



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 9 October 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 10 October 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 - Briefing and wave times released one week before the event**

9.00am - 10.45am

Industrial Athletic - UA500 wave starts

11.00am - 11.30pm

Mcleod - Next Gen 500 wave starts

12.00pm

Mcleod - Ultimate Kids Fun Run

12.45pm - 2.30pm Start

Under Armour - UA1000 wave starts

👉 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