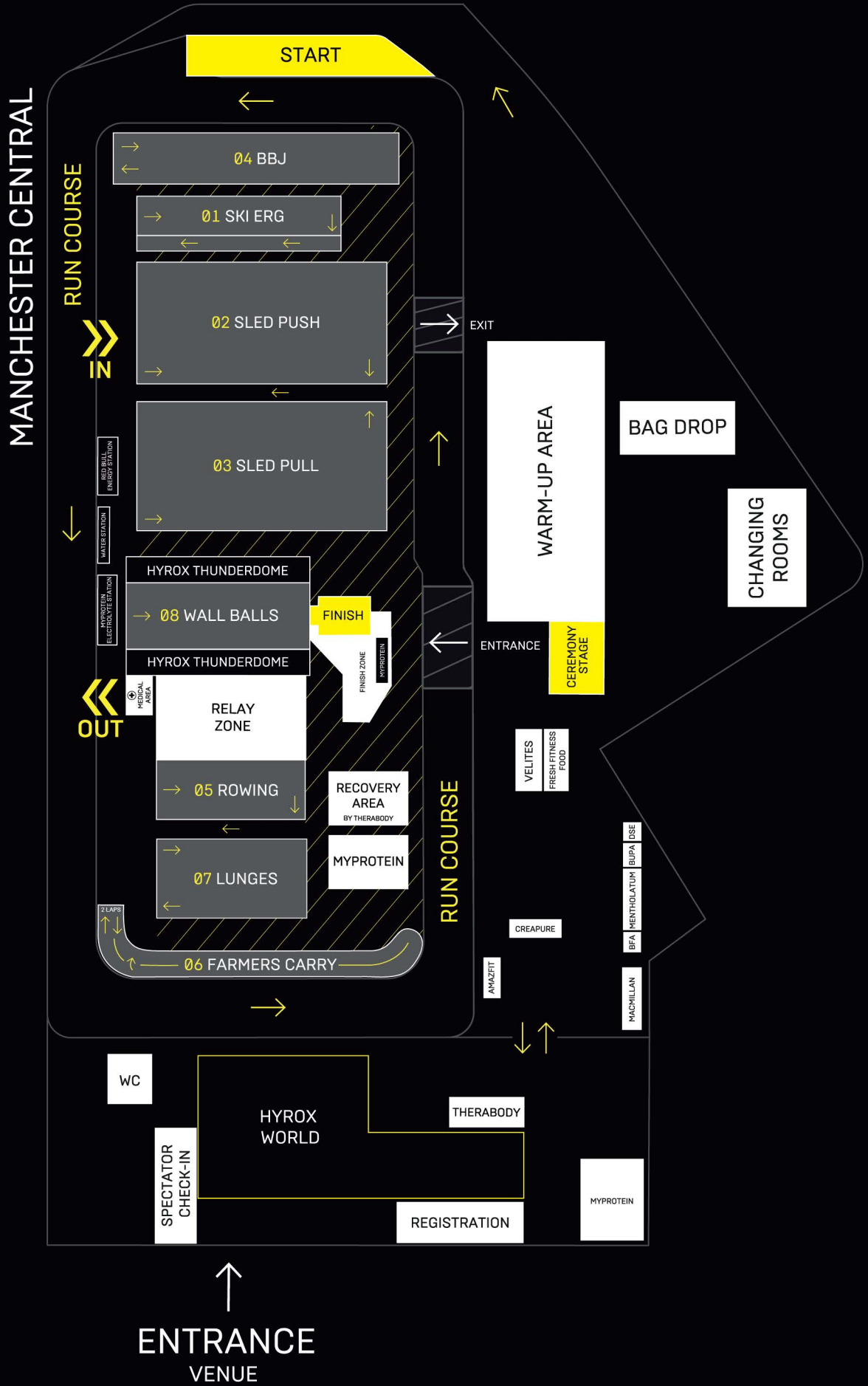


FRIDAY NIGHT
RELAYS

CENTRAL HALLS 1 & 2



Run 1: 2.2 Laps
[Go 'IN' on the THIRD time you see the 'IN']

