PALADIN
FITNESS RACING

ATHLETE HANDBOOK

24TH OCTOBER NSW

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TEAM MESSAGE

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

HUNTER SPORTS CENTRE

GENERAL INFO

LOCATION

Hunter Sports Centre
43 Stockland Dr, Glendale NSW 2285

GETTING THERE

When turning into the main driveway off Stockland Drive, do not turn left directly in front of the building. That direct frontage is now a dedicated pedestrian walkway.

PARKING

Designated on-site parking is situated to the right and behind the Glendale Childcare Centre. Parking is strictly prohibited directly in front of the main building, which now serves as a pedestrian access walkway.

ATHLETE CHECK-IN

Athlete checkin is available on:
SATURDAY 24th OCT - 6am - 2.00pm

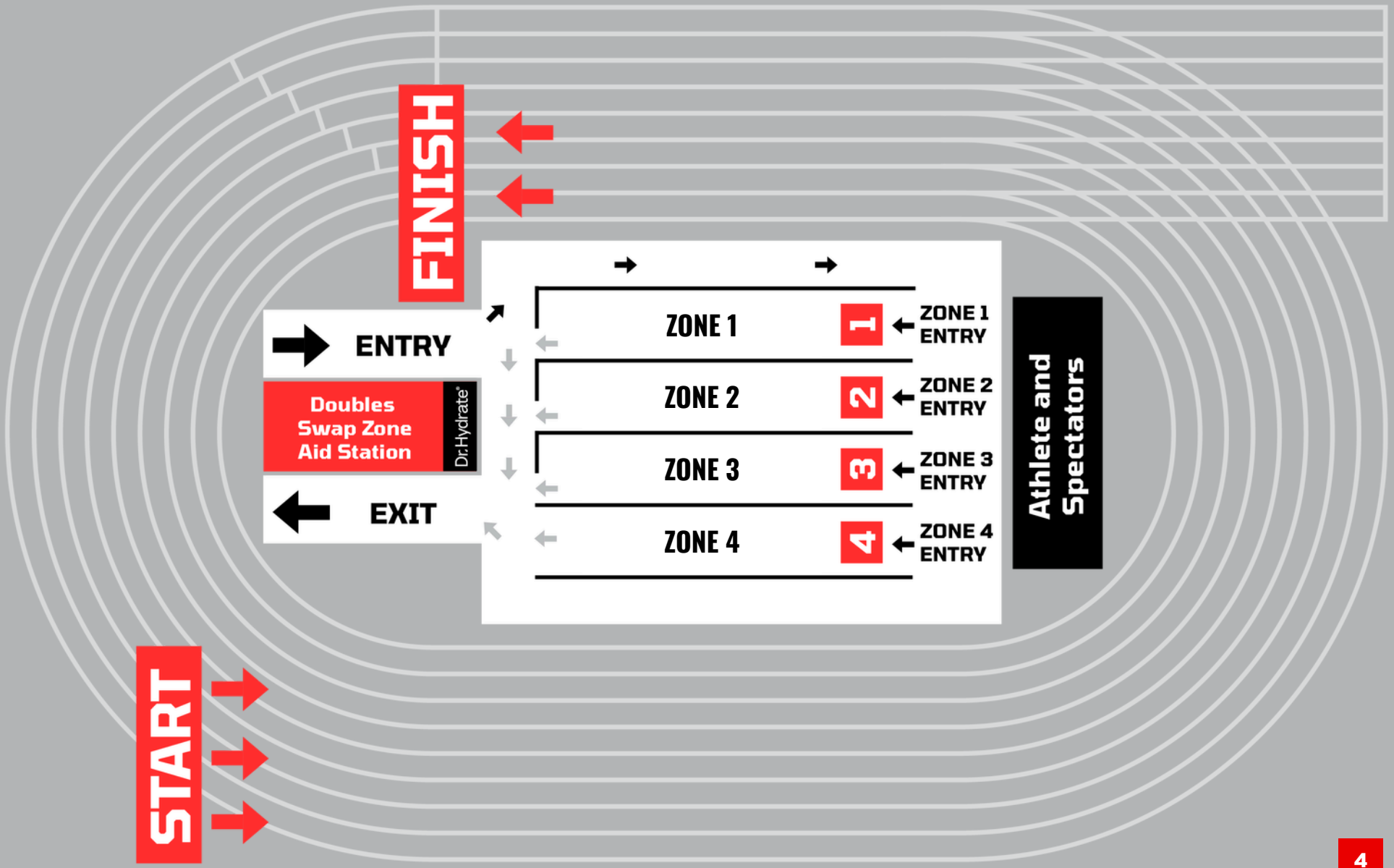
We always recommend you arrive at least 60 minutes before your wave start time to ensure enough time to get checked in, get set up, collect merch, study and understand race flow, and warm up appropriately before start time.

