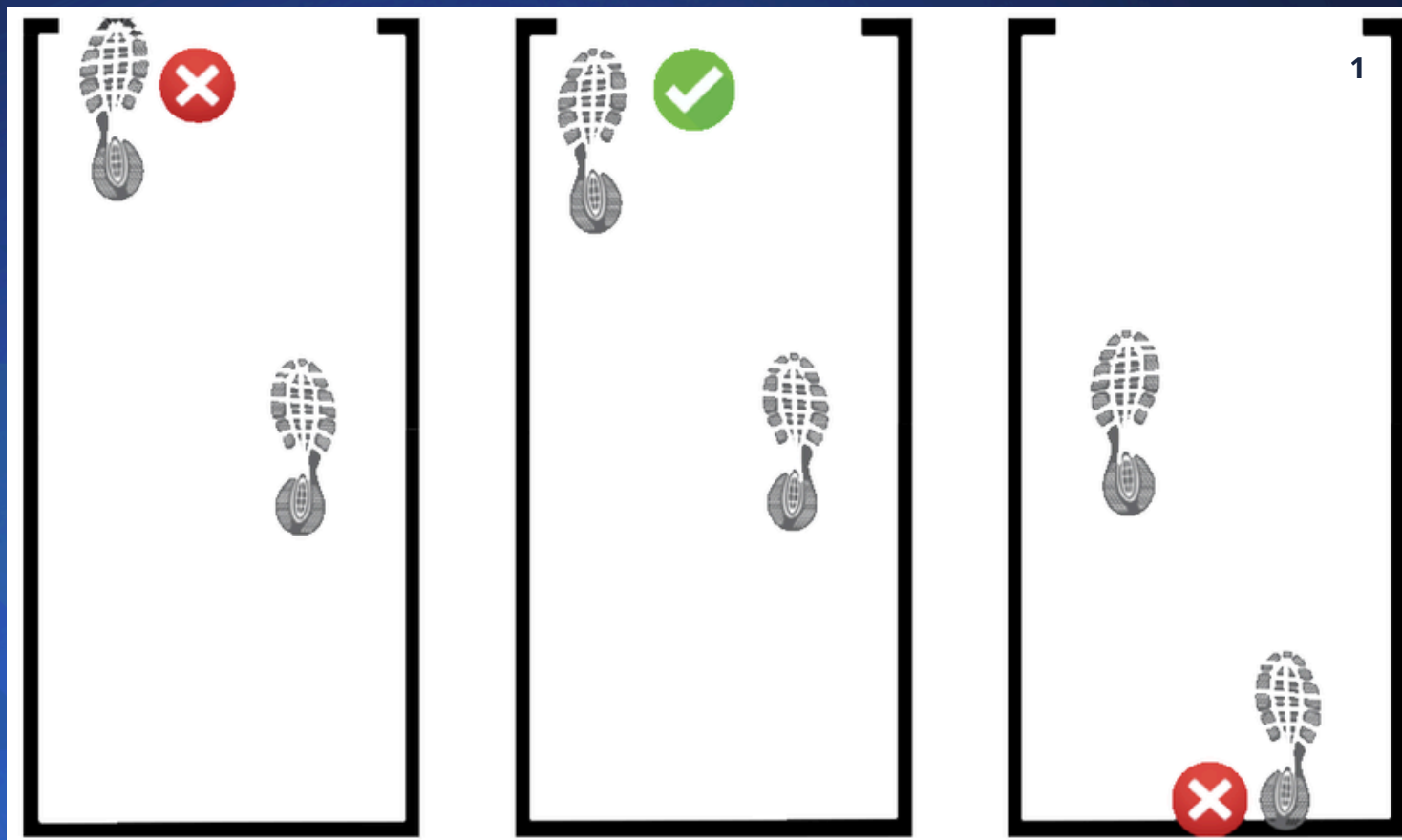
TRYKA



SLED PULL — 50 M (4 X 12.5 M)



FOOT PLACEMENT



TRYKA













SLED PULL — 50 M (4 X 12.5 M)



TRYKA

SLED PULL



   <p>25KG</p>	   <p>50KG 1 PLATE</p>
  <p>1 x 15kg PLATE</p>	  <p>75KG 2 PLATES</p>

TRYKA



ROWING MACHINE — 1,000 M



KEY STANDARDS

COMPETE AS A TEAM OF 4

JUDGE ZEROES MONITOR

STRAP FEET BEFORE GRABBING THE HANDLE; DO NOT TOUCH THE SCREEN.

