



17 FEBRUARY 2024

**IBARAKI**  
KOMOREBI MORI NO IBARIDE

SPRINT / KIDS /



# RACE GUIDE

 **SPARTAN**  
**SPRINT /**





## TABLE OF CONTENTS

- P3 Race Day Checklist
- P5 Access
- P6 COVID-19 Measures
- P7 Race Registration
- P8 Schedule
- P9 Rules & Regulations
- P11 Facilities
- P12 Awards
- P13 Important Notes
- P14 Photos
- P15 Sponsors & Partners



# RACE DAY CHECKLIST

## Race registration counters open at 07:30AM

Competitors may only complete registration **from 90 minutes** prior to his/her wave start time. Confirm wave start time on the E-Ticket in advance and complete registration **15 minutes** prior to start time.

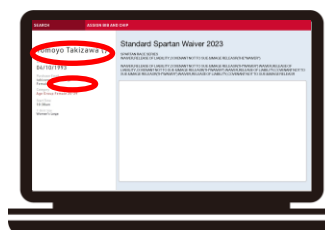
### NECESSARY ITEMS FOR REGISTRATION

- Photo identification, e.g. passport, drivers license, MyNumber card, residence card, student ID, etc. (photocopies accepted)
- PRINTED E-Ticket
- Bring the aforementioned items to the race registration counter on race day. Spartan Race does NOT mail race packets in advance.
- **From 2024, waivers must be signed electronically at registration on race day**
- Upon completing race registration, collect your race packet (items listed pg. 4).
- Review Official Spartan Race Rules of Competition: <https://bit.ly/47Uw6od>

Show photo ID for verification



Personal details (name, DOB) will be confirmed by staff







### Headband with bib number

Put on Spartan headband. Ensure bib number is visible on forehead during the race – this is especially helpful for race photo identification.

### Wristband with start time

Secure start time band to wrist. Competitors may only enter the wave corresponding to the time written on the wristband.

### Timing chip + yellow wristband

Secure timing chip on either wrist using the yellow wristband. Do not lose the orange timing chip.

COMPETITIVE competitors will receive a red head band



- Warm up and stretch on your own. Make your way to the start line 15 minutes before your race starts.
- Respect race staff and volunteers. They are out there for long hours to help enforce the rules and safety standards. Listen to them and help us thank them, it goes a long way.



## By Car

via the Ken-O Expressway: 15 min. from Ami-Higashi IC

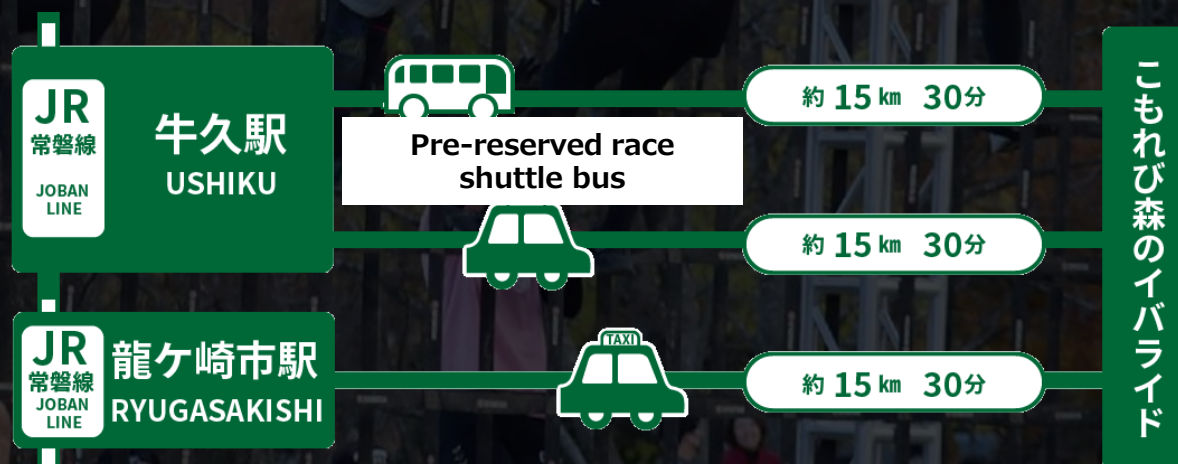
※ Refrain from using the Inashiki IC



こもれび森のイバライド

## By Public Transportation

- From JR Ushiku station, take the race shuttle bus (about 30 min.; fees apply)
- From JR Ryugasakaishi station or JR Ushiku station, take a taxi (about 30 min.)







**For the health and safety of everyone involved,  
please take note of the following:**

### **Masks and Face Coverings**

Masks are optional and up to individual discretion in both indoor and outdoor settings.

