



**SPARTAN™**

# ATHLETE GUIDE

---

**SPARTAN MALTA**  
**Ottobre 22nd/23rd 2022**

**#SPARTANMALTA**



# INDEX

---

|    |  |                             |
|----|--|-----------------------------|
| 3  |  | <u>EVENT</u>                |
| 4  |  | <u>HOW TO GET THERE</u>     |
| 5  |  | <u>SCHEDULE</u>             |
| 6  |  | <u>AGE GROUP CATEGORIES</u> |
| 7  |  | <u>INFO PRE-RACE</u>        |
| 10 |  | <u>ETIQUETTE</u>            |
| 14 |  | <u>SOCIAL MEDIA</u>         |
| 15 |  | <u>CONTACT US</u>           |



# SPARTAN MALTA

Archipelago full of history and culture, loved over the centuries by writers and artists of all kinds and origin, Malta and its citizens are ready to welcome you for a Trifecta Weekend without equals.

At the end of October, it's still summer here and you can run around breathing the scents of a new culture and admiring the landscape, including the wonderful Mdina.

Don't underestimate it... Malta will surprise you.

Bring who you want, spectator access is free!



# HOW TO GET THERE



EVENT LOCATION:

VCVC+VF9 Attard, Malta



# SCHEDULE

## SATURDAY, OCTOBER 22<sup>nd</sup>

7.00am – 6.00pm > Festival Area  
 7.00am - 3.00pm > Registration and check in  
 8.00am - 8.10am > Elite Heat Beast  
 8.20am – 8.50am > Age Group Heat Beast  
 09.15am - 10.00am > Open Heat Beast

1.00pm > Awards Ceremony Beast

2.30pm - 4.00pm > Open Heat Sprint

1:30 - 1:50 pm > Kids Open Heat 0.8km / Age 4+  
 2:00 - 2:20 pm > Kids Open Heat 1,6km / Age 7+  
 2:30 - 2:45 pm > Kids Open Heat 3,2km / Age 10+  
 3:00 pm > Kids Competitive heat 3,2k / Age 10-11  
 3:30 pm > Kids Competitive heat 3,2k / Age 12-14

## SUNDAY, OCTOBER 23<sup>rd</sup>

8.00am – 6.00pm > Festival Area  
 8.00am - 3.00pm > Registration and check in  
 9.00am - 9.10am > Elite Heat Super  
 9.20am - 10.40am > Age Group Heat Super  
 11.00am – 12.30pm > Open Heat Super

3.00pm > Awards Ceremony Super

3.15pm - 4.00pm > Open Heat Sprint



# AGE GROUP CATEGORIES

## BEAST AGE GROUP OCTOBER 22nd

- 8.20 AGE GROUP MEN 18-24 / 25-29
- 8.30 AGE GROUP MEN 30-34 / 35-39
- 8.40 AGE GROUP MEN 40-44 / 45-49 / 50-54 / 55-59 / 60+
- 8.50 AGE GROUP WOMEN ALL CATEGORIES

## SUPER AGE GROUP OCTOBER 23rd

- 9:20 AGE GROUP MEN 18-24 / 25-29
- 9.30 AGE GROUP MEN 30-34
- 9.40 AGE GROUP MEN 35-39
- 9.50 AGE GROUP MEN 40-44
- 10.00 AGE GROUP MEN 45-49
- 10.10 AGE GROUP MEN 50-54 / 55-59 / 60+
- 10.20 AGE GROUP WOMEN 18-24 / 25-29 / 30-34
- 10.30 AGE GROUP WOMEN 35-39 / 40-44 / 45-49 / 50-54 / 55-59 / 60+



# INFO PRE-RACE

---

1. Bring your registration barcode and a valid ID
2. Check in and change at the changing tent
3. Leave your bag (small size) at bag check
4. Warm up before the start

PRE-RACE

1.

