

## **Sprint wave rules – Winter Nuts 2024**

All qualifying runners must collect their qualifying vest from the registration desk when checking in. Vests must be worn so they are visible to the timing marshals. You will have a qualifying number on your race vest which will be different to your race participant number.

Results will be displayed on the results screen on the stage and the link will go up on socials on the day.

There are 4 split points on the route to look out for, follow the qualifying runners signs.

Split points are Fireman's pole, TT wall, Trenches and Army lorry. There will be a sign and marshal at each point.

**Penalty Obstacles:** There are 4 penalty obstacles – Mid Rig, High Rig, Piccolo Rig and Long Low Rig. You must make a valid attempt at the obstacle, if you fail the marshal will instruct you to complete your penalty. You may retry the obstacle but runners approaching the obstacle have priority and you must wait for a clear lane. The penalty is burpees, you will be notified by the Marshal of what is expected.

Mid Rig – Start on or before the board, complete the obstacle and ring the bell to finish.

High Rig – Start on the step, complete lane 1 and ring the bell, turn to the right and complete lane 2, ring the bell to complete the obstacle.

Piccolo Rig – Start on the bar, complete the obstacle and ring the bell to finish.

Long Low Rig – Start on or before the board, complete the obstacle and ring the bell to finish.

Sweeping the ground on rigs is allowed but if you put your foot on the ground or bear weight on the ground in any way it is a fail. The marshals decision is final. Any complaints to the Race Manager or RD as feedback is always welcome.

All other obstacles are mandatory.

See you on the 2<sup>nd</sup>!

Nuts Challenge Team