



Here is all the info you need for this weekend..

REMINDER TO REGISTER!!!

Registration is Friday the 20th October on Tahunanui Beach inside the Athlete's Village.

Registration opens at 3pm and closes 8pm FRIDAY the 20th of October. Please bring photo identification.

Registrations can be booked by arrangement for Saturday (7.00am - 9am), however availability is limited so please contact info@ultimateathlete.co.nz to arrange this prior to Wednesday 18th of October.

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

MUST KNOW!!! Athletes must be at the start line 15 mins prior to your race for athlete briefing. You **MUST** bring with you:

- Race timing transponder (attached to your ankle)
- 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 your wrist for bag drop/collection)

SCHEDULE:

Ultimate Athlete Friday 20th October 2023

3.00pm	Adult Registrations Open (Athlete's Village)
6.00pm	Next Gen 3km (11 - 17 years)
6.30pm	Kids fun run 1.5km Starts (4 - 12 years)
8.00pm -	Adult Registration Closes

Ultimate Athlete Saturday 21st October 2023

7.00am – 10.00am Adult Registrations open (by request only email

info@ultimateathlete.co.nz)

8.50am Ultimate 3km Briefing

9.00am Ultimate 3km Starts

9.00am Ultimate 3km Teams Starts

9.20am Ultimate 6km Briefing

9.30am Ultimate 6km Start

10.20am Ultimate 6km Teams Briefing

10.30am Ultimate 6km Teams Start

11.30am Prize Giving commences.(3km and 6km distances)

11.50am Ultimate Elite 10km Briefing

12.00pm Ultimate Elite 10km Starts

12.50pm Ultimate 10km Briefing

1.00pm Ultimate 10km Starts

1.15pm Ultimate 10 Teams Starts

3.00pm Prize Giving commences.(10km distances)

3.30pm Event Finishes

6pm -7pm Team cup filling ceremony at The Buxton.

Ultimate Athlete Sunday 22nd October 2023

10.30am - TwoSix Wellness Cold Immersion Workshop

1.5 hours session - \$75.00pp - tickets available through our website

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.

PARKING: Please allow plenty of time before your race start time for parking or have someone drop you off and then find parking which is free.

BAG DROP: Located inside the registration tent. If you need to leave your bag somewhere safe during your race you can use the bag drop. Collect a bag tag from the registration, write your race number on it, 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.

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:



**ULTIMATE ATHLETE
OBSTACLE COURSE RACE**

NELSON COURSE MAP 2023

FRI 20TH OCT & SAT 21ST OCT 2023

3KM 6KM 10KM
15 OBSTACLES 30 OBSTACLES 45 OBSTACLES



COURSE KEY

3KM, 6KM & 10KM COURSE



OBSTACLE KEY

<p>01. LOW WALL</p> <p>02. MONKEY BARS</p> <p>03. A-FRAME CARGO NET</p> <p>04. SEESAWS</p> <p>05. MEGA SLIDE</p> <p>06. PRO LASER</p> <p>07. TUNNELS</p> <p>08. JERRY CAN 200M</p>	<p>09. TYRE FLIP</p> <p>10. SPIDER WALL</p> <p>11. BALANCE BEAM</p> <p>12. INVERTED WALL</p> <p>13. AFLEX INFLATABLE</p> <p>14. ROPE WALL</p> <p>15. RED BULL WARPED WALL</p>	<p>3KM COURSE x 1 lap finish <i>indicated after Obstacle 15</i></p> <p style="border: 1px solid white; padding: 2px; display: inline-block;">3KM COURSE FINISH!</p>
		<p>6KM COURSE x 2 Laps</p> <p style="border: 1px solid white; padding: 2px; display: inline-block;">6KM COURSE FINISH!</p>
		<p>10KM COURSE x 3 Laps ALL OBSTACLES 3 TIMES</p> <p style="border: 1px solid white; padding: 2px; display: inline-block;">10KM COURSE FINISH!</p>

P. PENALTY LOOP
(Positioned after Obstacle 14)

A. AID STATION
(Positioned next to Obstacle 07)

Note: Obstacles & order are subject to change

Next Gen Map:

Important: Timing is not available for Next Gen athletes who register at the event on Friday 20th October). To ensure you are timed and eligible for merit awards, you must register online before 8pm on Thursday 19th October.

UA **ULTIMATE KIDS** + **NEXT GEN**

FRI 20TH OCT 2023 NELSON COURSE MAP



OBSTACLE KEY

01. LOW WALL	08. SPIDER WALL
02. MONKEY BARS	09. BALANCE BEAM
03. A-FRAME CARGO NET	10. INVERTED WALL
04. SEESAWS	11. AFLEX INFLATABLE
05. MEGA SLIDE	12. ROPE WALL (NEXT GEN ONLY)
06. PRO LASER	13. WARPED WALL (NEXT GEN ONLY)
07. TUNNELS	

1.5KM LOOP

UA KIDS x 1 lap finish
Indicated after Obstacle 11

KIDS COURSE FINISH!

UA NEXT GEN x 2 Laps

NEXT GEN COURSE FINISH!

P. PENALTY LOOP
(Positioned after Obstacle 12)

A. AID STATION
(Positioned next to Obstacle 07)

Note: Obstacles & order are subject to change

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 2024 race entries #UAPHOTOCOMP2023



Compiled in conjunction with the [New Zealand Obstacle Sports Association](#)