

PALADIN FITNESS RACE

GOLD COAST 29.09.24



HANDBOOK

INFORMATION FOR RACE DAY

WELCOME MESSAGE FROM RACE DIRECTOR



Hello and welcome to the inaugural Paladin Fitness Race Gold Coast, Australia

The flat and fast track at Griffith university Sports awaits you for this momentous event as we celebrate our first-ever Paladin Fitness Race in the sunny Gold Coast. 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 is plenty of space for excellent viewing of the race.

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.



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PALADIN FITNESS RACE

GOLD COAST RULES



- **Athletes must wear a timing chip and start in their allocated wave start.**
- **Complete all movements 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 and ensure correct weight is used.**
- **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.**
- **Do not intentionally drop or throw equipment.**
- **Always enter through the entry shoot and exit through the exit shoot.**



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GOLD COAST RULES



- If incorrect movement standard is performed the athlete will be asked to stop and place weight on the ground and correct technique will be demonstrated before the athlete can continue.
- 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.



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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.
- Swimming pool will be open from 8am till 2pm and athletes can pay a casual fee to enter
- 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.



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RACEDAY

WAVE START TIMES

<i>START TIMES</i>	<i>CATEGORY</i>
<i>6.30AM-12.00PM</i>	<i>ATHLETE CHECK IN</i>
<i>7.30AM - 8.10AM</i>	<i>FEMALE SOLO WAVE STARTS</i>
<i>8.18AM - 9.22AM</i>	<i>MALE SOLO WAVE STARTS</i>
<i>9.30AM- 10.10AM</i>	<i>FEMALE DOUBLES UNDER 35'S</i>
<i>10.18AM - 10.42AM</i>	<i>FEMALE DOUBLES OVER 35'S</i>
<i>10.50AM - 11.06AM</i>	<i>MALE DOUBLES UNDER 35'S</i>
<i>11.14AM - 11.22AM</i>	<i>MALE DOUBLES OVER 35'S</i>
<i>11.30AM - 12.10PM</i>	<i>MIXED DOUBLES UNDER 35'S</i>
<i>12.18PM - 12.42PM</i>	<i>MIXED DOUBLES OVER 35'S</i>

*start times subject to change and allocated Thursday of race week

PALADIN EVENT PARTNERS



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