



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

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

Adults registration is Friday the 12th April inside the Mount Maunganui Surf Club.

**Registration opens at 3pm and closes 8pm FRIDAY the 12th of April. Please bring photo identification.**

Registrations can be booked by arrangement for Saturday (7.30am - 12pm), however availability is limited so please contact [info@ultimateathlete.co.nz](mailto:info@ultimateathlete.co.nz) to arrange this prior to Wednesday 10th of April.

## **Kids / Next Gen Restrtaion (POSTPONED UNTIL SATURDAY)**

Kids and Next Gen to register in registration dome in front of the Mount Surf Club  
Registration from 12pm on Saturday 12th April

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

## **RED BULL WARPED WALL TECHNIQUE SESSION: (CANCELLED)**

6.00pm-7.30pm with Parkour coach Stephen. Just register first if you want to have a go, or swing by and pick up some tips.

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

- Your numbered race wristband must be worn for your event (it can be worn on either wrist)
- Timing ankle transponder (can be worn on either ankle).
- 3 x wristbands (all to be worn on the same wrist)
- Shoes (these must be worn for the whole race)

Ankle transponder and wrist bands to be handed in before leaving the finish line/athlete's recovery zone)

## **SCHEDULE:**

Ultimate Athlete Friday 12<sup>th</sup> April 2024

3.00pm -Adult Registrations Open (Mount Surf Club)  
4.30pm - Next Gen 3km (11 - 17 years) (POSTPONED 3.30pm Sat 13th April)  
5.00pm - Kids fun run 1.5km Starts (4 - 12 years) (POSTPONED 3.45pm Sat 13th April)  
6.00pm - 7.30pm - Warped Wall practice session (CANCELLED)  
8.00pm - Adult Registration Closes

#### Ultimate Athlete Saturday 13<sup>th</sup> April 2023

7.30am – 12.00pm Adult Registrations open (by request only email  
info@ultimateathlete.co.nz)

#### **8.50am - Ultimate 3km Briefing**

9.00am – Ultimate 3km Starts

#### **9.20am - Ultimate 6km Briefing**

9.30am – Ultimate 6km Starts

#### **10.20am - Ultimate 6km Teams Briefing**

10.30am - "The Treble" - 6km wave for athletes completing all 3 distances

10.30am – Ultimate 6km Teams Start

#### **11.50am - Ultimate 10 Elites Briefing**

12.00am - Ultimate Beast Elites(10km) Start

12.00pm - Kids and Next Gen Registration open

#### **12.50am - Ultimate 10km Briefing**

1.00pm – Ultimate 10km Starts

1.15pm - Ultimate Teams (10km) Starts

2.45pm – Adults Prize Giving commences.

#### **3.30pm - Next Gen 3km (11 - 17 years)**

#### **3.45pm - Kids fun run 1.5km Starts (4 - 12 years)**

**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 the registration dome. 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.

**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:



**Kids Map:**

# UA<sup>®</sup> ULTIMATE KIDS

MOUNT MAUNGANUI COURSE MAP 2024

FRI 12<sup>TH</sup> APRIL 2024 - 5:00PM START



## UA KIDS 1.5KM - OBSTACLE KEY

- |                 |                                |
|-----------------|--------------------------------|
| 01. LOW WALL    | 08. BALANCE BEAM               |
| 02. LOW A FRAME | 09. WALL TRAVERSE              |
| 03. MONKEY BARS | 10. SEESAW                     |
| 04. FRAME WALL  | 11. A-FRAME CARGO NET          |
| 05. SPIDER WALL | 12. TUNNEL                     |
| 06. CARGO NET   | 13. UNDER ARMOUR INVERTED WALL |
| 07. AFLEX WEB   | 14. OVER AND UNDERS            |

UA KIDS 1 lap of obstacle course  
No Rope Climb or Warped wall.

### UA KIDS COURSE FINISH!

A. AID STATION

Note: Obstacles & order are  
subject to change

Next Gen Map:

# UA<sup>®</sup> NEXT GEN

MOUNT MAUNGANUI COURSE MAP 2024

FRI 12<sup>TH</sup> APRIL 2024 - 4:30PM START

REGISTER BEFORE THUR 11<sup>TH</sup> APRIL FOR TIMED RACE



## NEXT GEN 3KM - OBSTACLE KEY 2 X LAPS

- |                  |                                |
|------------------|--------------------------------|
| 01. LOW WALL     | 09. WALL TRAVERSE              |
| 02. LOW A FRAME  | 10. SEESAW                     |
| 03. MONKEY BARS  | 11. A-FRAME CARGO NET          |
| 04. FRAME WALL   | 12. TUNNEL                     |
| 05. SPIDER WALL  | 13. UNDER ARMOUR INVERTED WALL |
| 06. CARGO NET    | 14. OVER AND UNDERS            |
| 07. AFLEX WEB    | 15. ROPE WALL                  |
| 08. BALANCE BEAM | 16. WARPED WALL                |

NEXT GEN 2 laps of obstacle course

**NEXT GEN COURSE FINISH!**

**A.** AID STATION

*Note: Obstacles & order are subject to change*

**Important:** Timing is not available for Next Gen athletes who register at the event on Friday 12th April). To ensure you are timed and eligible for merit awards, you must register online before 8pm on Thursday 26th April.



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