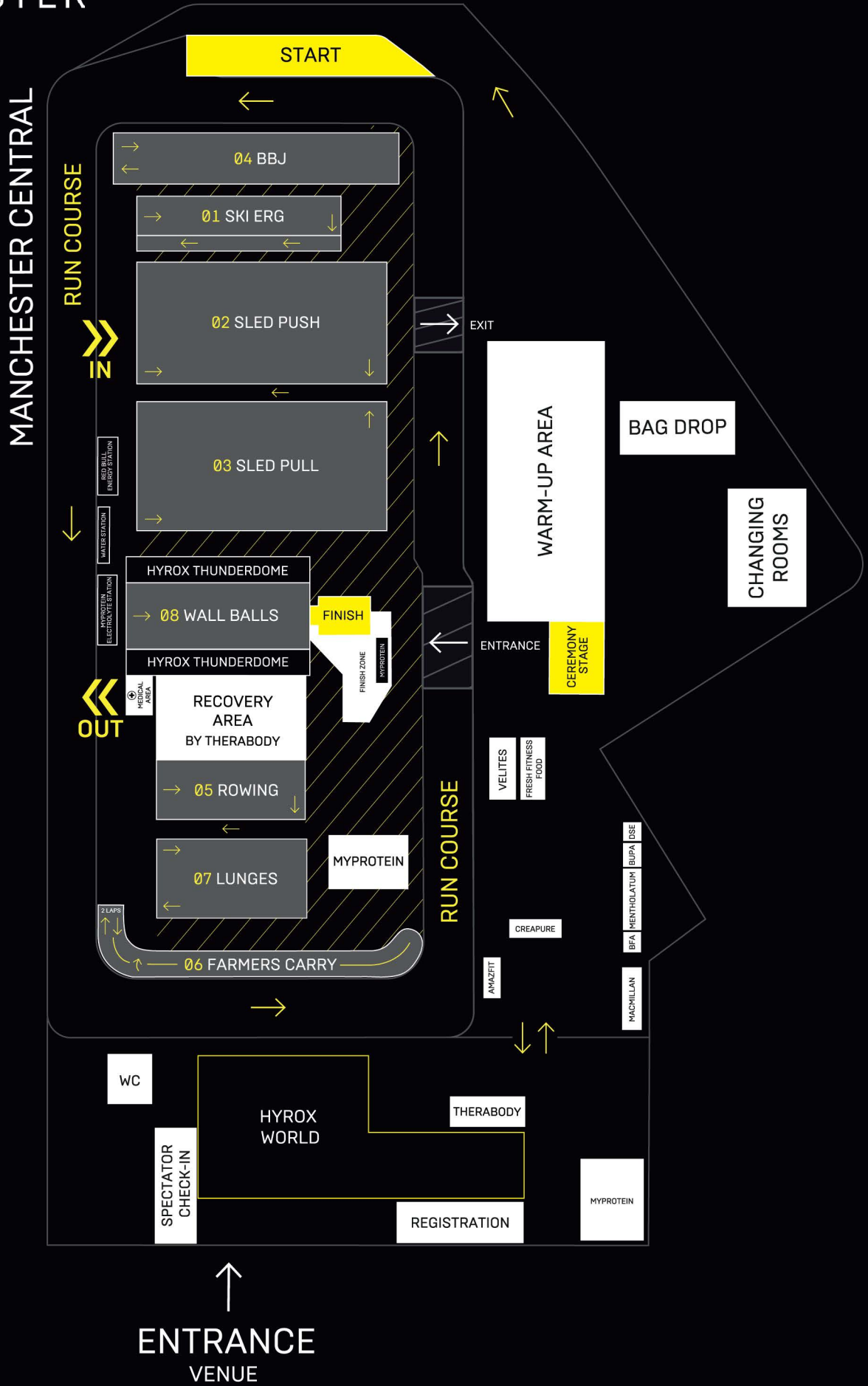
Runs 2-8: 2.8 Laps
[Go 'IN' on the THIRD time you see the 'IN']

CROSSING POINTS

SPECTATOR AREA

HYROX
MANCHESTER

CENTRAL HALLS 1 & 2



Run 1: 2.2 Laps
[Go 'IN' on the THIRD time you see the 'IN']

Runs 2-8: 2.8 Laps
[Go 'IN' on the THIRD time you see the 'IN']

CROSSING POINTS

SPECTATOR AREA

ENTRANCE
VENUE