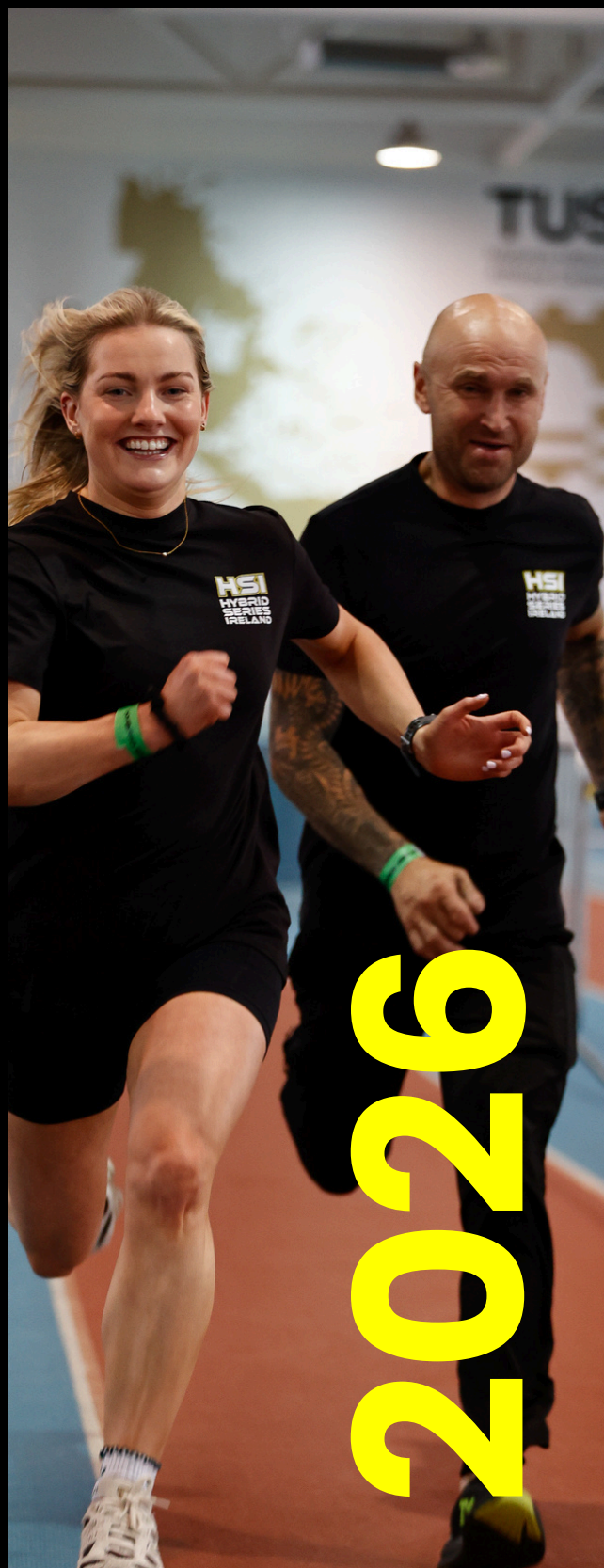


# HSI

Hybrid Series Ireland



2026



ATHLETE HANDBOOK

# Welcome

Dear Athletes,  
Welcome to Hybrid Series Ireland – Athlone, a celebration of strength, grit, and community. We're absolutely thrilled to have you with us for what promises to be an epic weekend of racing, personal breakthroughs, and electric atmosphere.

Whether you're chasing a podium spot, pushing past your limits, or soaking in the support of the HSI community, your presence is what makes this event truly special.

This handbook is your complete guide to the event, from race-day flow and movement standards to venue logistics and athlete expectations. Please take the time to read through everything so you're fully prepared for a smooth, focused, and unforgettable experience.

We can't wait to see you on the floor.

Team HSI

#hybridseriesireland





# Key Information

Key Date: 4<sup>th</sup> April 2026

Key Times: Spectator & Athlete Arrivals will be open from 7:00am on both Saturday and Sunday.

