

HYROX Youngstars Singapore: Kids 8-15 Race at EXPO, 28-29 Nov

Description

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Got a sporty 8 to 15 year old and a free weekend on 28 and 29 November? **HYROX Youngstars Singapore** is a kids-only fitness race at Singapore EXPO, and one legal guardian ticket is already included in the entry fee. Your child runs, pushes a sled and rows alongside kids their own age, while you cheer from the spectator area.

It lands in the middle of the year-end school holidays, so it is an easy slot to fill. The event page lists it as part of the AIA HYROX Singapore weekend, which means one spectator ticket opens both events.



Source: HYROX (photo from a past HYROX event)

What HYROX Youngstars Singapore actually is

HYROX is a fitness race that mixes running with eight workout stations. The Youngstars version keeps that format but scales the distances and weights for children, who are split into four age groups. HYROX describes it as open to all abilities, so a first-timer is not expected to chase a podium.

The eight stations are the same ones adults do:

- SkiErg
- Sled push (25m)

- Sled pull
- Burpee broad jump, or frogger jumps for 8 to 9 year olds
- Rowing
- Farmers carry
- Lunges
- Wall balls or squats, depending on age group

Your child is placed by the age they are on race day, not the age when you book. Check that carefully if a birthday falls close to 28 or 29 November.

Race schedule for Saturday and Sunday

These are the provisional start windows from the event page, and HYROX says they can change. A personal start time is posted about three days before the race.

- Saturday 28 November: boys 10-11 at 8.35am, girls 10-11 at 10.05am, boys 8-9 at 11.35am, girls 8-9 at 1.10pm
- Sunday 29 November: girls 12-13 at 8.35am, boys 12-13 at 10.25am, girls 14-15 at 12.35pm, boys 14-15 at 2.25pm

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Each age group has its own award ceremony on the main stage, the same one the adult racers use. Saturday ceremonies run from 11am to 3.15pm, and Sunday ceremonies from 11am to 5pm.


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Source: HYROX (photo from a past HYROX event)

Check-in, warm-up and the guardian rules

The start time on your childâ??s schedule is the check-in time for a mandatory 25-minute warm-up, not the moment the race begins. Arrive at least 60 minutes before it so there is time to register and walk the course. If your child has not done a proper warm-up routine before, practise one at home this week.

Race day registration is on the day only: Saturday 7.30am to 1.30pm and Sunday 7.30am to 3.30pm. HYROX is strict on safeguarding, and the rules below are worth reading before you leave home.

- Bring your own ID, your childâ??s ID and the ticket QR code
- The child must attend with the guardian named at booking; update the name in your HYROX account if plans change
- Adults are not allowed inside the secure athlete areas
- Collect your child from the finish zone straight after the race; staff check the QR code, start number and guardian name before releasing them
- There are changing rooms and a bag drop for Youngstars, and each child may bring one cabin-size bag

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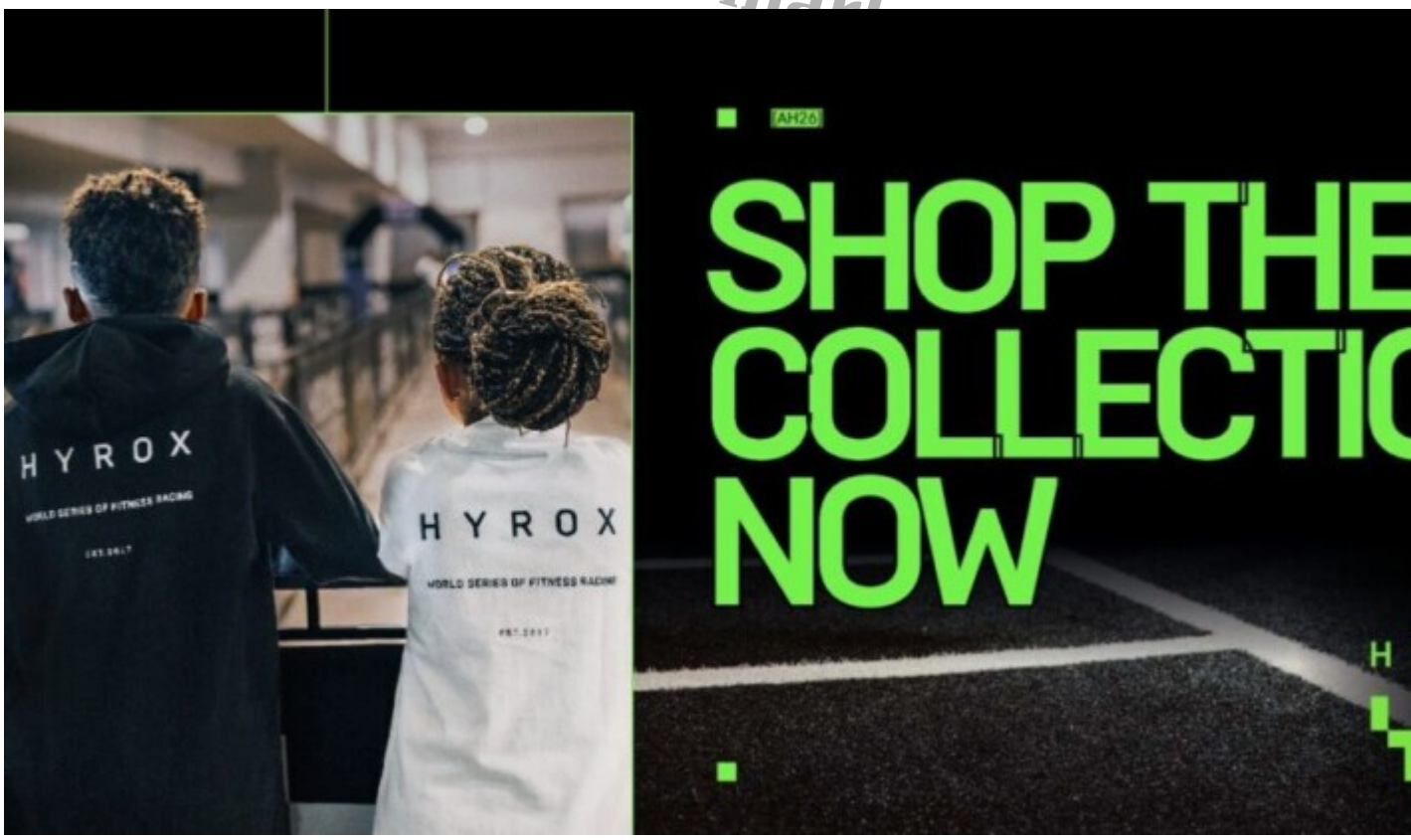

Source: HYROX

Getting there and what to prepare

The venue is Singapore EXPO, 1 Expo Drive, Singapore 486150. Car parking there costs S$1.80 for the first hour, S$1.80 for the second hour and S$1.50 for every subsequent 30 minutes or part thereof, with no daily cap. The page lists hydration stations before, during and after the race, plus a finisher patch and split times for each station.

HYROX sends a free 12-week training plan when you join its Youngstars mailing list, and there is a child-friendly rulebook for each age group, so read the rules with your child before race day. I would also keep the day before light, with a proper meal and early night, rather than a last-minute training session. Ticket prices are not stated on the event page, so check the booking page before you plan your budget.

Spectator tickets are valid only for the specific race day, so book the day your child races. Want more ways to keep them moving this break? See our guide to ActiveSG school holiday programmes.

Date Created
23/11/2026
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