

# MOUNT MAUNGANUI BEACH

## **21 MAY 2022**

### **BAY OF PLENTY**

Hey there!

Race weekend this weekend team, yeow!!

Here's a few things you need to know..

### **REMINDER TO REGISTER!!!**

Registration is Friday the 20th at the Mount Maunganui Surf club.

**Registration opens at 3pm and closes 8pm FRIDAY the 20th of May. Bring photo identification, face masks are optional but advised.**

Registrations can be booked by arrangement for Saturday (7.30am - 10am), however availability is limited so please contact [info@ultimateathlete.co.nz](mailto:info@ultimateathlete.co.nz) to arrange this prior to Wednesday 18th of May.

**Every athlete must register! Timing chips that are assigned for race day are essential.**

**MUST KNOW!!!** Athletes must be at the start line 10 mins prior to your race for athlete briefing. You **MUST** bring with you:

- Your race number (attached to your front with pins which are available at registration or to a race belt)
- Timing chip (you will receive at registration)
- 3 x wristbands (all to be worn on the same wrist, these are being recycled this year to meet sustainability targets and will need to be handed in before leaving the finish line/athlete's recovery zone)
- Shoes (these must be worn for the whole race)
- Numbered wristband (please note this must be on you for bag drop/collection)

## **SCHEDULE:**

### Ultimate Athlete Friday 20<sup>th</sup> May 2022

3.00pm -Adult Registrations Open (Mount Surf Club)

4.00pm - Kids fun run starts

4.30pm - Kids fun run finishes

8.00pm - Adult Registration Closes

### Ultimate Athlete Saturday 21<sup>st</sup> May 2022

7.30am – 10.00am Adult Registrations open (by request only email  
info@ultimateathlete.co.nz)

#### **8.50am - Ultimate Challenge/Ultimate Obstacles Briefing**

9.00am – Ultimate Challenge(6km) Starts

9.10am - Ultimate Teams (6km) Starts

9.20am - Ultimate Obstacles (3km) Starts

#### **10.20am - Ultimate Beast Elites (10km) Briefing**

10.30am - Ultimate Beast Elites(10km) Start

#### **11.50am - Ultimate Beast (10km) Briefing**

12.00pm – Ultimate Beast Starts (10km) Starts

12.10pm - Ultimate Teams (10km) Starts

2.30pm – Prize Giving commences.

3.00pm - Event Finishes

**WAVE STARTS:** Athletes will be released in waves (small groups with time lapsing between)

You will be individually timed, and your time starts when you cross the start line. This allows us to space athlete's out to minimise waiting at obstacles. So you can do your best time, your pace.

Check our website/socials after the event for individual results and split times are released.

**SELF SEEDING:** Athletes will be asked to 'self seed' at the start line. This means we will split the competitors into 3 groups.

- **Group #1** If you are competitive and expect to be fast we'd like you to go in the first group.
- **Group #3** If you are doing the race for fun and expect to take your time or walk the course we'd like you to go in the last group.
- **Group #2** If you're somewhere in between we'd like you to go in the middle group.

**IMPORTANT MEDICAL INFO!!** Athletes must note any medical conditions on the back of their race bib and take any necessary medication with them.

**PARKING:** Mt Maunganui is very busy, so please allow plenty of time before your race start time for parking or have someone drop you off and then find parking. Street parking is free, some time limits may apply.

**BAG DROP:** located in front of the surf club/ information/registration office. If you need to leave your bag somewhere safe during your race you can use the bag drop. You'll receive a number bag drop tag in your race pack. Attach this to your bag and hand it to our bag drop staff, then simply show your corresponding wristband to staff to have your bag returned.

**WEATHER:** We will go ahead in most weather conditions, however if there are dangerous weather conditions, we will put your health and safety first. We will make the call at the earliest time we can and endeavour to give all athletes notice. We will email all athletes, post on social media, and display information at the info desk. So check your emails if you're not sure.

- Gold coin, for mental health fundraiser (optional)

**REUSABLE WATER BOTTLE:** We would like to reduce the amount of plastic going to landfill, so we'd like to encourage you to bring your own refillable water bottle. The aid station will have compostable cups so no need to worry during the race, we've got you covered.

**Course Map:**

Please familiarise yourself with the course maps:

# ULTIMATE ATHLETE MOUNT COURSE MAP



**PHOTO COMPETITION!!!** Got an amazing photo from UA race day? Post it on instagram or facebook and tag us to win 2 x UA Mt Maunganui 2023 race entries #UAPHOTOCOMP2022



Compiled in conjunction with the [New Zealand Obstacle Sports Association](https://www.nzosa.co.nz/)

**YOU ARE.. UA!!!! (THE ULTIMATE ATHLETE)**

**#LESSGO**