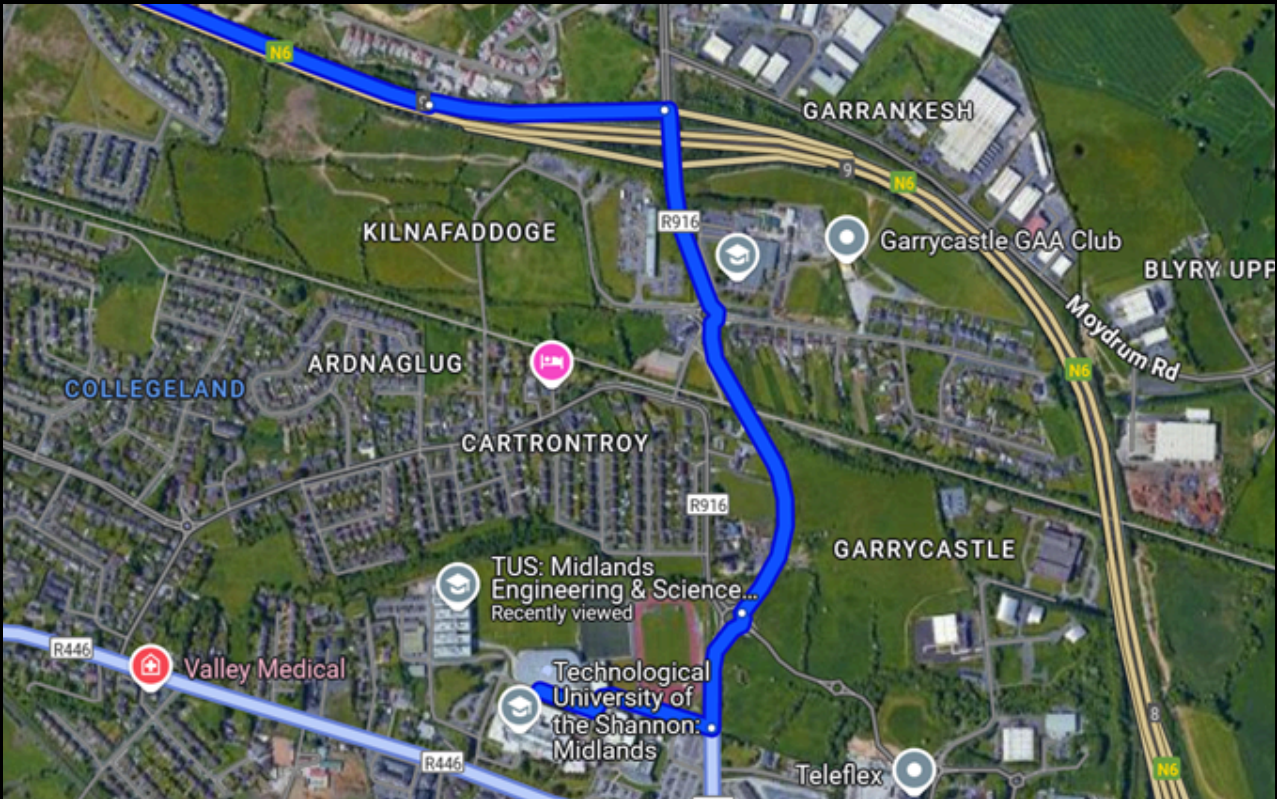
Location: Technological University of Shannon, Athlone, Co. Westmeath, N37 A3W4

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## What to Bring?

- Your QR registration code (have this ready on your phone at registration desk)
- Comfortable workout gear & clean running shoes
- Water bottle (you can leave this at the water table in the stations area)
- Nutrition (there will also be food available from our onsite vendors)
- Post-race clothes (changing area and showers available)

# How to get here?



## Car / Taxi

From the M6 motorway, take Exit 10 for Athlone and follow signs for Athlone Town / N61 / TUS (Technological University of the Shannon). At the roundabout, follow the signs for TUS Sports Arena. Continue along the main road, and you'll reach the university campus entrance. Signage will guide you to designated athlete and spectator parking.

From Athlone Town Centre, head east via Ballymahon Road (R915) or Garrycastle Exit, then follow signage for TUS Athlone Campus.

Using the Eircode N37 A3W4 in your GPS or Google Maps will bring you directly to the entrance of TUS Sports Arena.

# Race Day Flow



Arrival: Arrive at the venue 60 minutes before your scheduled start time. Athlete waves have been carefully scheduled based on estimated finish times to ensure a smooth flow throughout the day.

**IMPORTANT: If you miss your start time, you will not be allowed to race.** No exceptions will be made on the day, plan ahead and arrive early.

Check-In: Opens at 7:00am. Head straight to the check-in desk upon arrival. You'll receive your timing chip here and must sign your event day waiver in person in order to compete.

