



EVENT SCHEDULE

FRIDAY AUGUST 16, 2024

- 16:00 Meet'n Greet, Event-Area
- 16:30 - 17:30 Obstacle Test, Event-Area
- 18:00 Last Beer before Race Day

SATURDAY AUGUST 17, 2024

- 08:00 - 10:00 Athletes Registration*
- 09:00 - 11:00 Warming Up Area
- 09:45 Race Briefing*

10:00 - 15:00 OCR X-TRAIL X-LITE**

- 10:00 X-TITAN Competitive
- 10:15 X-LITE Competitive
- 10:30 X-TITAN Non-Competitive
- 10:45 X-LITE Non-Competitive

11:00 - 15:00 Recovery Zone***

- 12:00 - 16:00 Showers open
- 13:00 - 16:00 AWARDS & BBQ

15:00 - 16:00 OCR KIDS ADVENTURE RUN

16:00 - 17:00 OCR TEENS ADVENTURE RUN

SUNDAY AUGUST 18, 2024

- 08:00 - 10:00 Athletes Registration*
- 09:00 - 11:00 Warming Up Area
- 09:45 Race Briefing

10:00 - 16:00 OCR X-TRAIL X-FULL**

- 10:00 X-TITAN Competitive
- 10:15 X-LITE Competitive
- 10:30 X-TITAN Non-Competitive
- 10:45 X-LITE Non-Competitive

12:00 - 16:00 Recovery Zone***

- 13:00 - 17:00 Showers open
- 14:00 - 17:00 AWARDS & BBQ

15:00 OCR KIDS RUN

16:00 OCR TEENS RUN

*Mandatory for all Warriors.

**Competitive athletes first

***All Warriors for free.

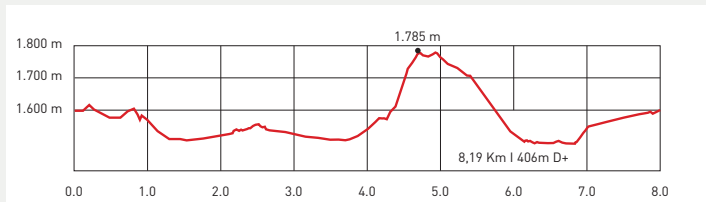
Event schedule is subject to change.

X LITE

17 AUGUST 2024

#AROSA

- 1 EVENT AREA
- 2 RACE OFFICE
- 3 PARKING
- 4 SHOWERS
- + RED CROSS
- 💧 AID STATION
- SAFETY
- PENALTY
- CHECK POINT



- 1 START
 - 2 NINJA STEPS
 - 3 MULTI RIG ●
 - 4 WALL positive ●
 - 5 SAND CRAWL
 - 6 WALL negative ●
 - 7 PYRAMIDE
 - 8 FLOATING ISLANDS
 - 9 SLOPING WALL
 - 10 ROPE UP
 - 11 WILD UPN DOWN
 - 12 WALL vertical
 - 13 CANYON CROSS
 - 14 FLYING WALL ●
 - 15 MONKEY RINGS ●
 - 16 STONE X THROW
 - 17 TREE ROPE CLIMB
 - 18 RIVER CROSS
 - 19 WATERFALL NETCROSS
 - 20 WRACK BAG CARRY
 - 21 TARZAN SWING ●
 - 22 HANG OVER
 - 23 AID STATION
 - 24 SLIPPERY WALL
 - 25 X-JUMPER
 - 26 TREE NET CLIMB
 - 27 BELL BAG CARRY
 - 28 WALL positive
 - 29 BALANCE BEAMS
 - 30 WALL positive ●
 - 31 ROPE CLIMB ●
 - 32 FINISH
- OBSTACLES ARE SUBJECT TO CHANGE