### **Closed and Crowded Spaces**

Congestion is expected by obstacles and near photographers on the course. The festival area may also be a crowded indoor setting with people in close proximity. Please take personal precautions and when possible, avoid spaces that are closed, crowded, or involve close contact with others..

### **If You Feel Unwell**

Reconsider participating in Spartan Race and stay home if you have any of the following symptoms: fever, cough, or a sore throat.

### **If You Test Positive for COVID-19**

Do not participate or attend Spartan Race if you have tested positive for COVID-19 in the 5 days prior to race day.

Spartan Race staff and volunteers are encouraged and expected to be mindful about ensuring good hygiene by regularly and thoroughly cleaning their hands, covering their mouth and nose when coughing or sneezing, and helping to clean and disinfect surfaces frequently.





# RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave and must be completed **15 minutes** before your start time.

## STEP 1. Pre-race Preparation

Bring the following items on race day:



- Photo identification
- PRINTED E-Ticket

From 2024, waivers will be signed electronically on race day. Signed waivers do not need to be prepared in advance.

## DON'T FORGET TO CHECK YOUR RACE START TIME

How to find your E-Ticket

**Recommended browser: Google Chrome**

### STEP 1

- Click link to access My Account <https://tickets-jp.spartan.com/my-account>
- Login using your email address and password

### STEP 2

- In My Account, click Orders

### STEP 3

- Click the cog symbol and select PRINT TICKET

### STEP 4

- E-Ticket will be displayed (see image)
- Click Print



## STEP 2. Sign Waiver Electronically

- Race staff will guide you on e-signing

## STEP 3. Collect Race Packet

Ensure race packet contains the following:



### Headband (bib number)

Red: COMPETITIVE  
Black: OPEN

Headbands must be worn and visible during the race

### Timing Chip, Wristband

Secure timing chip around either wrist using yellow wristband  
Return timing chip upon crossing finish line



# SCHEDULE



TIME	EVENT
7:30 AM	Venue opens
	SPRINT COMPETITIVE registration
9:00 AM	SPRINT OPEN registration
9:00 AM	SPRINT PACE GROUP 1 starts
10:15 AM	SPRINT PACE GROUP 5 starts
10:30 AM	SPRINT OPEN starts
0:00 PM	OVERALL WINNER Awards
1:00 PM	SPRINT OPEN last wave
1:00 PM	AGE GROUP Awards
3:00 PM	BIGGEST TEAM Awards
4:00 PM	Course closes
4:30 PM	Venue closes





# RULES & REGULATIONS

## Official Spartan Race Rules of Competition

Obstacle categories are classified as:

- (1) **Mandatory obstacles:** an obstacle which a competitor must complete before progressing further on the race course. Failure to complete a mandatory obstacle requires a penalty to be served by the athlete
- (2) **Pass/Fail obstacles:** multiple or single attempt obstacles must be completed successfully, or a penalty must be served by the athlete

For details and guidelines pertaining to obstacles and penalties, review the official Spartan Race 2024 Rules of Competition at <https://bit.ly/47Uw6od>

**COMPETITIVE HEAT:** Penalty Loop run

Length of loops may vary by terrain and may be modified to include carrying objects

**OPEN HEAT:** 30 burpees

All protests must be made to the race director in-person at the Results booth on race day. **The final decision always rests with the race director, after which no further protests can be made.**

## Spectators, Photography, and Media Coverage

- Spectators are not allowed on the race course at any time.
- Providing aid and support that would give a competitor an unfair advantage, including the provision of hydration, food, and material objects, as well as pacing, is strictly forbidden.
- Competitors may take still photography and film for personal use only. Any media taken must be limited to the competitor's time on the race course. For example, a competitor registered for the OPEN cannot enter the race course to film or take photos of COMPETITIVE competitors on the race course.

**The race director reserves the right to modify the course, competition rules, and race regulations under any circumstances for the safety of the competitors, volunteers and staff. Similarly, the same rights apply pertaining spectator or competitor entry onto the course, photography, and media coverage.**





# COURSE CLOSURE

In coordination with event organizers, venue management, and relevant authorities, an official course closure and race venue closing time will be strictly enforced.

All competitors must cross the finish line by 16:00 (4:00PM), when the race course officially closes.

Competitors who remain on the course after 16:00 will be marked as DNF (Did Not Finish). No medal or t-shirt will be given to competitors who finish after 16:00.

Spartan Race reserves the right to modify or close the race course for reasons pertaining to the health and safety of competitors, volunteers, and staff.

## Timing & Results

- Preliminary race results can be checked at the Results booth.
- Official race results will be posted on the official Spartan Race website within five days of the race.

