



PALADIN

FITNESS RACING

ATHLETE INFORMATION GUIDE



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Welcome to Paladin Fitness Race!

Founded in Brisbane in 2024, Paladin Fitness Race was created with one mission in mind: *to bring the thrill of fitness racing to the everyday athlete*. Led by founder Sam Seaton, who brings over 20 years of experience in the fitness industry, Paladin Fitness is all about inclusivity, fun, and challenging yourself. We believe in breaking down the barriers that often hold people back from participating in fitness events, because everyone deserves to feel the rush of pushing past limits and achieving something great.

Paladin will not only test your strength and endurance; it will also challenge your mental resilience.

We've built a space where all fitness levels are welcome, where encouragement flows freely, and where every participant feels like part of something bigger. Community is at the heart of everything we do, uniting people through shared goals, camaraderie, and the pure joy of moving together. Get ready to challenge yourself, cheer each other on, and most importantly, have **FUN!**



**SAM SEATON- FOUNDER
& RACE DIRECTOR**

UQ-BRISBANE

GENERAL INFO



LOCATION: UQ Sports and Athletics Stadium, Sir William MacGregor Drive, St Lucia

GETTING THERE: We recommend entering off Sir William MacGregor Drive, where you will find car parking.

ATHLETE CHECK-IN: Athlete check-in opens at 5:30 a.m., and we recommend you arrive at least 60 minutes before your wave start time to ensure enough time to collect timing chips, collect any merch, study and understand race flow, and warm up appropriately before start time.

REGISTRATION DESK- will be positioned in the GRAND STAND in the meeting room.

SITE MAP: See the site map on the following page. Use this map to understand Athlete check-in, spectator locations, amenities, start and finish positions, and the general course route. We do have water bubbles available, but we recommend you bring extra water for the day. Please also note that we will have four food vendors on site with a choice of food options, including SENOR FRESH, THE TASTY POCKET, and THE RICH POUR COFFEE.

PARKING: There is plenty of parking at the venue. Please see the available car parks below. Once these are full, parking will be available on the streets surrounding the venue.



**NUTRITION
WAREHOUSE**

**AID STATION
ATHLETE
NUTRITION**

*solo athletes
head straight
to track

EXIT

Doubles athletes
to swap zone first

**DOUBLES SWAP
ZONE**

Doubles Athletes
collect from
swap zone

ENTRY

Doubles Athletes
MUST start and
finish together

Start Line

PALADIN FITNESS ARENA

EXIT

50 x Ball over
Shoulder

25 x Burpees

**ZONE 4
ENTRY** 4

KB's

200m x KB Farmers Carry (2 Laps)

EXIT

50 x Plate Thrusters

3

1000m x Row

**ZONE 3
ENTRY**

Dead
Balls

100m x Ball Lunges (2 Laps)

EXIT

50 x Box Overs

2

2000m x Bike

**ZONE 2
ENTRY**

1000m x Ski

1

50 x Plate GTO's

**ZONE 1
ENTRY**

75 x Bear Hug Squats

EXIT

RUN THIS WAY

FINISH LINE

FINISH

**SIP
COCO**

REFRESHMENTS



MEDIC

RCVR

RECOVERY ZONE

MEDICAL & HEALTH INFORMATION



Your safety is our primary concern. The medical team will be stationed at the facility, and medical resources will also be available while you are out on course. There will be an AID STATION on course providing water and electrolytes – WE HIGHLY ADVISE YOU USE THIS.

If you are not feeling well on race morning, we strongly advise you not to start the event. If you start to feel unwell at any point during race day, we urge you to seek help rather than continue. DO NOT BE AFRAID TO ASK FOR HELP

If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating, please stop immediately and seek medical attention.

IN THE FITNESS ARENA: If you feel unwell and unable to continue, Alert one of the judges immediately. Do not remove your ankle timing chip
DURING THE RUN: If you are at an aid station, let someone know you are in need of medical help. If you are not near an aid station, stop – let someone know you need medical help. Do not remove your ankle timing chip

After you have finished the race, please do not leave the post-race area until you are able to drink, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

PALADIN *FITNESS RACE*

BRISBANE 10TH MAY 2025

START - RUN 800M

ZONE 1

1000M SKI

50 X GROUND TO OVERHEAD

75 X BEAR HUG SQUATS

800M RUN - DOUBLES 400M EACH

ZONE 2

2000M BIKE

50 X BOX OVERS

100M X BALL LUNGES

RUN 800M - DOUBLES 400M EACH

ZONE 3

1000M ROW

50 X PLATE THRUSTERS

200M X FARMERS CARRY

RUN 800M - DOUBLES 400M EACH

ZONE 4

25 BURPESS

50 X BALL OVER SHOULDER

RUN 800M - FINISH

RULES: Athletes are expected to complete the correct movement standards in the correct order and take responsibility for their own performance. Judges are provided to keep movement standards high and athletes safe. Judges must always be respected and have the final say on movement standards.

The Paladin team, Volunteers and the Oceania Judging Syndicate are committed to making this a memorable experience for all athletes involved through high standards and good vibes.