Warm-Up Zone: This area is open to all athletes. Use it well to get race-ready and primed to perform.

Start Zone: You must be in the start zone 10 minutes before your wave is scheduled to begin. Be ready!

# ATHLETE INFO

Athletes are welcome to use the designated warm-up area, located upstairs overlooking the track, to prepare for their event. Please be mindful of others when using this space - share equipment fairly, keep the area clean, and respect any posted time limits or staff instructions. Do not leave any personal belongings, rubbish, or gear behind. Use the bins provided and return any borrowed equipment to its place.

Your heat times will be emailed to you on **Thursday, December 13th**. These times are subject to change, so please check your email and follow the latest version. A water refill station will be available just outside the venue's main entrance, so bring a bottle and stay hydrated throughout the day. While food vendors will be on-site in the campus, we also suggest bringing your own snacks or fuel to keep your energy levels up between heats

Throughout the day, you are expected to uphold personal accountability during competition. Familiarise yourself with the movement standards and workout format in advance, and don't hesitate to ask questions ahead of your heat. It is not the judge's responsibility to explain your workout before you begin, come prepared and ready.

Our judges are here to support a fair and professional competition experience. If you have any concerns about scoring or movement calls, please speak calmly and respectfully with your judge or approach the Head Judge. Any disputes will be resolved by the Head Judge or Floor Manager, and their decisions will be final. We're here to make this a safe, high-energy, and memorable experience for everyone. Your cooperation and sportsmanship go a long way.

# Spectators & Support



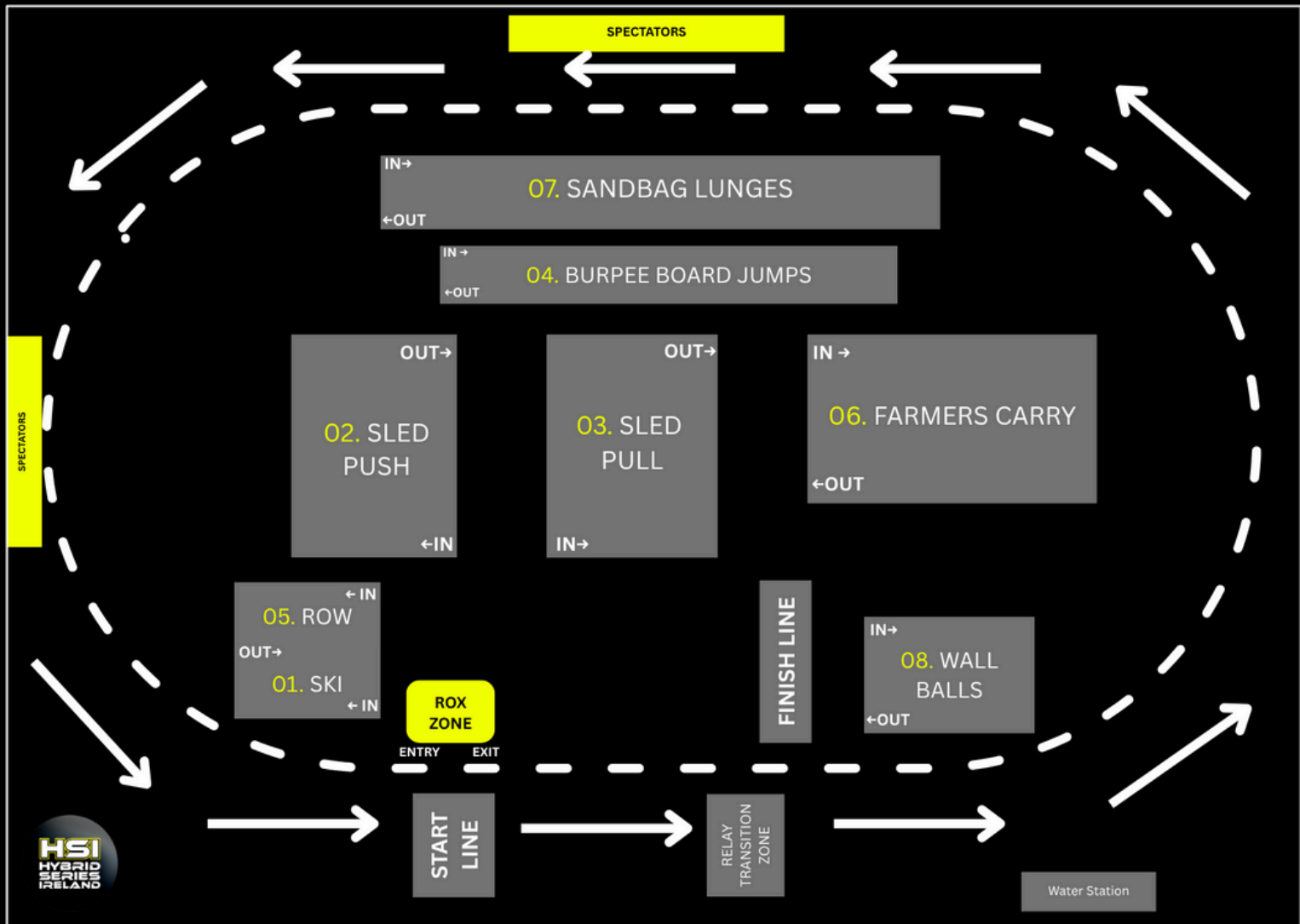
We're thrilled to welcome friends, family, and hype squads to Hybrid Series Ireland – your support brings the energy that makes this event truly special.

