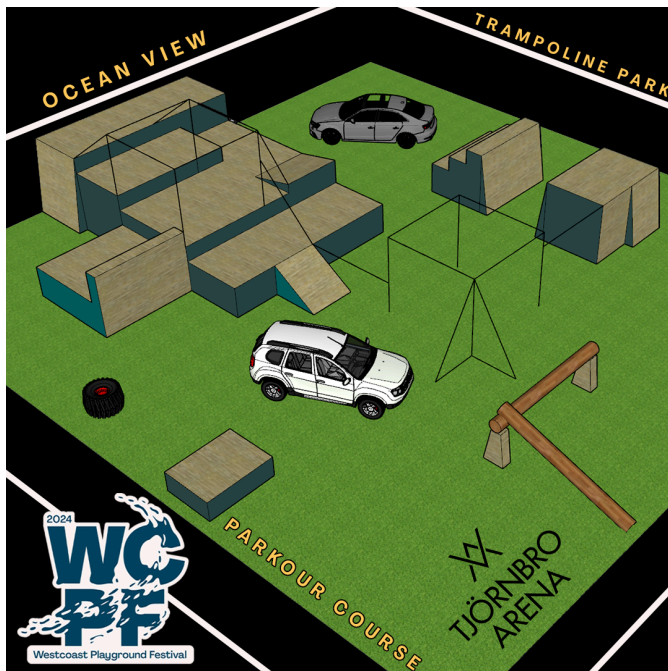Speed Challenge
Course:

Objective:
In the Speed Challenge, the athlete will run through the set course in the fastest time possible.

- Start:
  The athlete starts when the crowd counts down from 10.
  When the athlete takes the first step, the time begins.

- Checkpoints:
  The course will have 4 checkpoints which the athlete has to reach and touch in order to complete the course. If a checkpoint is left unchecked, the speed run has failed.

- Finnish:
  Once the athlete's chest reaches over the finish line, the time stops.

Participation:
If you attend the WCPF Jam, you are welcome to sign up for the competition.

- First run:
  All signed athletes get one chance to run the course on time.

- The top 8 athletes will move on to the final run.

- Final run:
  The finals contain 2 runs, where the athletes get an extra chance to plan the fastest way to make their way through the course. Only the fastest run counts.