REGISTRATION DESK

Will be positioned in the registration booth which is located on the outside of the track as you walk towards the grandstand, **see site map for exact location.**

WARM UP AREA
START
VENDOR VILLAGE
BLACK SHEEP HEALTH HUB
ASCEND
PALADIN MERCH
ELITE SUPPS
DR HYDRATE
REST DAY PJ
LSKD
SPECTATOR TICKETS
INFIELD TRACK ENTRY
TRACK CROSSING
RUN
RUN
RUN
EXIT
DOUBLES SWAP ZONE
ENTRY
ATHLETE RECOVERY ZONE
Dr Hydrate
HYDRATION STATION
FINISH
DJ
ENTRY TO ZONES
EXIT FROM ZONES
EXIT FROM ZONES
SPECTATOR AREA
SPECTATOR AREA
SPECTATOR AREA
SPECTATOR AREA
ZONE 4
ZONE 3
ZONE 2
ZONE 1
ENTRY IN TO ALL ZONES
PALADIN
FITNESS RACING
ATHLETES & PAID SPECTATORS
REGISTRATION (REGO)
ATHLETE CHECK-IN
VENUE ENTRY
PUBLIC ARRIVALS

RACE FLOW


FINISH
ENTRY
Doubles
Swap Zone
Aid Station
Dr.Hydrate
EXIT
START
ZONE 1
ZONE 2
ZONE 3
ZONE 4
1
2
3
4
ZONE 1
ENTRY
ZONE 2
ENTRY
ZONE 3
ENTRY
ZONE 4
ENTRY
Athlete and
Spectators

RACE DAY HEALTH & SAFETY ADVISORY

YOUR HEALTH AND SAFETY ARE OUR HIGHEST PRIORITY. A FULLY QUALIFIED MEDICAL TEAM WILL BE STATIONED ON-SITE THROUGHOUT THE EVENT, WITH MEDICAL RESOURCES AVAILABLE BOTH AT THE VENUE AND ON COURSE.

An AID STATION will be positioned on the course, providing water and electrolyte support. We strongly encourage all participants to utilize this resource to maintain adequate hydration and electrolyte balance.

PRE-RACE HEALTH ADVISORY

If you are feeling unwell on the morning of the event —we advise that you do not start the race.

PRE-EXISTING MEDICAL CONDITIONS

If you have a known medical condition (e.g., asthma, diabetes, heart disease, or other chronic illness), we strongly advise that:

- You inform a family member or support person prior to the event.
- You carry any essential medication (e.g., inhaler, glucose tablets) with you during the race.
- All pre existing medical conditions must be made known during the registration process. This information can be critical in the event of a medical emergency and may support timely and appropriate care.

DURING THE EVENT

If you begin to feel unwell at any time, please stop immediately and seek assistance. Continuing while symptomatic can pose serious health risks. Do not hesitate to ask for help.

Be alert for the following symptoms:

- Chest pain or pressure
- Shortness of breath, Lightheadedness or dizziness
- Numbness or tingling (especially around the mouth or in the hands)
- Difficulty concentrating
- Cessation of sweating during exertion

If you experience any of these, discontinue participation immediately and alert event staff or medical personnel.

IN THE FITNESS ARENA

If you begin to feel unwell or unable to continue:

- Notify a judge immediately.
- Do not remove your ankle timing chip.
- Medical staff will address your condition in place.

DURING THE RUN

- If near an aid station, inform staff immediately that you require medical attention.
- If not near an aid station, stop and notify a fellow participant or course official.
- Do not remove your ankle timing chip unless instructed to do so by medical personnel.

POST-RACE PROTOCOL

After finishing, please remain in the post-race area until you are:

- Able to stand and walk unassisted
- Hydrated
- Free of dizziness or other symptoms
- If you feel unwell or unsure, report to the medical tent for evaluation before leaving the recovery area.
- Take responsibility for managing your health and safety on race day.
- Early recognition and timely response to symptoms can prevent serious medical events.
- We are here to support you - please don't hesitate to ask for help.

RUN SHEET

EVENT SCHEDULE IS SUBJECT TO CHANGE. ATHLETE'S WAVE START TIME WILL BE EMAILED AND AVAILABLE TO VIEW ONLINE BY **6PM MONDAY 19TH OCTOBER**

WE ADVISE ATHLETES TO ARRIVE AT LEAST 60 MINUTES PRIOR TO THEIR CONFIRMED WAVE START. BELOW TIME FRAMES ARE A GUIDE ONLY.