To gain access to the arena, all spectators will need a valid ticket. Entry costs €10 per person, and children under 16 can attend for free. As spectator tickets are limited, we strongly recommend purchasing them in advance to avoid missing out.

Once you've secured your ticket, you'll receive a QR code via email. On the day, simply present this QR code at the registration desk, where you'll be given a wristband that grants you full access to the venue. Please ensure this wristband is worn visibly throughout the day, as it is required for re-entry and movement within the arena.

Whether you're cheering from the sidelines, snapping photos, or just soaking up the atmosphere, your presence makes a huge difference. Thank you for being part of the HSI experience, we can't wait to see you there.

# COURSE MAP



To complete each 1km run, athletes must run 5 full laps of the track, as each lap measures 200 metres (200m x 5 = 1km). It's each athlete's responsibility to count their own laps and ensure the full distance is completed before moving on to the next station. Any athlete who fails to complete all 5 laps will receive a time penalty, so accuracy and focus are key.

# HSI HALF SIM

The HSI Half Sim follows the same structure and movement standards as the Full Sim, but with half the total work and shorter running distances. This category is open to both Individuals and Doubles, with all weights remaining the same as the Full Sim. Whether you're testing race-day pacing, building confidence ahead of the Full Sim, or simply getting a taste of the Hybrid format, the Half Sim offers a fast, challenging, and highly accessible experience.

## RUNNING FORMAT

- Athletes complete 3 laps per run (200m x 3 = 600m).
- Athletes are responsible for counting their own laps.

## DOUBLES HALF SIM

- Partners may divide work as they choose.
- Only one athlete may work at a time.
- Both athletes must complete all runs together.

# HALF SIM WORKOUT FLOW

Run 1 – 600m

→ SkiErg – 500m

Run 2 – 600m

→ Sled Push – 25m (2 lengths)

Run 3 – 600m

→ Sled Pull – 25m (2 lengths)

Run 4 – 600m

→ Burpee Broad Jumps – 40m

Run 5 – 600m

→ Row – 500m

Run 6 – 600m

→ Farmers Carry – 100m

Run 7 – 600m

→ Sandbag Lunges – 50m

Run 8 – 600m

→ Wall Balls – 50 reps

# VENDORS



# ATHLETEINFO

	WOMEN	MEN	MIXED
Ski Erg	1000m	1000m	1000m
Sled Push	12.5m x4 @102 kg incl. Sled	12.5m x4 @152 kg incl. Sled	12.5m x4 @152 kg incl. Sled
Sled Pull	12.5m x4 @78 kg incl. Sled	12.5m x4 @103 kg incl. Sled	12.5m x4 @103 kg incl. Sled
Burpee Broad Jump	80m	80m	80m
Rowing	1000m	1000m	1000m
Farmers Carry	200m @16kg	200m @24kg	200m @24kg
Sandbag Lunges	100m @10kg	100m @20kg	100m @20kg
Wall Balls	100x @4kg	100x @6kg	100x @6kg

## KEY NOTES

- Sled Push: 4 lengths in total (4 x 12.5m), i.e. down and back twice
- Sled Pull: 4 lengths in total (4 x 12.5m), i.e. down and back twice - You finish on the opposite side you started
- Burpee Broad Jumps: 2 lengths in total (2 x 40m), i.e. down and back once
- Sandbag Lunges: 2 lengths in total (2 x 50m), i.e. down and back once

# SKI

Start: The monitor must be (re)set by a judge before the workout begins.

