

SPARTAN KIDS

Group Instruction

Elite Group :

- 1 . Age: 9 years old -14 years old (Born from 2009- 2014, subject to the year of identification. Age= 2023-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 15 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 2009- 2019, subject to the year of identification. Age= 2023- 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 15 burpees as punishment; The Open group is not timed. No awards in this group.

Age	Distance	Obstacles
Open 4-6	2.5km	16
Open 7-9	3.5km	20
Open 10-14	5km	24
Elite 9-14	5km	24