



ULTIMATE ATHLETE 2026

OFFICIAL ATHLETE BRIEFING + START TIMES

Saturday 10 October 2026
Mount Maunganui Main Beach

Please read this briefing carefully before event day. It includes your briefing time, start time, course flow and key rules.

FRIDAY CHECK-IN

Friday 9 October

5:00pm to 8:00pm
Adult Athlete Check-in, Race Pack + Timing Transponder Collection

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

5:30pm, Shakeout Run/Walk

Join us for an easy 15-minute out and back from in front of the Mount Maunganui Surf Club.

SATURDAY CHECK-IN

7:00am, Check-in opens

Location: Mount Maunganui Surf Club.

Please check in and collect your race pack and timing transponder at least 30 minutes before your briefing time.

BAG DROP

Bag Drop is located inside the Mount Maunganui Surf Club.

START TIMES

Please find your category below and be at the start area ready for your briefing time.

We release a maximum of 20 athletes every 5 minutes.

SELF-SEEDING

If your category has multiple waves, starts are self-seeded.

Looking to push the pace? Choose an earlier wave.

Want to take things a little steadier? Choose a later wave.

You don't need to nominate your wave in advance. Your timing transponder records your individual time.

Come down early, mingle, support the athletes around you and enjoy the start-line atmosphere.

INDUSTRIAL ATHLETIC UA500

8:55AM BRIEFING

9:00am, Elite Individuals
Male + Female

9:05am, Elite Teams
Male + Female + Mixed

9:10am, Open Individual, 16 to 29
Male + Female

9:15am, Open Individual Female, 30 to 39

9:20am, Open Individual Male, 30 to 39

9:25am, Open Individual Female, 40+

9:30am, Open Individual Male, 40+

9:30AM OPEN TEAMS BRIEFING

Open Male Teams

9:35am, Wave 1

9:40am, Wave 2

Open Female Teams

9:45am, Wave 1

9:50am, Wave 2

9:55am, Wave 3

10:00am, Wave 4

Open Mixed Teams

10:05am, Wave 1

10:10am, Wave 2

10:15am, Wave 3

10:20am, Wave 4

10:25am, Wave 5

10:30am, Wave 6

10:35am, Wave 7

Pairs and teams of three start together within their Male, Female or Mixed category.

MCLEOD NEXT GEN 500

10:50AM BRIEFING

11:00am, Individual, 11 to 14

11:05am, Individual, 15 to 17

11:10am, Pairs, 11 to 14

Male + Female + Mixed

11:15am, Pairs, 15 to 17
Male + Female + Mixed

MCLEOD ULTIMATE KIDS FUN RUN

11:55AM BRIEFING

12:00pm, Ultimate Kids Fun Run Start

Kids must have their temporary tattoo clearly visible on their hand or arm.

All Kids Fun Run participants must also be wearing their BLACK wristband.

Parents, please check both before bringing your child to the start area.

UNDER ARMOUR UA1000

12:40PM BRIEFING

12:45pm, Elite Individual Male

12:50pm, Elite Individual Female

12:55pm, Elite Teams, Wave 1
Male + Female + Mixed

1:00pm, Elite Teams, Wave 2
Male + Female + Mixed

1:05pm, Open Individual, 16 to 29
Male + Female

1:10pm, Open Individual Male, 30 to 39, Wave 1

1:15pm, Open Individual Male, 30 to 39, Wave 2
Open Individual Female, 30+

1:20pm, Open Individual Male, 40+

1:20PM OPEN TEAMS BRIEFING

Open Male Teams

1:30pm, Wave 1

1:35pm, Wave 2

Open Female Teams

1:40pm, Wave 1

1:45pm, Wave 2

Open Mixed Teams

1:50pm, Wave 1

1:55pm, Wave 2

Pairs and teams of three start together within their Male, Female or Mixed category.

EVENT FORMAT

Ultimate Athlete combines running and 8 functional challenges, completed in a set order.

UA500: 500m run loops between challenges

UA1000: 1km run loops between challenges

Your first run is different for both formats, so please read the Sandbag Carry information below.

All challenges must be completed in order.

COURSE + DOTTEREL NESTING AREAS

It is really important that everyone stays on the marked course.

We have endangered dotterels nesting along sections of the course, with several nesting areas cordoned off close to where you'll be running.

Please do not enter, cross or cut through any cordoned nesting areas.

Follow the marked course and listen to the course marshals. Protecting these nesting areas is really important.

BOARDWALK

There are sections of the course on the boardwalk where space is limited.

If you're moving at a steadier pace, stay on the boardwalk and hold your line. You don't need to move out of the way for athletes coming from behind.

If you're a faster-moving athlete, it's your responsibility to overtake safely. Where appropriate, use the grass alongside the boardwalk to pass, then return to the boardwalk.

Steadier athletes, hold your course. Faster athletes, pass safely.

Please also be aware of other athletes and members of the public using the area.

1. SANDBAG CARRY, MOUNT DRURY

Your first lap is different.

Every athlete, UA500 and UA1000, goes all the way to Mount Drury on the first lap.