Standard: Athletes must keep both feet on the SkiErg platform throughout the exercise. Feet may lift during the movement, as long as they stay within the platform area. Once the required distance is completed, the athlete must raise one arm to signal a referee. The athlete may only leave the platform after the referee has confirmed the distance is complete.



# SLED PUSH

Each team will be assigned a sled lane by a judge, and it is mandatory to use the correct lane throughout the workout –failure to do so will result in a time penalty. Before beginning the sled push, both the athlete and the sled must be completely behind the starting line. The sled must fully cross the 12.5m marker at the end of each lane before changing direction. The sled push station is considered complete once the athlete has pushed the sled four lengths of 12.5m, with the entire sled crossing the final line.

# SLED PULL

Each team will be assigned a sled lane by a judge, and athletes must use their designated lane at all times, failure to do so will result in a time penalty. At the start of the sled pull, both the athlete and the sled must be completely behind the start line. The athlete will pull the sled 12.5 meters until the entire sled crosses the marker, then switch sides and repeat in the opposite direction. This continues until the athlete completes four lengths of 12.5 meters (a total of 50 meters).



The sled pull is complete once the full sled has crossed the final line. Athletes must remain standing throughout the movement, pulling from a seated or kneeling position is not allowed. Additionally, athletes must stay within the designated Athlete's Box at each end of the lane and may not step on the solid rear line while pulling. The rope must remain in the athlete's own lane and must not interfere with any neighboring lanes.

# BURPEE BOARD JUMPS

The burpee broad jump begins with the athlete completing a full burpee. Hands must be placed behind the start line and close to the feet, no more than one foot-length away and once placed, the hands cannot be moved forward. During the burpee, the chest must clearly touch the ground. After standing, the athlete performs a broad jump forward, taking off and landing with both feet simultaneously. Feet must stay parallel throughout the jump; staggered stances, steps, or shuffles are not permitted. When rising from the ground, the feet may not pass the fingertips in the standing position. No steps are allowed between repetitions, and the distance of each broad jump is at the athlete's discretion. The station is complete once the athlete jumps fully across the finish line.



# ROWING

Before the workout begins, the rower monitor must be reset by a referee. Athletes must have both feet securely placed in the foot holders before taking hold of the handle, and their feet must remain in place throughout the row. Each athlete must start the row independently from rest. It is not permitted to pass the handle between team members. The resting team member must remain within the designated marked area at all times and must not obstruct other participants.

# FARMERS CARRY

The movement begins with the athlete removing both kettlebells from the marked start box. Athletes must carry the kettlebells simultaneously with arms extended at their sides for the duration of the carry. Resting is permitted, but the kettlebells must be set down without sliding or moving them forward on the ground. The station is complete once the athlete crosses the finish line and returns both kettlebells to the marked box beside the finish line, with the handles placed upright.

# LUNGES

The movement begins with the athlete lifting the sandbag without assistance and placing it across both shoulders. The sandbag must stay in this position for the entire station, dropping it results in a 10-meter penalty, and a second drop leads to disqualification from the station. Starting behind the line, athletes perform alternating lunges with the back knee clearly touching the ground and each rep finishing with full extension at the hips and knees. No steps or shuffles are allowed between lunges. At the end of each 10-meter lane, the front foot must fully cross the line. Athletes may turn around at lane ends without lunging but must begin the next segment with a lunge across the line. The station ends when the athlete lunges fully across the finish line and returns the sandbag to the marked area.



# WALL BALLS

The athlete begins standing tall with the wall ball held in both hands, hips and knees fully extended. Each rep starts with a full squat, where the hip crease must drop below the knee, followed by a throw that strikes the center of the designated target men and women must hit their respective targets. After each throw, the athlete can either catch the ball and continue or let it drop and reset before the next rep. A rep will not count if the squat isn't deep enough, the target isn't hit, or the movement doesn't begin from a fully extended position. The resting athlete must stay inside the marked area and avoid interfering with others. Transitions between teammates may be done by placing the ball on the floor or handing it off, but "flying" transitions, where the next athlete catches the ball from a throw and continues are not allowed.

**THANK YOU**

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SERIES  
IRELAND**

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