



OFFICIAL BRIEFING

EVENT LOCATION

Mount Maunganui Main Beach
Event hub located beside the Mount Maunganui Surf Club
Access via Marine Parade / Adams Avenue

EVENT SCHEDULE

Friday 10 April 2026

• 5:00pm – 8:00pm

Adult Athlete Check In – Race Pack and Transponder Collection

Location: Check-in marquee in front of the Mount Maunganui Surf Club

Saturday 11 April 2026

(All times are subject to change)

• 7:00am

Check In Opens – Race Pack and Transponder Collection

Location: Check-in marquee

👉 Please check in at least **30 minutes before your briefing time**

Industrial Athletic UA500

Elite

8:55am Elite Briefing

9:00am Elite Individuals

9:05am Elite Teams

Open Individuals

9:05am Open Individuals Briefing

9:10am Male 16 to 39

9:15am Female 16 to 39

9:20am Male 40+
9:25am Female 40+

Open Teams – Male

9:25am Male Teams Briefing
9:30am Male Teams
9:35am Male Teams

Open Teams – Female

9:40am Female Teams Briefing
9:45am Female Teams
9:50am Female Teams
9:55am Female Teams

Open Teams – Mixed

10:00am Mixed Teams Briefing
10:05am Mixed Teams
10:10am Mixed Teams
10:15am Mixed Teams
10:20am Mixed Teams
10:25am Mixed Teams
10:30am Mixed Teams

Mcleod Next Gen 500

10:55am Next Gen Briefing
11:00am Wave 1
11:10am Wave 2
11:20am Wave 3

Mcleod Ultimate Kids Fun Run

11:55am Kids Briefing
12:00pm Mass Start

Under Armour UA1000

Elite

12:35pm Elite Briefing
12:45pm Elite Individuals
12:50pm Elite Individuals
12:55pm Elite Teams

Open Individuals

12:55pm Open Individuals Briefing

1:00pm Male 16 to 39

1:05pm Female 16 to 39

1:10pm Male 40+

1:15pm Female 40+

Open Teams – Male

1:15pm Male Teams Briefing

1:20pm Male Teams

1:25pm Male Teams

Open Teams – Female

1:30pm Female Teams Briefing

1:35pm Female Teams

1:40pm Female Teams

Open Teams – Mixed

1:45pm Mixed Teams Briefing

1:50pm Mixed Teams

1:55pm Mixed Teams

2:00pm Mixed Teams

2:05pm Mixed Teams

2:10pm Mixed Teams

👉 You must be at the start line for your category briefing time - waves are self seeded

ATHLETE CHECK IN

- Check in at the event hub marquee
- You will receive your timing transponder and race number

👉 Bag drop is located at the back of the check in tent

RACE NUMBER & TIMING CHIP

- Race numbers are temporary tattoos and must be worn:

UA500: left arm

UA1000: right arm

Both races: both arms

- Timing transponder must be worn on your ankle
 - Can be worn on either ankle
 - Must be returned to collection bins at the finish
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EVENT FORMAT

You will move through a series of runs and fitness challenges in a set order.

- UA500: 500m runs between stations
- UA1000: 1km runs between stations

👉 All challenges must be completed in order

TEAM RULES (IMPORTANT)

- Teams of 2 or 3
- Teams must stay together and finish together

Shared stations:

- Wall Balls
- Deadballs
- Box Step Overs

Individual stations:

- Sandbag Carry – each athlete carries one bag
- Bear Crawl – all athletes complete the full distance
- Sled Pull – one out and back per athlete (teams can assist)

Farmers Carry:

- One set of kettlebells per team
- Athletes can swap at any time

Warped Wall:

- Teammates can help each other
 - Cannot complete it for another athlete
 - If you cannot complete it, you must complete the lunge alternative
 - Teammates must wait for each other before continuing
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KEY RULES

- Complete all challenges in sequence
 - Count your own reps
 - Use correct weights for your division
 - Return all equipment properly
 - Follow all instructions from course officials
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PENALTIES

If you are unable to complete a challenge:

➔ A **10 minute time penalty** will be added to your final time

- You must make a genuine attempt before taking a penalty
- Skipping challenges is not allowed

Elite athletes will be judged more strictly.

FINAL REMINDERS

- Arrive early
- Be at the start line for your category briefing
- Listen to officials
- Respect other athletes
- Most importantly enjoy the experience