



FAQ

WHO CAN PARTICIPATE IN FLATOUT?

FLATOUT is the fitness challenge for everyone. If you are at least 16 years old and want to take on the challenge, you are welcome at FLATOUT! There are four different event formats to choose from, covering every fitness level. The event has no time limits and no qualification is required to participate.

WHAT ARE THE DIFFERENT WORKOUTS?

FLATOUT includes a mix of eight 500m runs alternating with eight different workouts. The individual stations are: (1) SkiErg, (2) Goblet Squat, (3) Bike, (4) CTF, (5) RowErg, (6) Farmers Carry, (7) Weighted Lunges, and (8) GTO.

The running course will lead around the workout stations. In some venues participants will run 1 or 2 laps to complete 500m. Both the running track and the individual workout stations are clearly separated from each other and the entrances and exits are clearly marked.

WHICH DIVISIONS ARE AVAILABLE AND WHICH IS THE RIGHT ONE FOR ME?

Open - take on the standard FLATOUT for a challenging but achievable event for the many.

Pro - for the experienced eventer, heavier weights and a weighted vest to make for a more challenging experience.

Doubles - find a partner and take on the challenge as a pair, running together but splitting the workload of the exercises.

Relay on next page

WHICH DIVISIONS ARE AVAILABLE AND WHICH IS THE RIGHT ONE FOR ME? continued

Relay - come together with your friends, family or colleagues. In Relay, each team member completes two 500m runs and two workout zones. The team works through all zones in sequence, but each relay member can complete their two assigned zones in any order.

For example, Relay member 1 completes a 500m run and Zone 1 while the rest of the team waits in the relay pen. They then tag the next teammate, who completes the next 500m run and Zone 2. This continues until all 8 zones have been completed.

WHICH DIVISIONS ARE AVAILABLE AND WHICH IS THE RIGHT ONE FOR ME? continued

Next Gen - Is the junior category, split into 4 age divisions and completes a scaled version of the full layout.

8-10, 11-13, 14-15

WHAT ARE THE DIFFERENCES BETWEEN THE DIVISIONS?

The divisions differ, apart from the number of participants (single or team) and in the weights in the individual workouts. The event course (8*500m) remains the same for each division.

HOW IS MY EVENT TIME MEASURED?

All participants wear a timing chip around their ankle, which is provided at registration on event day. The event course, as well as all workouts, are linked with timing technology, so that precise timing is guaranteed for each individual PARTICIPANT. The finisher time and the exact split times of the individual workouts can be used to analyze your own performance afterwards and there is the possibility to compare yourself with other participants and thus prepare even more specifically for the next event.

HOW LONG DOES A FLATOUT EVENT TAKE?

That depends on the fitness level. The average finisher time in our simulations has been a little over an 1 hour. However, the event has no time limit: some finishers may take 3 hours, while others may do it in 40 minutes.

WHERE CAN I READ THE EXISTING RULES?

Via the website.

WHO CONTROLS COMPLIANCE WITH THE RULES?

We have a Head Judge and 8 separate Gym owners share responsibility for their respective 8 zones and the running course, ensuring that the event runs smoothly and that competition standards are maintained.

WHERE DO I REGISTER FOR FLATOUT ?

You can easily register via weareflatout.co.uk. After successful booking you will receive a confirmation email summarising your order. You will receive a separate email requesting you complete your registration and H&S information. The receipt email will contain a QR code for on-site registration on the day of the event. You do NOT have to print this e-ticket, but can simply present it on your mobile phone.

ARE SPECTATORS ALLOWED?

Spectator tickets, like participant tickets, can be purchased online on the event page of the FLATOUT website or on site on event day (cashless - DEBIT CARD!). Juniors (under 12 free).

WHEN DOES THE ONLINE REGISTRATION CLOSE AND CAN I STILL REGISTER AS AN PARTICIPANT ON SITE?

Online registration for participants always closes on Wednesday during the event week at 6pm or when the event is SOLD OUT. It is still possible to register as a PARTICIPANT on site. However, we cannot guarantee that there is still space in the desired division. The online spectator registration will remain open until the event day.

