



Following a successful debut last year, UA COMBINE will be back for a second year – BIGGER and BETTER. As a first of its kind, the 1-day fitness competition challenges athletes to push their limits and benchmark their performance against other athletes in their country.

Competing athletes will go through 8 tests, challenging their Agility, Stamina, Vertical, Power, Endurance, Strength, speed, and Cognition. Points will be earned for each completed test and athletes will be ranked according to their result. At the end of the competition, one man and one woman in each country will be crowned the Champion for Combine 2023.

**Date: Saturday, 9th September 2023**

**Venue: Sentul Depot – Workshop 2A & 2B**

**Address: Jalan Strachan, Sentul West, 51100 Kuala Lumpur,  
Wilayah Persekutuan Kuala Lumpur, Malaysia**

**Type: All-weather, indoor**

**Women's Division – start time: 10:00**

**Men's Division – start time: 14:00**

### **DIRECTIONS**

**By Car:** On-site parking is available on a first-come-first-served basis

**By LRT:** You may take the Sri Petaling or Ampang LRT line to the 'Sentul' or 'Sentul Timur' terminal station. From there, you can opt for a 10–15 minute taxi ride, or a 20-minute walk, entering through the Sentul KTM station.

**By MRT:** The Sentul Barat Station is part of the MRT Putrajaya Line. Walking distance to Sentul Depot is approx. five minutes.

**By KTM:** You may take the KTM Komuter to the 'Sentul' Station. The station is a two-minute walk to Sentul Depot.

## **FOOD & DRINK**

Bottled water and snacks will be provided for competitors only. The location is within walking distance from various restaurants offering a wide selection of food and drinks.

# **FAQ**

## **HOW MUCH DOES IT COST TO COMPETE?**

Due to the limited number of spaces available at UA COMBINE 2023, a commitment fee will be required at the time of online registration.

- SINGAPORE SGD 100 (18+) / SGD 75 (U18)
- MALAYSIA MYR 300 (18+) / MYR 225 (U18)
- THAILAND THB 2600 (20+) / THB 1950 (U20)
- AUSTRALIA AUD 100 (18+) / AUD 75 (U18)
- NEW ZEALAND NZD 150 (18+) / NZD 100 (U18)
- PHILIPPINES USD 70 (18+) / USD 50 (U18)
- INDONESIA USD 70 (18+) / USD 50 (U18)
- VIETNAM USD 70 (18+) / USD 50 (U18)

## **CAN I COMPETE IN A DIFFERENT COUNTRY THAN THE ONE I LIVE IN?**

No. You must be a legal resident of and physically located in the country where the competition is held.

## **WHAT IS THE MINIMUM AGE REQUIREMENT FOR COMBINE?**

UA COMBINE participants must be at least 16 years or older at time of registration.

Parental approval for participants under the age of 18 will be required.

## **HOW DO I ENTER AS A TEAM?**

All teams need to be made up of 4 participating athletes. Gather your group and form a team of 4, make sure that all athletes in the team are officially registered as individual competitors in either Men's, Women's or the Youth divisions.

Each athlete will receive a score for their division. The four scores will be totalled to produce a team score.

## **WHAT SHOULD I WEAR?**

Wear what you would normally wear to the gym or for a training session. When you check in on-site at the event, you will be given a Competitor Pack containing Under Armour gear for you to compete in including shoes, socks, shorts and a top, based on the sizes you provided during the registration process.

Lockers will be provided at the event. You are required to wear the Under Armour gear from your Competitor Pack when you take part in the competition.

## **CAN I USE WRIST STRAPS, GLOVES OR CHALK?**

No. Straps or gloves are not allowed in the competition. Chalk will be provided for certain tests.

## **CAN I BRING A FRIEND, FAMILY MEMBERS OR SUPPORT CREW?**

Yes, but entrance is on a first-come-first-serve basis, and they may be unable to enter if the venue is full.

## **WHAT TIME SHOULD I GET THERE?**

Arrive at least 45 minutes before the start of the competition for your division, to check in, change into your UA gear, warm up and get in the zone. You only have 90 minutes to complete all 8 tests so you don't want to burn that time with preparation.

## **WILL THERE BE MEDICAL ASSISTANCE ON-SITE?**

Yes. An ambulance and full paramedics crew will be at the event to handle any injuries or accidents that may occur. If you have an existing medical condition or injury that you think we should know about, please tell one of the Judges or Event Crew before you start the competition.



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