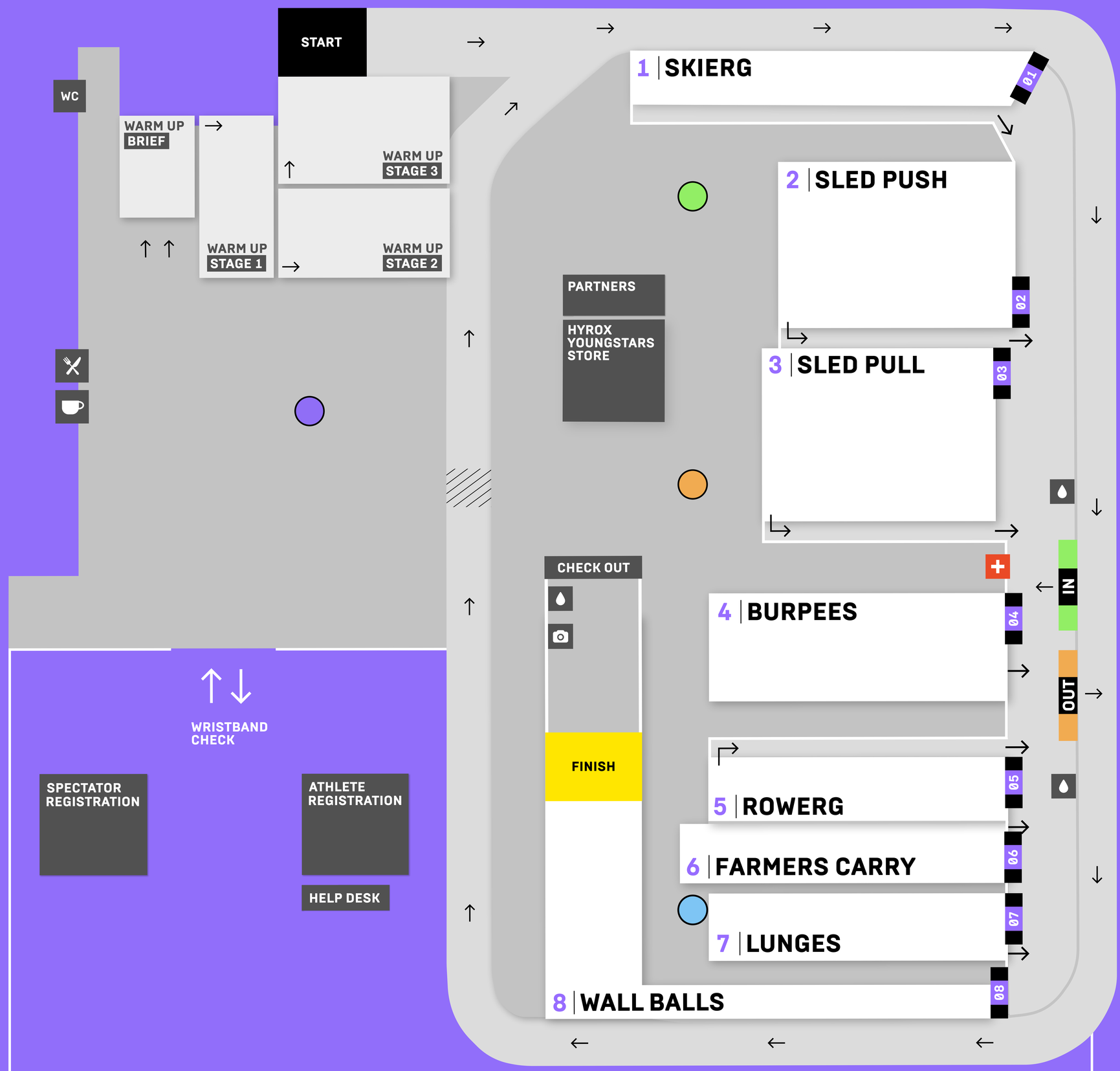
31ST OCTOBER - 1ST NOVEMBER 2026 - BIRMINGHAM NEC - HALL 4



HYROX YOUNG STARS BIRMINGHAM

- MEDIC ZONE
- WATER STATION
- BEVERAGES
- FOOD COURT
- PHOTOCALL
- BATHROOM
- SPECTATOR AREA
- ATHLETE AREA
- CROSSING POINT
- CHECKPOINT 1
- CHECKPOINT 2
- CHECKPOINT 3
- CHECKPOINT 4

WELFARE PERSON

There will always be a welfare person from HYROX to help keep people safe and well. You can speak to them if anything is worrying you.
They will wear a vest with this symbol.