



Athlete Guide



June 10° 2017

SPRINT

Milan MXP



1.WHERE?

**Crossodromo del Ciglione: Via Giovanni XXIII, Cardano
al Campo (VA), 21010, Italy**

2.WHEN?

Saturday 10th June 2017 → Sprint from 9.30 am



RULES & REGULATIONS

You will receive a bib number, but it is not mandatory to wear it. However it increases your chances to get nice pics from the race afterwards...You are not allowed to pass your bib number to another participant. You can only participate in the race if you have handed in your signed waiver when you pick up your racer packet. You will also receive a timing chip. It is mandatory to wear the timing chip at all times during the race, otherwise you cannot be timed. You are not allowed to pass your timing chip to another athlete, as it is linked with your bib number. If you can't complete an obstacle you will have to suffer 30 [BURPEES](#). However there is obstacles that are "no fail" obstacles- you will have to overcome the obstacle otherwise your are disqualified. Passing an obstacle without overcoming it or doing the burpees will lead to disqualification. At each obstacle and along the course we have marshals checking that every athlete is following the course and obstacles. You are not allowed to cut the course. You can overtake others anywhere unless otherwise announced on the course. Also at obstacles, however we expect that you respect the other athletes.



HOW TO BRING WITH YOU?

To pick up your BIB and your Timing Chip:

- ID or Passport
- The signed Waiver

For the race and after:

- Trail shoes
- Technical Clothing
- Clean clothes and a Towel
- Bags for dirty clothes



Saturday June 10th planning

08:30am — 5pm Registrations open

08:30am - 6:00pm Bag Check open

08:30am - 6:00pm Spartan Festival

Start Line Saturday 10th

09:30 am Sprint Elite Heat START

09.45/10.00am Sprint Competitive

10.15/5pm Spartan Sprint Open

BUILD A TEAM



Race with your friends or colleagues! It's probably the most extraordinary, fun experience you'll ever have!

TEAM RESULTS

Every team with 5 or more team members automatically joins the team ranking– you do not need to register your team for that ranking.

In order to be ranked, 5 team members need to finish the race.

The team members do not have to be in the same heat, but can race in different heats.

It will increase your team experience and you can run as a team in the same heat, but it's not mandatory.

A team can be composed by male and female athletes, but there is no separate ranking by gender.

Decisive for the team ranking is the time of the 5th athlete of the team in finish. It's not about the best 5 or more individuals but about the best team effort. So run through the course as a team and you will get in with a better team time.



AID STATION

There is water stations on the course and at the finish. But this is Spartan style aid stations so if you have specific needs for nutrition make sure to take that with you. Carry extra hydration and fuel if you think you might bonk or pass out from dehydration.

BAG DROP

You can drop a bag at our bag drop off tent. After the race you can pick it up again. This service is included in your entry fee.

SHOWERS & CHANGING

After the race you can have an easy shower just to get the dirt, mud and blood from your body. After and before the race you can use the changing tents provided by the organizer.