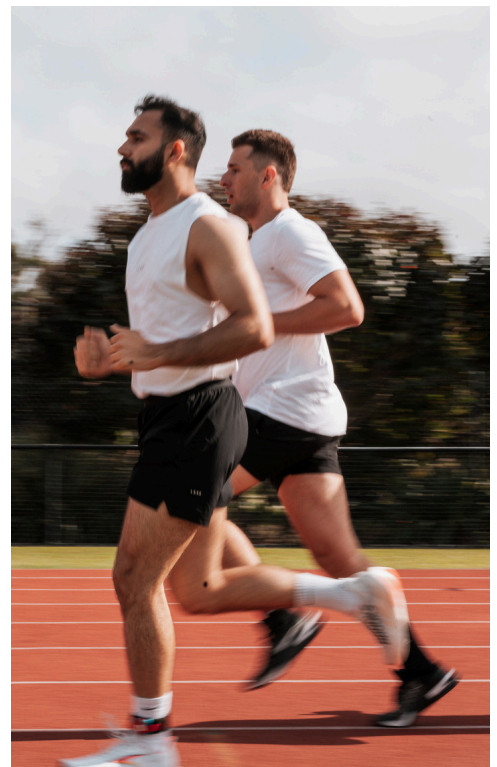
1. Athletes must wear a timing chip on the left ankle and start in their allocated wave start.
2. Complete all movements in the correct order, with the correct weight and for the correct reps and or distance. Stay within your allocated area when performing movements.
3. Perform each exercise according to the movement standards. If you do not follow these, a Judge will verbally ask you to correct. If asked again, the judge will ask you to place the weight on the ground and demonstrate the movement standards before you can restart and continue. If on the 3rd ask to correct, the judge can ask you to place weight on the floor and serve a 30-second penalty.
4. Once you have completed the distance on Skis, Rowers, or Bikes, you must raise your hand, and a judge will direct you to the next movement.
5. Do not intentionally drop or throw equipment; this can result in a time penalty or disqualification.
6. Always enter through the entry shoot and exit through the exit shoot.
7. When running, overtake on the right and give slower athletes appropriate room.
8. Headphones, Mobile Phones, lifting straps or any piece of equipment that may aid in performance are not allowed. The one exception is gloves to protect your hands.
9. Any form of poor sportsmanship, threatening, and/or abusive behaviour towards event staff, volunteers, spectators, or fellow competitors can result in disqualification.
10. Thanks to our partner Nutrition Warehouse, water stations and electrolytes will be provided on the course. Athletes are allowed to use their own nutrition and hydration, provided no litter is committed. Ensure you use the bins provided for empty cups and/or personal gels.
11. Inappropriate littering can result in time penalties and/or disqualification.
12. If you have a mobility issue, please let staff know at check-in. We can provide you with a limited red marker to ensure the judges are aware. Please note that if you wear the limited band/race number, you are not eligible for awards.
13. If equipment breaks or is not working as intended, make the judge aware of the issue, and you will be provided with a new piece of equipment or asked to move to another lane to finish the workout.

RACE RULES



Partner-specific rules

1. Only 1 athlete is required to wear a Timing chip and place it on the left ankle.
2. Do not pass equipment to your partner; **Athletes must start movement with weight from the ground or ergs in their resting positions.** i.e. ski handle resting at the top.
3. Partners must complete an **800m run together for the start and finish** of the race. Runs between zones are split 400m each, with 1 athlete to remain in the swap zone.
4. **Partners must exit and enter the fitness arena together.** When exiting the fitness area, Partner A will complete 400m, while Partner B waits in the swap zone and alternate this before returning to your next zone. The total distance run is 800m.
5. Reps can be split in any format, provided all reps are completed. It's your goal to finish the event in the quickest time possible..... Provided you're having a good time
6. **Partners must finish the race together**





SOLO WEIGHTS – PALADIN **BRISBANE**

MOVEMENT	MALE SOLO	FEMALE SOLO
GROUND 2 OVERHEAD	20KG	15KG
DEAD BALL BEARHUG SQUATS	20KG	15KG
BOX OVERS	BW	BW
DEAD BALL WALKING LUNGES	20KG	15KG
PLATE THRUSTERS	15KG	10KG
FARMERS CARRY	20KG	16KG
DEAD BALL OVER SHOULDER	25KG	15KG

DOUBLES WEIGHTS – PALADIN **BRISBANE**

MOVEMENT	MALE DOUBLES	FEMALE DOUBLES	MIXED DOUBLES
GROUND 2 OVERHEAD	20KG	15KG	15KG
DEAD BALL BEARHUG SQUATS	20KG	15KG	15KG
BOX OVERS	BW	BW	BW
DEAD BALL WALKING LUNGES	20KG	15KG	15KG
PLATE THRUSTERS	20KG	15KG	15KG
FARMERS CARRY	20KG	16KG	16KG
DEAD BALL OVER SHOULDER	25KG	15KG	15KG

AID STATION

NUTRITION WAREHOUSE are our official AID STATION sponsor. They will be providing water and electrolytes. We highly advise you to use these during your race.

When approaching the aid station, make sure to slow down and be mindful of other athletes around you. Please keep to the side when consuming your hydration, and please dispose of your cups in the bins provided.