AT 1,000 M, ATHLETE RAISES HAND AND WAIT FOR JUDGE CONFIRMATION BEFORE LEAVING

IGYG; RELEASE HANDLE AND UNSTRAP FEET BEFORE SWITCHING

TRYKA



WALKING WEIGHTED LUNGES — 100 M



KEY STANDARDS

COMPETE IN YOUR PAIRS USING CORRECT WEIGHT

PLACE RAM ON UPPER BACK ; KEEP IT THERE (NO DROPS)

ALTERNATE LUNGES; TRAILING KNEE MUST TOUCH THE GROUND; STAND UPRIGHT EACH REP; NO SHUFFLES OR EXTRA STEPS

PENALTIES ESCALATE FOR INFRINGEMENTS, NO WARNING FOR DROP, STRAIGHT PENALTY FOR EACH INFRINGEMENT

DOUBLES: IGYG; HAND RAM BACKWARD WHEN SWITCHING; PARTNER STAYS BEHIND.

TRYKA



WALKING WEIGHTED LUNGES — 100 M



TRYKA

WALKING WEIGHTED LUNGES



BODY WEIGHT



TRYKA



BURPEE BROAD JUMPS — 80 M



KEY STANDARDS

HANDS BEHIND START LINE;



CHEST-TO-FLOOR IN THE BURPEE

WHEN JUMPING OR STEPPING OUT OF ANY BURPEE, THE FEET CANNOT GO BEYOND THE ATHLETES FINGERTIPS



TRYKA



BURPEE BROAD JUMPS — 80 M



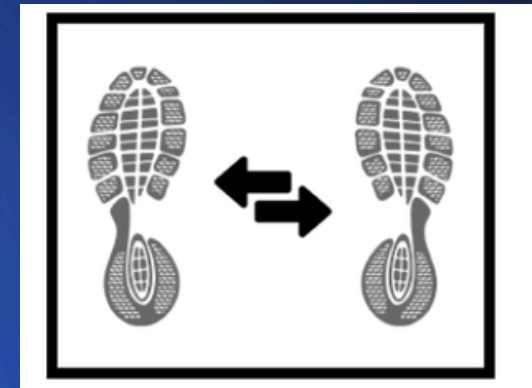
KEY STANDARDS

CHEST-TO-FLOOR IN THE BURPEE; UP WITH PARALLEL FEET

JUMP FORWARD WITH CONTROLLED LANDING (FEET PARALLEL)

NO SHUFFLES OR EXTRA STEPS.

FINISH BY JUMPING OVER THE LINE.



IGYG; NON-WORKING ATHLETES WALKS BEHIND. 20M EACH

TRYKA



GENERAL



KEY STANDARDS

- **FLUIDS PROVIDED AT AID STATIONS ARE FOR DRINKING ONLY AND SHOULD NOT BE USED FOR ACTIVE COOLING; PENALTIES FOR MISUSE.**
- **NO WATER OR HYDRATION LIQUID IS ALLOWED IN THE STATION AREAS, 2 MIN PENALTIES APPLY FOR EACH INFRINGEMENT.**
- **AT NO TIME CAN THERE BE ANY EXTERNAL ASSISTANCE, THIS CAN RESULT IN A PENALTY UP TO A DQ.**
- **ATHLETES ARE NOT ALLOWED TO CLEAR THEIR NOSE ONTO THE TRACK OR STATION. SPITTING ON THE GROUND IS ALSO FORBIDDEN.**

TRYKA



GENERAL



KEY STANDARDS

- 7.1 PERMITTED ITEMS
- KNEE SLEEVES
- GLOVES (NOT GRIPS)
- WEIGHTLIFTING BELTS
- WRISTBANDS
- HYDRATION PACKS
- WATCHES AND TRACKERS, SUCH AS MYZONE
- PRESCRIBED RESPIRATORY DEVICES (E.G., ASTHMA INHALERS) REQUIRE A MEDICAL CERTIFICATE AND IT MUST BE CARRIED BY THE ATHLETE.
- NOISE REDUCTION DEVICES FOR THOSE WITH SENSORY ISSUES, WILL NEED TO BE PRE-APPROVED AND NOTED ON THE ATHLETE'S NUMBER. (YELLOW WRIST BAND)

