



2026斯巴达勇士赛-赛事组别说明

THE 2026 SPARTAN RACE HEAT CATEGORY TYPES

对每个人来说，参与斯巴达勇士赛都有不同原因。对于一些人来说，这意味着最高竞技水平的竞争，对于其他人来说，这是一种让自身形体变得更好的方式，还有些人则喜欢斯巴达勇士赛的社交氛围。无论你的诉求和动机如何，我们都有不同的组别和方式，确保你获得最佳体验。

Every Spartan races for different reasons. For some, it means competing at the highest athletic level, for others it's a way to get back into shape, others like the social aspect. Regardless of your motivations, we have race category options to ensure you have the best experience possible.

精英组

THE ELITE CATEGORY

精英组的选手渴望与勇士中的勇士竞争，并以此来发现自己的潜能和价值，同时，去赢取赛会设置的奖金，并且吸引潜在赞助商的关注和支持，登上斯巴达系列赛的顶峰。

These athletes are competing to win prize money, test themselves against the best of the best, attract potential sponsors, and rise to the top of the Spartan Race Point Series.

精英组选手与所有斯巴达参赛者一样，他们需要严格遵循运动精神，遵守比赛规则和指导方针。违反这些准则的选手将会被取消资格。

Elite Racers, like all Spartan athletes, commit to flawless sportsmanship and adhere strictly to the race rules and guidelines. Racers who fail to follow these guidelines risk disqualification.

年龄段组

THE AGE GROUP CATEGORY

年龄段组是位于精英组后出发的一个组别。年龄段组选手将遵循和精英组一样的参赛规则和标准。2026年，年龄段组将划分为 10 个年龄段：14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+。报名年龄段组的选手将根据以年份计算的年龄加入对应年龄段组。例如，A 选手 1996 年 6 月 24 日出生，A 选手在 2026 年的比赛年龄为 30 岁，如果他参加年龄段组，那么他比赛的年龄段组别为 30-34 岁的年龄段组别。

The Age Group Category is a series of heats placed immediately after the Elite category. Age Group racers will follow the same rules and standards as the Elite racers. There are 10 Age Group categories for 2026: 14-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. All Age Group athletes must compete in their Age Group division corresponding to the



athlete's age on December 31st, 2026. For example, if A born in June 24th 1996, he/she will compete in 30 to 34 age group in 2026.

注:

- 在比赛日未满 14 周岁的选手不得参加成人赛；
- 在比赛日未满 18 周岁的选手不得参加超级野兽赛及以上级别的赛事。

NOTE :

- Competitors younger than 14 years old on race day are not permitted to race on an adult course, regardless of their age on December 31st 2026.
- Competitors younger than 18 years old on race day are also not permitted to participate in any Spartan Ultra event.

年龄段组将由在场裁判执裁，并设置视频记录，年龄段组优胜者将获得登上领奖台的机会，领取激动人心的奖品，并获得运动员积分排名。相比于精英组，年龄段组选手相信他们可以在与各自的年龄段组别中的精英竞争，并能够在这些特定组别中做到最好，赢得一席之地。

Age Group heats will be officiated by on-course referees, video review, and feature an Age Group points series with exciting prizes, podium awards, and athlete rankings. Age Group Racers believe they could win or place in a given race when stacked against only the best of the best within their designated age group.

公开组 OPEN CATEGORY

公开组适合所有人。我们欢迎所有能够利用好每一个周末参与运动的勇士，新手运动员，首次参赛选手和战队参赛选手加入公开组的竞争。与年龄段组和精英组的勇士们一样，参加公开组的勇士同样能够远离自己的舒适区域，检验自己的身体极限，并体会到冲过终点线瞬间的快感。尽管如此，参与公开组的勇士也不需要比赛中给自己太大的压力。

The Open category is for everyone. Weekend warriors, novice athletes, first-time racers, and teams are all welcome here. The Open category offers the same opportunity as the age group categories and Elite categories to get far outside your comfort zone, test your body's limits, and experience the awesome rush of the finish line. However, there's no pressure to push your pace.

无论你报名哪种组别，所有完赛成绩都将会计入TRIFECTA或Spartan DELTA积分排名体系。

Regardless of which category you race in, all finishes will count toward the completion of a TRIFECTA or Spartan DELTA.