

SPARTAN KIDS

Group Instruction

Elite Group :

- 1 . Age : 10 years old -14 years old (Born from 2008- 2012 , subject to the year of identification. Age= 2022- Year of Birth) ;
- 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 2008- 2018 , subject to the year of identification. Age= 2022- Year of Birth) ;
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 | 2km | 14 |
| Open 7-9 | 3km | 18 |
| Open 10-14 | 4km | 22 |
| Elite 10-14 | 4km | 22 |