TRYKA



GENERAL



KEY STANDARDS

PROHIBITED ITEMS

- THE FOLLOWING ITEMS ARE STRICTLY FORBIDDEN:
- HEADPHONES
- CELL PHONES (UNLESS APPROVED FOR MEDICAL REASONS)
- VR HEADSETS
- CAMERAS
- HELMETS AND BREATHING APPARATUSES

TRYKA



FINISH LINE



KEY STANDARDS

WHEN YOU FINISH COLLECT YOUR FINISHER PATCHES

WHEN YOU HAVE FINISHED GETTING YOUR PHOTO YOU
NEED TO GIVE BACK YOUR TIMING CHIP, PLACE TAG IN THE
TRAY AND VELCRO IN BIN

THERE IS A €50 FEE CHARGED FOR EACH TAG NOT
RETURNED

TRYKA



LIFE STYLE SPORTS



LIFE STYLE SPORTS ARE OUR
OFFICIAL CLOTHING PARTNER
AND THEY HAVE PROVIDED A
DISCOUNT CODE FOR ALL OF
OUR ATHLETES



TRYKA



RACE FORMAT



Group

Adults + 8-9 Years. Boys & Girls

Adults

Youngsters

01 **SkiErg*** 1,000m 350m 150m

02 **Kettlebell Farmers Carry** 200m** 4kg

03 **RamThrusters** 60 reps (with RAM roller) 20 × 8.5/15kg 10 × 5kg

04 **Sled Push** 4 × 12.5** 36.5 kg

05 **Sled Pull** 4 × 12.5** 25kg

06 **Rower*** 1,000m 350m 150m

07 **Walking Lunges** 100m Body Weight

08 **Burpee Broad Jumps** 80m** 20m each

Sprint Finish 40m

* Suggested Split ** See comments for breakdown

TRYKA



RACE FORMAT



Group

Adults + 10-11 Years. Boys & Girls

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

4kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

36.5 kg

05

Sled Pull 4 × 12.5**

25kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

Body Weight

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split ** See comments for breakdown

TRYKA



RACE FORMAT



Group

Adults + 12-13 Years. Boy

Adults

Youngsters

01

SkiErg* 1,000m

350m

150m

02

**Kettlebell
Farmers Carry** 200m**

4kg

03

RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04

Sled Push 4 × 12.5**

75kg

05

Sled Pull 4 × 12.5**

50kg

06

Rower* 1,000m

350m

150m

07

Walking Lunges 100m

5kg

08

**Burpee Broad
Jumps** 80m**

20m each

Sprint Finish 40m

* Suggested Split ** See comments for breakdown

TRYKA



RACE FORMAT



Group

Adults + 14-15 Years. Girl

Adults

Youngsters

01	SkiErg* 1,000m	350m	150m
02	Kettlebell Farmers Carry 200m**		4kg
03	RamThrusters 60 reps (with RAM roller)	20 × 8.5/15kg	10 × 5kg
04	Sled Push 4 × 12.5**		75kg
05	Sled Pull 4 × 12.5**		50kg
06	Rower* 1,000m	350m	150m
07	Walking Lunges 100m		8.5kg
08	Burpee Broad Jumps 80m**		20m each
	Sprint Finish 40m		

* Suggested Split

** See comments for breakdown

TRYKA



RACE FORMAT



Group

Adults + 14-15 Years. Boy

Adults

Youngsters

01 **SkiErg*** 1,000m 350m 150m

02 **Kettlebell Farmers Carry** 200m** 16kg

03 **RamThrusters** 60 reps (with RAM roller) 20 × 8.5/15kg 10 × 8.5kg

04 **Sled Push** 4 × 12.5** 100kg

05 **Sled Pull** 4 × 12.5** 75kg

06 **Rower*** 1,000m 350m 150m

07 **Walking Lunges** 100m 10kg

08 **Burpee Broad Jumps** 80m** 20m each

Sprint Finish 40m

* Suggested Split ** See comments for breakdown

TRYKA



RACE FORMAT



Group

Adults + 14-15 Years. Girl

Adults

Youngsters

01 SkiErg* 1,000m

350m

150m

02 Kettlebell
Farmers Carry 200m**

8kg

03 RamThrusters 60 reps
(with RAM roller)

20 × 8.5/15kg

10 × 5kg

04 Sled Push 4 × 12.5**

75kg

05 Sled Pull 4 × 12.5**

50kg

06 Rower* 1,000m

350m

150m

07 Walking Lunges 100m

8.5kg

08 Burpee Broad
Jumps 80m**

20m each

Sprint Finish 40m

* Suggested Split ** See comments for breakdown

TRYKA

