

PALADIN FITNESS RACE CHALLENGE
BRISBANE 21ST JULY 2024



ATHLETE



HANDBOOK



INFORMATION FOR RACE DAY

WELCOME MESSAGE FROM RACE DIRECTOR



Hello and welcome to the inaugural Paladin Fitness Race Challenge Brisbane 2024!

The flat and fast track at UQ Sports awaits you for this momentous event as we celebrate our first-ever Paladin Fitness Race Challenge in Brisbane. You will use the athletics track for the run and head to the field for the fitness area.

As we get closer to race day and you hit taper time, remember to read through this Athlete Information Guide a few times to ensure you have all the information you need to make your race day as enjoyable as possible.

We intend for this event to be spectator friendly and there are multiple playgrounds on the outside of the running track for the kids to stay entertained. There will be a German sausage van and coffee cart onsite for food and drink, plus a DJ to keep the vibe upbeat.

The event team is excited about your arrival and ready for a fantastic race, and looking forward to seeing you push your limits.

A huge thanks must go to our event partners, supporting gyms and volunteers on the day who give up their morning to ensure this event goes ahead.



www.paladinfitness.com.au



PALADIN FITNESS

RACE CHALLENGE RULES



- **Athletes must wear a timing chip and start in their allocated wave start.**
- **Complete all workouts in the correct order.**
- **Perform each exercise according to the movement standards.**
- **Stay within your allocated zone when performing movements.**
- **Complete the correct number of reps and/or distance.**
- **Do not pass equipment to your partner; Athletes must start movement with weight from the ground or ergs in their resting positions.**
- **Partners must exit and enter the fitness arena together. While waiting for a partner to complete a 400m run, you must wait in the swap zone.**
- **Perform each movement with the correct weight.**
- **Do not intentionally drop or throw equipment.**
- **Always enter through the entry shoot and exit through the exit shoot.**



www.paladinfitness.com.au



PALADIN FITNESS

RACE CHALLENGE RULES



- When running, overtake on the right and give slower athletes appropriate room.
- Headphones, Mobile Phones and lifting straps are not allowed.
- Any form of poor sportsmanship, threatening and/or abusive behaviour towards event staff, volunteers, spectators or fellow competitors can lead to disqualification.
- Water station will be provided on course and athletes are allowed to use their own nutrition and hydration provided no litter is committed.



www.paladinfitness.com.au



RACE DAY INFO



- Plenty of parking is available on campus close to the Athletics track.
- Marquee with bag drop area available but not always managed; this will also be our lost and found area.
- Grandstand and ample amenities for males and females.
- Aid station on course with water for athletes.
- Water stations are available onsite near the race start and grandstand.
- Medic onsite for the entirety of the event
- If a wet weather plan needs to be implemented, you will be notified by the race director on race day.
- Photographers will be on course to capture the day, so ensure to smile and get your finisher pic. These will be available for download within 24 - 48 hours.
- Post finish recovery area will offer a free iced tea from the legends at Origin Tea, an ice bath and compression boots from the champions at RCVR. Medical support is available if necessary.



www.paladinfitness.com.au



RACE DAY SCHEDULE



Time	Event	Note
6.30 am - 10 am	Race check-in open	Marquee on field 6 - next to the start line
7 am - 7.15 am	Race Briefing - Detailed run-through of race format and rules	Before each wave starts, the race director will also briefly explain the course format
7 am - 7.15 am	Volunteers Briefing	Conducted with race director
7.30 am - 8.50 am	Doubles Waves Start	Allocated closer to race day. Waves every 10 mins
8.30 am - 8.45 am	Volunteers Briefing	Conducted with race director
9 am - 10.20 am	Solo Waves start	Allocated closer to race day with waves leaving every 8 - 10 mins
9.30 am approx	Doubles Presentation	Rolling as each category/wave finish times are confirmed
11 am approx	Solo Presentation	Rolling as each category/wave finish times are confirmed
Noon	Expected last finisher	Stay and cheer them to the finish



www.paladinfitness.com.au



PALADIN EVENT PARTNERS



 **concept 2**®

RCVR

 **PHY3A**™
HIGH PERFORMANCE NUTRITION

LSKD

ORIGIN
TEA

 **VULCAN
FITNESS**



www.paladinfitness.com.au

