

# **UA<sup>®</sup> ULTIMATE ATHLETE** **OBSTACLE COURSE RACE**

## **📍 MOUNT MAUNGANUI BEACH** **SAT 12TH APRIL 2025**

**3KM / 6KM / 10KM**  
**20 OBSTACLES / 20 OBSTACLES / 40 OBSTACLES**  
*INDIVIDUALS AND TEAMS OF 2-6*

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

### **REMINDER TO CHECK IN!!! .**

**FRIDAY the 11th of April - 3pm - 8pm at the Mount Surf Club**

**SATURDAY the 12th of April - 7.30am - 11.30am at the Check in Dome**

You must be checked in at least 30 minutes before your start time

#### **Kids / Next Gen Check in**

**Saturday the 12th of April - 11.30am - 2.15am at the Check in Dome**

Next Gen must be checked in by 1.30pm

Kids T-shirt sizes are available on a first-come, first-served basis.

**Every athlete must check in! Timing chips that are assigned for race day are essential.** No timing chip for kids

**RED BULL WARPED WALL TECHNIQUE SESSION:** 6.00pm-7.30pm with Parkour coach Stephen. Just register first if you want to have a go. 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:**

### **EVENT SCHEDULE:**

#### **Ultimate Athlete Friday 11<sup>th</sup> April 2025**

3.00pm -Adult Check-In Opens (Mount Surf Club)

6.00pm - 7.30pm - Redbull Warped Wall practice session  
(Must be checked in prior)

8.00pm - Adult Check-In Closes

#### **Ultimate Athlete Saturday 12<sup>th</sup> April 2025**

7.30am – 11.30am Adults Check-in open (Check-in Dome)

##### **8.55am - Ultimate 10 Elites Briefing**

9.00am - Ultimate 10km Elites(10km) Start

##### **9.00am - Ultimate 10km Briefing**

9.05am – Ultimate 10km Individuals Start

9.10am - Ultimate 10km Teams Start

##### **10.55am - Ultimate 3km Briefing**

11.00am – Ultimate 3km Start (Individual & Teams)

11.05am - Ultimate 3km Teams Start

##### **11.25am - Ultimate 6km Individual Briefing**

11.30am – Ultimate 6km Individual Start

11.30am – 2.15pm Kids & Next Gen Check-in open (Check-in Dome)

##### **11.55am - Ultimate 6km Teams Briefing**

12.00pm - 6km Treble start

12.00pm – Ultimate 6km Teams Start

##### **1.40pm - Next Gen 3km Briefing**

1.45pm - Next Gen 3km (11 - 17 years)

##### **2.25pm - Ultimate Kids 1.5km Briefing**

2.30pm - Ultimate Kids 1.5km Starts (4 - 12 years)

3.30pm - Event Finishes

##### **4.00pm – Team Prize Giving - Astolabe Brewbar**

##### **6.00pm – Afterparty - Astolabe Brewbar**

**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 wristband 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 check-in 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:

**UA** **ULTIMATE ATHLETE**  
**OBSTACLE COURSE RACE**  
**COURSE MAP SAT 12TH APRIL 2025**

3KM 20 OBSTACLES    6KM 20 OBSTACLES    10KM 40 OBSTACLES

**OBSTACLE KEY**

01. LOW WALL
02. LOW A FRAME
03. CARGO NET
04. 6 FOOT WALL
05. ZM MONKEY BARS
06. SANDBAG CARRY (15KG / 400M)
07. INDUSTRIAL ATHLETIC WALL BALL (6KG / 2.6M / 15 REPS)
08. AFLEX WEB
09. BALANCE BEAMS
10. WALL TRAVERSE
11. JERRY CAN (20KG / 200M)
12. DESIGN JUICE SEESAW
13. BRANDT ROPE WALL
14. M'LEOD CRANES A-FRAME CARGO NET
15. UNDER ARMOUR INVERTED WALL
16. TUNNEL
17. TYRE FLIP X 2
18. UNDER AND OVER
19. INDUSTRIAL ATHLETIC SAND SLED PULL (40KG / 30M)
20. RED BULL WARPED WALL

**3KM COURSE** turn where indicated after Obstacle 16  
**3KM COURSE FINISH!**

**6KM COURSE** turn for base track loop after Obstacle 16  
**6KM COURSE FINISH!**

**10KM COURSE** (Base track once only) ALL OBSTACLES AGAIN  
**10KM COURSE FINISH!**

**P. PENALTY LOOP** (Positioned after Obstacle 19)  
**A. AID STATION** (Positioned next to Obstacle 5 & 16)

*Note: Obstacles & order are subject to change*

**Kids Map:**



**UA KIDS 1.5KM - OBSTACLE KEY**

- |                           |   |
|---------------------------|---|
| <b>01.</b> LOW WALL       | <b>08.</b> WALL TRAVERSE                      |
| <b>02.</b> LOW A FRAME    | <b>09.</b> DESIGN JUICE SEESAW                |
| <b>03.</b> CARGO NET      | <b>10.</b> McLEOD CRANES<br>A-FRAME CARGO NET |
| <b>04.</b> 6 FOOT WALL    | <b>11.</b> UNDER ARMOUR<br>INVERTED WALL      |
| <b>05.</b> ZM MONKEY BARS | <b>12.</b> TUNNEL                             |
| <b>06.</b> AFLEX WEB      | <b>13.</b> UNDER AND OVER                     |
| <b>07.</b> BALANCE BEAMS  |   |

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

**UA KIDS COURSE FINISH!**

**A.** AID STATION

*Note: Obstacles & order  
are subject to change*

**Next Gen Map:**



**UAN NEXT GEN**

**MOUNT MAUNGANUI COURSE MAP 2025  
SAT 12<sup>TH</sup> APRIL 2025 1:45PM START**

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

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**MCLEOD**

CRANES | HIABS | TRANSPORT  
DRILLING RIG LOGISTICS  
LIFT ENGINEERING & CONSULTANCY

**NEXT GEN 3KM - OBSTACLE KEY 1 X LAP**

- |   |  |
|---|--|
| 01. LOW WALL  | 11. DESIGN JUICE SEESAW                                |
| 02. LOW A FRAME   | 12. BRANDT ROPE WALL                                   |
| 03. CARGO NET   | 13. McLEOD CRANES<br>A-FRAME CARGO NET                 |
| 04. 6 FOOT WALL   | 14. UNDER ARMOUR<br>INVERTED WALL                      |
| 05. ZM MONKEY BARS                                      | 15. TUNNEL   |
| 06. SANDBAG CARRY (15KG / 400M)                         | 16. UNDER AND OVER                                     |
| 07. INDUSTRIAL ATHLETIC<br>WALL BALL (6KG 5 X ATTEMPTS) | 17. INDUSTRIAL ATHLETIC<br>SAND SLED PULL (20KG - 30M) |
| 08. AFLEX WEB   | 18. WARPED WALL  |
| 09. BALANCE BEAMS                                       |  |
| 10. WALL TRAVERSE                                       |  |

NEXT GEN 1 lap of obstacle course

**NEXT GEN COURSE FINISH!**

- P. PENALTY LOOP**  
(Positioned after Obstacle 19)
- A. AID STATION**  
(Positioned next to  
Obstacle 5 & 15)

Note: Obstacles & order  
are subject to change



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