HOW DO I KNOW MY START TIME AND WHEN SHOULD I ARRIVE AT THE EVENT LOCATION?

We will email on Thursday before the event. We will also send the “PARTICIPANT Guide” with all official and practical information for the event day - so that you can roughly estimate when you will start and plan your arrival and departure in advance. It is recommended to be at the venue at least 60 minutes before the start, so that there is enough time for bag drop, registration, and the warm-up etc. If you’ve not received this please do contact info@weareflatout.co.uk.

WHAT IS THE REGISTRATION PROCEDURE?

In the PARTICIPANT Guide you find the registration time for participants at the day of the event. The registration is divided into participants and spectators registration. In addition, there is always a separate help desk to assist you with any kind of problem. Have your e-ticket (barcode) on your phone (optionally printed out) ready for registration. We will scan the code(s) and you will receive your timing chip. Please attach the tag to your right ankle. Take care of it, if you lose it we will have to charge you for the loss.

IS THERE AN PARTICIPANT BRIEFING ON SITE?

Standards for the event are on Instagram. This explains the rules and expectations of the event and is mandatory for all participants. So please watch it carefully.

WARDROBE, CHANGING ROOMS, SHOWERS?

We offer a bag drop. There are toilets but we request you attend wearing the clothes you intend to compete in. In the PARTICIPANT Guide you will find an overview map, where everything is precisely marked. Please hand in only small gym bags and put all your stuff inside. FLATOUT is not responsible for liability for lost items. Your bag must be picked up within 1 hour after your Finish. This service is for participants only, not for spectators. You are advised to leave your belongings in your car. (SAXON AIR) You cannot take any bag the same size or larger than a rucksack inside the venue. We unfortunately do not provide showers.

ARE ANIMALS ALLOWED AT THE EVENT?

(SAXON AIR) As much as this would be amazing, animals are not allowed in the venues for insurance reasons and according to the venue.

(RLMSCP) Animals are permitted but need to be on a leash, be aware it will be close proximity with loud music and crowded in places.

IS WATER PROVIDED ON THE COURSE?

There is a water station on the event course: (SAXON AIR) This is positioned outside on the run part of the event. It is important that water is consumed here and cups are left there for risk of Foreign Object Debris (FOD). This is a live Airport, FOD is the largest risk to safety and the event. Any FOD found on the Airport will immediately stop the event. This is VITALLY important you follow this rule. Water is provided after the event outside the event hall. For safety reasons, please do not take any food, snacks or water on the route. This includes gel packs, please do not use or consume these, especially outside. What we can allow with a significant warning, that items can be consumed inside the hangar where a participant takes and returns to spectator.

(RLMSCP) There is a water station, participants are permitted to consume water and bring their own gels, water bottles and snacks. Do not DUMP water - ie. throw water over your head.

ARE THERE WINNER PRIZES OR AN AWARD CEREMONY?

Each FLATOUT finisher will receive a finisher patch and medal at the finish line. Overall winners receive a flag, category winners are announced post race.

CAN I START AS AN ADAPTIVE PARTICIPANT?

FLATOUT strives for inclusivity but it is not fully accessible yet. Please contact info@weareflatout.co.uk and together we will work out if we can adapt the event for you.

WHAT DO I DO IF I GET NAUSEOUS OR INJURED DURING THE EVENT?

You have the option to pull out of the event at any time. We have staff all along the course and at the different workout stations who will send medics to take care of you in case of an emergency. Our medic room is directly in the hangar. Please make someone aware.

I AM REGISTERED BUT CANNOT PARTICIPATE. WHAT CAN I DO?

You may defer with 7 days notice or pass to someone else. The Flatout team must be made aware of any changes via email info@weareflatout.co.uk.

WHAT IS THE BEST WAY TO PREPARE FOR FLATOUT?

FLATOUT workouts are designed to be accessible and the zones can either be copied or replicated in various ways within most gyms. Contact one of the zone owner coaches for support.

WHAT IS THE EMAIL ADDRESS OF THE CUSTOMER SUPPORT TEAM?

If you have any issues regarding your booking or questions in general, please reach out to our customer service: info@weareflatout.co.uk.