HYROX race-day checklist

Keep event details and practical reminders in one place.

Event / venue

Division / entry name

Start time

Travel / meeting point

Before race day

- [ ] Read the current rulebook for your race format
- [ ] Read the event-specific athlete guide
- [ ] Check registration and identification instructions
- [ ] Confirm your start time and arrival arrangements
- [ ] Agree a meeting point with your partner or supporters

Pack and confirm

- [ ] Entry confirmation and required identification
- [ ] Clothing and footwear checked against the current rules
- [ ] Any permitted personal items you have verified
- [ ] Change of clothes and practical travel items
- [ ] Check bag-drop and spectator arrangements

At the event

- [ ] Follow registration and timing-chip instructions
- [ ] Check the venue's running-lap information
- [ ] Find the start-zone instructions for your wave
- [ ] Return or retain event equipment as directed
- [ ] Check your belongings before leaving

My additions

HYROX is a separate event organiser. GymSocial is not affiliated with or endorsed by HYROX.

The event guide and current rules override this general checklist. No pacing or nutrition plan is included.