SPARTAN®

SPARTAN BEAST WORLD CHAMPIONSHIP

HOSTED BY: Abu Dhabi Sports Council

NOVEMBER 19-22, 2026 | ABU DHABI

KEY

- Sprint Course
- Super Course
- Beast Course
- Festival Area
- Obstacles
- Kids 1 km
- Kids 1.5 km
- Kids 3 km
- Kids Area
- Finish
- Water
- Bag Check
- Medical
- Medals/Timing
- Photo
- Registration
- Restrooms
- Merch
- Stage

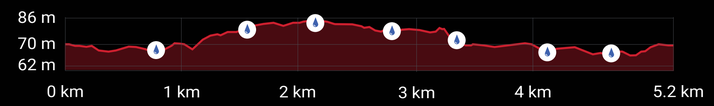
OBSTACLE GUIDE

1. HURDLES
2. OVER WALLS (4' WALLS)
3. OVER UNDERS
4. 6' WALL
5. BARBED WIRE CRAWL
6. INVERTED WALL
7. ROPE CLIMB
8. ARMER
9. BARBED WIRE CRAWL #2
10. SANDBAG CARRY
11. PLATE DRAG
12. VERTICAL CARGO
13. CARGO NET GROUND CRAWL
14. TWISTER
15. OLYMPUS
16. APE HANGER
17. TRACTOR PULL
18. TYROLEAN TRAVERSE
19. IRISH TABLES
20. BENDER
21. 7' WALL
22. STAIRWAY TO SPARTA
23. BUCKET CARRY
24. Z WALL
25. HERCULES HOIST
26. BARBED WIRE CRAWL #3
27. ATLAS CARRY
28. MONKEY BARS
29. DUNK WALL
30. SANDBAG CARRY #2
31. CAPITAL A-FRAME CARGO
32. MODIFIED MULTI-RIG
33. SPEAR THROW
34. SLIP WALL
35. FIRE JUMP

ELEVATION PROFILES

SPARTAN SPRINT

TOTAL DISTANCE	ELEVATION GAIN/LOSS:	MAX SLOPE:	AVG. SLOPE:
5.2 KILOMETERS	59.3 M // -59.7 M	8.0% // -12.3%	2.1% // -2.3%



SPARTAN SUPER

TOTAL DISTANCE	ELEVATION GAIN/LOSS:	MAX SLOPE:	AVG. SLOPE:
9.9 KILOMETERS	156 M // -156 M	12.1% // -11.9%	3.0% // -2.9%



SPARTAN BEAST

TOTAL DISTANCE	ELEVATION GAIN/LOSS:	MAX SLOPE:	AVG. SLOPE:
21 KILOMETERS	338 M // -338 M	12.7% // -14.8%	2.8% // -2.6%



SCAN HERE FOR RACE RESULTS

FINISH

START



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