



RACE DAY INFO

RULES & IMPORTANT DETAILS

SATURDAY 19 SEPTEMBER 2026 | 270 LAVENDER ROAD, ANNLIN, PRETORIA

We are almost at RACE DAY. Please read this guide before arriving so the event runs safely, smoothly and fairly for everyone.

ARRIVE READY. RACE FAIR. HAVE FUN.

ATHLETES

- Arrive early. Please arrive at least 45 minutes before your allocated starting batch for parking, registration, wristbands, warm-up and the race briefing.
- Registration. Both team members must report to registration before their batch. Know your allocated batch and start time.
- Be ready for your batch. Be in the designated holding and start area when called. Listen carefully to announcements throughout the morning.
- Wristbands. Your race wristband identifies your team and batch. Do not remove or exchange it during the event.

ATHLETES - RACE RULES

- Team format. This is a 2-person team event. Work may be shared between teammates according to the station rules, but both athletes must complete the required running sections together.
- Complete the full course. All required repetitions, distances, rebound sections and running sections must be completed before progressing.
- Follow the marshals. Station judges, marshals and officials keep the event fair and safe. Their instructions must be followed at all times.
- No shortcuts. Stay on the marked course and follow the course direction, signage and marshal instructions.
- Respect other athletes. Deliberate obstruction, interference, abusive behaviour and unsportsmanlike conduct will not be tolerated.

GYM GLOVES

- Gloves are allowed. Athletes may wear their own gym or training gloves for additional grip or hand protection. Gloves are optional, and each athlete is responsible for keeping them during the race.

ATHLETE AND TRACK AREAS

- Athletes and officials only. The track, stations, rebound areas, athlete holding areas and marked competition areas are strictly for athletes and event officials.
- Spectators. No spectators are permitted inside the athlete area, on the track or at any station. Please support athletes from designated spectator areas.
- Children and access routes. Parents are responsible for supervising children. Children may not enter or play on the track, stations or competition equipment. Keep emergency routes, entrances, exits and marshal areas clear.



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PERSONAL BELONGINGS

NO DESIGNATED OR SECURE BAG-HOLDING AREA

Bring only what you need. Keep personal belongings with you or with someone you trust. Jump Trax Fitness, the venue, organisers and event personnel cannot accept responsibility for lost, stolen, damaged or unattended belongings.

Valuables. Do not leave phones, wallets, keys, bags or other valuables unattended.

ALCOHOL AND COOLER BOXES

No alcohol. Cooler boxes containing alcohol are not allowed, and alcohol may not be brought onto the event premises.

Safety first. Intoxicated persons or anyone behaving inappropriately may be refused entry or asked to leave the event.

Support our vendors. Please support the food, coffee and refreshment vendors available on Race Day.

HYDRATION

Stay hydrated. Hydration will be available at designated hydration points. Arrive well hydrated and bring your own water bottle if you prefer.

Keep it clean. Use the bins provided and help us keep the venue and course clean.

MEDICAL AND SAFETY

Stop if needed. If you feel dizzy, unwell, injured or unable to continue safely, stop and immediately inform the nearest marshal or event official.

Report concerns. Do not continue if doing so could put yourself or another person at risk. Immediately report any injury, incident, unsafe condition or emergency to an event official.

Keep access clear. Medical personnel will be on site. Emergency routes and access points must remain clear at all times.

WHAT TO BRING

- Comfortable training or running shoes
- Suitable exercise clothing
- Gym or training gloves - optional, but allowed
- Water bottle
- Sunscreen
- Cap or hat
- Any personal medication you may require
- Lots of energy



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Please plan for the weather. This is an outdoor event.

PHOTOS AND VIDEO

Event coverage. Photos and video footage will be taken during the event for event and promotional purposes.

Questions or concerns. Please speak to the organisers at registration if you have any concerns.

BOUNCE • RUN • CONQUER

Come ready to cheer for each other, respect the marshals, support your fellow athletes and enjoy being part of our Hybrid event.

Train hard. Race smart. Have fun. Stay safe.

WE CAN'T WAIT TO SEE YOU ON THE TRACK!