UA500 athletes, do not take the normal 500m turn on your first lap.

Every athlete, including every member of a team, takes their own sandbag.

Follow the marked Mount Drury route and return the sandbag to the designated area.

The bag can be carried however you like, but do not drag it.

Return the bag under control. Don't throw it.

You only go to Mount Drury on this first lap.

You then return along the boardwalk to the main Athlete Village and Challenge 2.

2. BEAR CRAWL, 50M

Start with your hands behind the line.

Keep your body low throughout the crawl.

Knees must not touch the ground.

Your feet must pass the finish line.

For teams, every athlete completes the full 50m.

3. SLED PULL, 30M

Pull using the straps only.

The sled must pass the marked line before turning and must pass the line again on its return.

Do not alter the straps or tie knots in them.

Individuals: 1 out and back

Pairs: 2 out and backs

Teams of 3: 3 out and backs

Teams may assist each other.

4. BOX STEP OVERS, 60 REPS

Both feet must step onto the box and both feet must step down on the opposite side.

60 reps total.

Teams share the reps however they choose.

Only one athlete works at a time.

5. FARMERS CARRY, 200M

Both weights must be carried together.

For teams, there is one set of weights per team.

You cannot take one weight each.

One athlete carries both weights. You may swap at any time, with teammates following behind the carrier.

Return the weights to the designated area under control.

6. DEADBALLS OVER SHOULDER, 30 REPS

The ball starts on the ground and must pass clearly over either shoulder.

30 reps total.

Teams share the reps however they choose.

Only one athlete works at a time.

7. WALL BALLS, 60 REPS

Squat until your hips clearly pass below your knees.

The ball must hit the target for the rep to count.

60 reps total.

Teams share the reps however they choose.

Only one athlete works at a time.

8. RED BULL WARPED WALL OR 50M WALKING LUNGES

The Warped Wall is optional.

You can attempt the wall or complete the 50m Walking Lunge alternative.

Teams may help each other up the wall, but you cannot complete the wall for another athlete.

If some teammates complete the wall and others choose the lunges, that's fine. Meet at the end of the lunge lane before continuing together.

WALKING LUNGES

- Start behind the line.
- Back knee must clearly touch the sand.
- Stand to full hip extension.
- Alternate legs.
- Continue until your final step crosses the line.

Once Challenge 8 is complete, head straight to the finish line.

KNOW YOUR WEIGHTS

Athletes are responsible for knowing the correct weights for their division.

Weights will be clearly displayed at Athlete Check-in and in the Athlete Village.

Mixed teams use men's weights.

TEAM RULES

Teams must stay together throughout the challenge and cross the finish line together.

Shared team reps

- Box Step Overs
- Deadballs
- Wall Balls

Every athlete completes

- Sandbag Carry
- Bear Crawl
- Sled Pull

Farmers Carry

One set of weights per team. One athlete carries both weights at a time.

Warped Wall

Every athlete must either complete the Warped Wall or the Walking Lunge alternative.

JUDGING + PENALTIES

Complete every challenge in the correct order and listen to instructions from judges and course officials.

Athletes are responsible for completing the correct number of reps and meeting the movement standards.

Judges will monitor movement standards and rep completion.

If you are unable to complete a challenge, you must make a genuine attempt before taking a penalty.

If you still cannot complete it, speak to an official.

A 10-minute penalty will be added to your final time.

Challenges cannot simply be skipped.

Elite athletes will be judged more strictly.

Officials have the final say on all rulings.

RACE NUMBER, WRISTBANDS + TIMING TRANSPONDER

ADULT RACE NUMBERS

Race numbers are temporary tattoos and must be clearly visible.

UA500: left arm

UA1000: right arm

Competing in both: both arms

ELITE ATHLETES

All Elite athletes must also wear a GREEN wristband.

Please make sure your green wristband is on and clearly visible before entering the start area.

ULTIMATE KIDS FUN RUN

Kids must have their temporary tattoo clearly visible on their hand or arm.

All Kids Fun Run participants must also wear a BLACK wristband.

Parents, please check both before bringing your child to the start area.

TIMING TRANSPONDER

Your timing transponder must be worn on your ankle. Either ankle is fine.

Please return your transponder to the collection bins at the finish.

HYDRATION

There is an ELYTE Aid Station on the boardwalk.

There is also a Red Bull Hydration Station in the Athlete Village.

FINAL REMINDERS

Arrive early.

Check in at least 30 minutes before your briefing.

Be at the start area ready for your briefing time.

Know your weights and your run distance.

Stay on the marked course and stay clear of the dotterel nesting areas.

Steadier athletes, hold your course. Faster athletes, pass safely.

Elite athletes, make sure your GREEN wristband is on.

Kids, tattoo visible and BLACK wristband on.

Complete all 8 challenges in order.

Teams stay together.

Listen to the judges and course crew.

Respect the athletes around you and members of the public.

Come down early, enjoy the atmosphere and support the other athletes taking on the challenge.

Most importantly, have fun. We'll see you on the start line!