OCT 24th - ENDURANCE

6:00am - 8.30am REGO OPEN	CATEGORY	AWARDS
*DRAFT START TIMES		
6.44am	**FEMALE SOLO**	10am
6.56am - 7.20am	**MALE SOLO**	10am
7.44am - 7.56am	**MIXED DOUBLES**	10am
8.08am - 8.20am	**MALE DOUBLES**	10am
8.32am - 8.44am	**FEMALE DOUBLES**	10am

OCT 24TH - WARRIOR

6:00AM - 1.00PM REGO OPEN	CATEGORY	AWARDS
*DRAFT START TIMES		
9.16am - 9.40am	**MALE DOUBLES**	1.00pm
9.48am - 11.24am	**FEMALE DOUBLES**	1.00pm
11.40am - 12.20pm	**MIXED DOUBLES**	2.45pm
12.28pm - 1.08pm	**FEMALE SOLO**	2.45pm
1.16pm - 1.48pm	**MALE SOLO**	2.45pm

PALADIN
FITNESS RACING

WARRIOR

START - RUN 800M

ZONE 1
1000M SKI
50 X GROUND TO OVERHEAD
75 x BEAR HUG SQUATS
800M RUN - DOUBLES to split

ZONE 2
2000M BIKE
50 X BOX OVERS
100M X BALL LUNGES
RUN 800M - DOUBLES to split

ZONE 3
1000M ROW
50 X PLATE THRUSTERS
200M x FARMERS CARRY
RUN 800M - DOUBLES to split

ZONE 4
25 x BURPEES
50 X BALL OVER SHOULDER

RUN 800M - FINISH

WEIGHT STANDARDS / **WARRIOR**

SOLO WEIGHTS

MOVEMENT	MALE	FEMALE
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
KB FARMERS CARRY	20KG	16KG
DEAD BALL OVER SHOULDER	25KG	15KG

DOUBLES WEIGHTS

MOVEMENT	MALE	FEMALE	MIXED
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
KB FARMERS CARRY	20KG	16KG	16KG
DEAD BALL OVER SHOULDER	25KG	15KG	15KG

PALADIN
FITNESS RACING

ENDURANCE

START - RUN 2000M

ZONE 1
2000M SKI
50 X GROUND TO OVERHEAD
50 x PLATE THRUSTERS
1600M RUN - DOUBLES to split

ZONE 2
4000M BIKE
100M X BALL LUNGES
RUN 1600M - DOUBLES to split

ZONE 3
2000M ROW
300m x FARMERS CARRY
RUN 1600M - DOUBLES to split

ZONE 4
100m x Burpee Broad Jump

RUN 2000M - FINISH

WEIGHT STANDARDS / **ENDURANCE**

SOLO WEIGHTS - ENDURANCE

MOVEMENT	MALE	FEMALE
GROUND 2 OVERHEAD	20KG	15KG
PLATE THRUSTERS	15KG	10KG
WALKING LUNGES	20kg	15kg
KB FARMERS CARRY	24KG	20kg

DOUBLES WEIGHTS - ENDURANCE

MOVEMENT	MALE	FEMALE	MIXED
GROUND 2 OVERHEAD	20KG	15KG	20KG
PLATE THRUSTERS	20KG	15KG	20KG
WALKING LUNGES	20KG	15KG	20KG
KB FARMERS CARRY	24KG	20KG	24KG

RACE RULES

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.

- Athletes must wear a timing chip on the left ankle and start in their allocated wave start.
- 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.
- Perform each exercise according to the movement standards.
- Reps not meeting movement standards will not be counted and the Judge will notify athletes that reps do not count.
- For repeated infringements the Fitness Arena Manager can add a time penalty up to 3 minutes
- 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.
- Time penalties up to 5 mins can be applied for missing movements and distance
- Do not intentionally drop or throw equipment; this can result in a time penalty or disqualification.
- Always enter through the entry shoot and exit through the exit shoot.
- When running, overtake on the right and give slower athletes appropriate room.
- Headphones, Mobile Phones not allowed
- lifting straps or any piece of equipment that may aid in performance are not allowed. The one exception is gloves to protect your hands.
- Any form of poor sportsmanship, threatening, and/or abusive behaviour towards event staff, volunteers, spectators, or fellow competitors can result in disqualification.
- Thanks to our partner Dr Hydrate, water stations and electrolytes will be provided on the course. Athletes are allowed to use their own nutrition and hydration, provided no litter is left behind. Ensure you use the bins provided for empty cups and/or personal gels.
- Inappropriate littering can result in time penalties and/or disqualification.
- 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.
- 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

- Both Athletes are required to wear a Timing chip and place it on the left ankle.
- 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.
- Partners must complete the 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.
- 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.
- Athletes can only begin a movement once their partner is next to them at the same station and not finishing reps or distance of another movement.
- For distance based movements such as Lunges, Farmers Carry and Burpee Broad jump partner must remain behind the athlete completing the movement. Weight must be placed behind the first athletes foot before partner begins movement.
- Time penalties up to 5 mins can be applied for non completion of above
- 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
- Partners must finish the race together

MOVEMENT STANDARDS

CLICK HERE FOR THE MOVEMENT STANDARDS DOCUMENT

Take the time to go over the Movement Standards and penalties before race day.

