

# SPARTAN KIDS

## Group Instruction

### Elite Group :

- 1 . Age : 10 years old -14 years old (Born from 2007- 2011 , subject to the date of identification.) ;
- 2 . Elite group children can only pass through the obstacles by themselves, parents and other partners are not allowed to help; Failure to pass an obstacle or a foul will require 10 burpees as punishment; The elite group will be timed. There are awards and trophy for the top 3 of elite girls and boys.

### Open Group :

1. Age : 4 years old -14 years old (Born from 2007- 2017, subject to the date of identification.) ;
2. Children in open groups may receive assistance from parents or other partners through obstacles; Failure to pass an obstacle or a foul will require 10 burpees as punishment; The Open group is not timed. No awards in this group.

Age	Distance	Obstacles
Open 4-6	1.5km	12
Open 7-9	2.5km	16
Open 10-14	3.5km	20
Elite 10-14	3.5km	20