**ARRIVE 45 MINUTES BEFORE YOUR START TIME!**

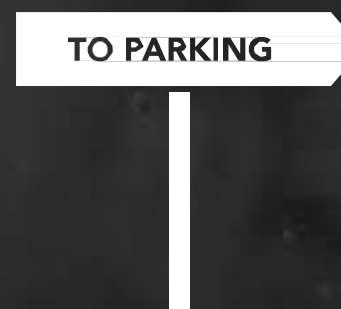
To limit the risk, you may not enter the festival area more than 45 minutes before your departure time.

45 minutes

2.

**FOLLOW THE DIRECTIONS AND RESPECT THE RULES**

Always follow the instructions given by our volunteers and the signs present.)



3.

**CHECK IN**

Show your confirmation email with barcode at the Registration Area, together with an ID.



4.

**START LINE**

Wear your Spartan headband (to be recognisable to our photographers). Wear the yellow wristband with the timing chip.



5.

**BAG CHECK & CHANGING TENT**

Change at our changing tent and leave your bag at bag check.



# RACE DAY



**3 2 1 ... GO!**

- 
- 1. When the speaker calls your Heat, go to the start line**
  - 2. Enter in the Warm Up area.**
  - 3. Follow the Volunteers' directions for a safe start**
  - 4. When the countdown starts: 3, 2, 1... GO!**

# S E E L L R U L E S



## ETIQUETTE

- 1. KEEP TO THE RIGHT - OVERTAKE ON THE LEFT**
- 2. ALWAYS RESPECT INTERPERSONAL DISTANCE**
- 3. STAY HYDRATED - you will find aid stations on the route**
- 4. BE GREEN**
- 5. 30 PENALTY BURPEES in case of obstacle failure**
- 6. RESPECT VOLUNTEERS at all times, they are there for you!**

1.

**KEEP RIGHT - OVERTAKE LEFT**

During the race keep to your right to allow faster runners to pass. If you want to pass someone, make sure you let them know you are coming up on their left. A simple "on your left!" is sufficient. Do not overtake on single track.



2.

**ALWAYS RESPECTS INTERPERSONAL DISTANCING**

While running, overtaking or performing burpees make sure you always respect the interpersonal distance with other Spartans.



3.

**STAY HYDRATED!**

Take advantage of all the water stations to keep you hydrated during your run. If you run the Beast you will be given the opportunity to carry a camel bag.



4.

**BE GREEN**

We want to protect the order and beauty of nature along the race, so remember not to leave any rubbish behind during the ride: you will find several bins placed at each water station.



5.

**30 BURPEES**

If you fail an obstacle, you may have to complete a penalty of 30 burpees.



6.

**RESPECTS VOLUNTEERS**

Always show respect to the volunteers you meet on the race. They will be there to help enforce rules and safety standards. Listen to them and help us thank them, it is very important.





## FINISH LINE!

1. Fire jump and smile, you have finished Spartan Malta!
2. Collect your medal
3. Collect your finisher t-shirt and refresh yourself at the finish line
4. Get your best smile ready, it's time for a photo at the Hero tent by Sportograf!
5. Rinse off at the showers
6. Pick up your bag at the bag check
7. Change at the changing tent
8. Check your final result at the Timing-tent
9. Want a souvenir? Engrave your medal at the medal engraving!
10. Now... relax! In the festival area you will find refreshment stations to have something to eat and wait for your friends.



# BE SOCIAL!

Post your photos or stories on your social, show everyone the best moments of your race!

Remember the official hashtags:

#SPARTANMALTA

And tag us

[@spartanmalta](https://www.instagram.com/spartanmalta)



# CONTACT US

---

Do you have more questions?

Check out our FAQ [here](#) to find the answers to your questions:

- For transfer procedures [here](#)

And more...

In addition, you can contact us at:  
[italia@spartanraceeurope.com](mailto:italia@spartanraceeurope.com)