

# RULES AND REGULATIONS

- Each participant will have 4 minutes to successfully complete as many laps as possible
- Each participants must be in proper athletic attire
- Each participant must wear proper running shoes
- If an Participant is unable to complete an obstacle which has not been designated as a “must complete” obstacle, a penalty option will be available
- If an participant cannot complete the associated penalty, they must forfeit and no further laps will be counted towards overall score
- Any participant who wishes to voluntarily drop out of the race, must notify race officials

See [www.studentwellnesscentre.ca](http://www.studentwellnesscentre.ca) or email [a\\_verma22@fanshawec.ca](mailto:a_verma22@fanshawec.ca)