Knowing exactly what counts as a good rep means less time second guessing yourself and more time racing. If you're unsure on anything, ask the Race Crew or reach out to the Paladin team before the event.

WARRIOR MOVEMENT STANDARDS VIDEO

Endurance Movement Standards follow the same movements as Warrior. **Burpee Broad Jumps** are exclusive to the Endurance format, please refer to the Movement Standards document for full details.

If you are unable to complete these movement standards, you are still able to compete. Registration must be notified and you will be provided with a red race number to alert the judges. Please note - you will not be eligible for podium.

AID STATION

DR HYDRATE ARE OUR OFFICIAL AID STATION PARTNER.

Dr Hydrate will be providing water and electrolytes. We highly advise you to use these during your race and are permitted to use own water bottles.
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.

ATHLETE CHECKLIST

PRE-RACE

- ☐ 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 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.
- ☐ Sportograf 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 available to all athletes who 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

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

VULCAN FITNESS

Dr. Hydrate®

ELITE SUPPLEMENTS

concept 2®

SPORTOGRAF.COM

Rest day pj

black sheep health hub

RACE PHOTOGRAPHS

SPORTOGRAF.COM

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.

MERCHANDISE

WE ARE VERY EXCITED TO INTRODUCE A DEDICATED MERCH STALL FOR OUR 2026 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.

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.

WARM UP & RECOVERY

WARM-UP AREA

This area has been provided by No Rep Repairs 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 for a small fee

CANCELLATIONS & TRANSFERS

PLEASE READ THE FOLLOWING TERMS AND CONDITIONS RELATING TO TRANSFERS AND REFUNDS

CANCELLATIONS BY YOU

Athlete transfers to other athletes or categories

- Online Athlete transfers through race roster account close 14 days before race start and can be processed through race roster account
- Transferring to a longer distance/category: 14 days before event. Where an athlete requests to transfer to a greater distance or category and space is available, the athlete is required to pay the difference in entry fees between the two distances or categories and pay the $15 admin fee
- Transferring to a shorter distance/category: 14 days before event. Where an athlete requests to transfer to a shorter distance and space is available, the difference in entry fees will be refunded, minus an admin fee of $15
- All transfers are subject to availability.
- Refunds and transfers are available on original entries only (i.e., not valid if the entry has already been moved/transferred or if entered using a promo code).
- Full list of terms and conditions can be found on the Paladin Fitness Racing website

Event Transfer/ Deferral

All requests must be made via email:
admin@paladinfitness.com.au

- Allowed up to 28 days before your event date.
- Transfers permitted within the same calendar season only, unless your event is the final race of the season, in which case you may roll over once to the first race of the next season.
- Transfers are subject to availability in the target event.
- Each registration may be transferred once only.
- Transfer fee: 15% of race entry fee paid.

ATHLETE WITHDRAWAL REFUNDS

Refunds allowed up to 14 days before event with below sliding scale

- Requests must be emailed to admin@paladinfitness.com.au
- Athlete must complete all required forms
- Refund Scale
- 4+ weeks before the event: 75% refund.
- 2–4 weeks before the event: 50% refund.
- Less than 2 weeks: No refund. A partial credit may be considered only for genuine medical emergencies, at Paladin's absolute discretion
- Refunds are issued to the original payment method unless otherwise required by your bank.

CANCELLATIONS BY US

If a race is cancelled due to weather conditions (such as storms, rain, high winds, or other force majeure events), or due to government-imposed restrictions:

- Paladin Fitness Racing will do its best to reschedule the event where possible.
- Where an event is cancelled and cannot be rescheduled, registered athletes will be offered a credit towards a future Paladin event within the same or next calendar season.
- Refunds will be provided to the extent required by Australian Consumer Law.
- For athletes who can demonstrate significant undue financial hardship as a direct result of a cancellation or postponement that prevents rebooking, Paladin may, at its absolute discretion, consider a partial or full refund of the entry fee.
- By entering the event, you acknowledge and accept the inherent risk of weather-related disruption.

PALADIN
FITNESS RACING

PALADINFITNESS.COM.AU

@PALADIN_FITNESS_RACING

TEAM@PALADINFITNESS.COM.AU