SPARTAN®

SPARTAN TEAM RELAY WORLD CHAMPIONSHIP

HOSTED BY: Abu Dhabi Sports Council

NOVEMBER 22, 2026 | ABU DHABI

KEY

Sprint Course · Water · Obstacles · Festival Area

OBSTACLE GUIDE

1. HURDLES
2. OVER WALLS (4' WALLS)
3. OVER UNDERS
4. MONKEY BARS
5. DUNK WALL
6. SANDBAG CARRY
7. CAPITAL A-FRAME CARGO
8. MODIFIED MULTI-RIG
9. SPEAR THROW
10. SLIP WALL

ELEVATION PROFILE

SPARTAN 3K TEAM RELAY

TOTAL DISTANCE	ELEVATION GAIN/LOSS:	MAX SLOPE:	AVG. SLOPE:
1.15 KILOMETERS	12.4 M // -12.8 M	6.9% // -6.7%	2.1% // -2.1%



SCAN HERE FOR RACE RESULTS

FINISH

START

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