PRE EVENT

- Confirm location and travel distance to the venue.
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with the Event Schedule.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- Know race movement standards- videos available on our Instagram and YouTube channels.

ONCE I ARRIVE (PRE RACE)

- Check in and collect timing chip.
- Familiarise yourself with the event venue and key areas (Check-In, aid stations, zones, start, finish line).
- See athlete nutrition tent if you are dropping off bottles and/or gels.
- Doubles - Familiarise yourself with the team swap zone.
- Use the warm-up zone.

RACE DAY

- Start the race - be at the start line 10 minutes before your wave starts.
- Collect your medal.
- Recover in our athlete's shoot and recovery zone. Visit our food vendors
- Don't leave any belongings behind- athletes' personal belongings are their responsibility.

POST RACE

- Visit our event vendors and sponsors
- HUG your fam & friends!
- Check your race time at TIMING WIZARDS
- Upload your photos and tag us on social media.
- Sportograph photos will be available within 48 hours to purchase

BAG DROP/ATHLETE NUTRITION TENT



BAG DROP: It is preferred that personal belongings stay with athletes; however, if you have no one to mind your belongings, you can leave your bag at the registration desk. It will be supervised during registration check-in times, however, our staff and volunteers take no responsibility for the safety of athletes' belongings.



ATHLETE NUTRITION TENT: Founder Sam Seaton comes from an Ironman background, where it is common practice to have a tent that athletes can drop off their personal "special needs".

This will be implemented in Brisbane, where athletes can drop off a BOTTLE and/or CLEAR ZIP LOCK BAG that is CLEARLY MARKED - NAME & RACE NUMBER.

This can contain gels/lollies, etc. The tent will be located near the aid station where it will be stored in race number order, however, it is up to the athlete to grab it if they need pre-/during/post-race.

EVENT PARTNERS



PALADIN
FITNESS RACING

We are very proud to have some amazing sponsors on board to create an epic event! Many will have a stall on race day so make sure to check them out.



LSKD



concept 2[®]



RCVR

THE ***TIMING***
WIZARDS



RACE PHOTOGRAPHS



Race photos will be available on the Sportograf website after the event. Simply enter your race details or bib number to locate and download your images. A link to the gallery will also be shared via email and on the Paladin website.

BRISBANE EVENT PHOTOS

SUNSHINE COAST EVENT PHOTOS



MERCHANDISE



We are very excited to introduce a dedicated merch tent for our 2025 season, so make sure to see the team and grab your tees and tanks before they sell out!



RACE TIMING, RULES & RESULTS



All participants are provided with a timing chip to wear during the race. This system ensures accurate tracking of your overall race time and individual segment times, allowing for detailed performance analysis post-race.

RESPECT THE JUDGES AND RACE CREW. Our team are here to make sure the event runs smoothly. We are dedicated to making this an epic day for everyone involved. Should you have any concerns about the workouts, judging, etc, on the day, please speak to your judge or head judge in a calm and respectful way.

Please listen out for any directions, instructions, or corrections on the day. If your station judge deems the movement not being performed correctly, they will verbally explain this to you. If not corrected, they will physically show you. And on the third warning, if still not corrected, it is up to the judge's discretion to ask you to stop the movement for a 30-second penalty.

RACE RESULTS: We are proud to be partnering with the TIMING WIZARDS, leaders in electronic timing systems across many sporting events. Your results will be live post-race via this link: [PALADIN RACE RESULTS](#)

WARM-UP AREA: This area has been provided by GO RENTAL CARDIO for athletes to test the equipment and warm up appropriately before their wave starts. Please be respectful to other athletes, keep your efforts to a minimum, and leave the area as you found it.

RECOVERY: Recovery area provided by RCVR for use by athletes before and after the event. Ice baths, compression boots and massage guns are available.



RUN SHEET



Event schedule is subject to change. Athlete's WAVE START TIME will be emailed and available to view online by 6 pm Tuesday, May 6th.

We advise athletes to arrive at least 60 minutes prior to their wave start.

Paladin Brisbane **RUN SHEET 10TH MAY**

START TIMES	CATEGORY
5:30AM-1:30PM	ATHLETE CHECK IN
6.30AM - 7.38AM	FEMALE SOLO WAVE STARTS
7.46AM - 8.50AM	MALE SOLO WAVE STARTS
9.08AM - 9.24AM	MIXED DOUBLES 40+ YEARS
9.32AM - 10.12AM	MIXED DOUBLES 30 - 39 YEARS
10.20AM - 10.52AM	MIXED DOUBLES 16 - 29 YEARS
11.08AM - 11.16AM	MALE DOUBLES 40+ YEARS
11.24AM - 11.40AM	MALE DOUBLES 30 - 39 YEARS
11.48AM - 11.56AM	MALE DOUBLES 16 - 29 YEARS
12.04PM - 12.20PM	FEMALE DOUBLES 40+ YEARS
12.28PM - 1.46PM	FEMALE DOUBLES 30 - 39 YEARS
1.54PM - 2.40PM	FEMALE DOUBLES 16 - 29 YEARS