## Water & Aid stations

- Water stations will be available on the race course.
- Keep hydrated and be aware of the signs of dehydration.
- Competitors are encouraged to bring personal hydration packs and gear.

**Competitors anticipating three hours or longer on the race course MUST bring personal hydration solutions.**





## RECOMMENDED ITEMS TO BRING

- Health insurance card or proof of health insurance
- Long sleeves, leggings, or compression gloves to prevent injuries on certain obstacles, such as the Rope Climb
- Nutrition and hydration, including electrolyte tablets
- Towel or body wipes

**No showers available; do not rinse shoes, clothes, feet, or body in bathroom**

## FACILITIES

### Bathrooms

- Available in the Festival Area. No bathrooms on course.

### Bag Check

- Available at venue free of charge
- Personal items are solely your responsibility.

### First Aid

- Teams of medical professionals will be deployed throughout the course.
- Medical tent will be available at the Festival Area.





# AWARDS

OVERALL Top 3 and AGE GROUP podium winners will be announced on race day via official Spartan Race social media channels.

**Prizes for the OVERALL Top 3 Men and Women, as well as AGE GROUP categories can be collected during the awards ceremony at the stage on race day. If you cannot participate in the awards ceremony, please collect the award at the information booth.**

## OVERALL TOP 3 MEN, WOMEN

The top 3 men's and women's finishers will be awarded at the stage on race day; prize money will be sent via bank transfer. Spartan Race will directly contact the applicable athletes.

## AGE GROUP TOP 3 MEN, WOMEN

14-17 | 18-24 | 25-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60+

The top 3 men's and women's finishers in each AGE GROUP category will be awarded at the stage on race day. Excludes OVERALL Top 3 winners. Age group reflects your age on December 31 of the calendar year.

## BIGGEST TEAM

The top three biggest teams for each race category (Sprint, Kids) will be announced before race day via official Spartan Race social media channels.

## BIG TEAM (Teams of 20 or more)

Teams of 20 or more competitors receive an original, personalized Spartan Race flag. Flags must be collected at the Information booth on race day.

For the most current updates on race day, click the logo below to follow us on Instagram!







# IMPORTANT NOTES

## PROHIBITED ITEMS

- Tents and similar camping equipment
- Coolers and glass bottles
- Dangerous items

Please direct race day questions to Spartan Race staff in blue staff t-shirts; local venue staff are unable to answer operational inquiries.

## LOST & FOUND

- On race day, all lost and found items will be kept at the Information booth
- Photo ID required to reclaim lost and found items.
- Neither Spartan Race nor the venue takes responsibility for lost, damaged, or stolen items.

**Don't forget to train and fuel well in preparation for the race!**

**See you on race day!**

**AROO! AROO! AROO!**

### For General Inquiries

Spartan Race Japan Customer Service

10:00-17:00 | Weekdays Only

**Email:** [info@jp.spartan.com](mailto:info@jp.spartan.com)

### For Race Day Inquiries

Applicable on race day only

**Phone:** 080-7683-2588

Calls accepted on 2/17 8:00~16:00

Limited to Spartan Race inquiries and support



# PHOTOS

## Free photo downloads & photos for purchase



**ALL SPORTS community**  
公式写真販売サービス オールスポーツコミュニティ

### オールスポーツが激走を撮影！

ヘッドバンドのナンバーを見えるように装着してください



**「SPARTAN RACE IBARAKI」の写真がご覧いただけます！**



**SPARTAN RACE IBARAKI SPRINT 5K**  
 イベントID: **E1432101**  
 注文期限: **2024年4月17日 (水) 24:00まで**  
※注文期限後は、価格が変動 (1.5倍～) いたしますので、あらかじめご了承ください。



**SPARTAN RACE IBARAKI KIDS RACE 2024**  
 イベントID: **E1432182**  
 注文期限: **2024年4月17日 (水) 24:00まで**  
※注文期限後は、価格が変動 (1.5倍～) いたしますので、あらかじめご了承ください。

オールスポーツ 

ご不明な点は以下連絡先までお問い合わせください (TEL: 平日10:00～17:00 / FAX&E-mail: 24時間受付中)

株式会社フォトクリエイト 〒160-0023 東京都新宿区西新宿6-16-6 タツミビル2F TEL 050-1743-5272 FAX 050-3606-6867 support@photocreate.co.jp

Spartan Race official photographer All Sports Community  
will take photos throughout the race

### FREE PHOTOS

Photos will be taken on the race course at 3 locations. These photos are free-of-charge and will be available on the Spartan Race website. Photos can be searched via facial recognition and downloaded for personal use. Link to photos will be posted on the official Spartan Race Japan Facebook after the race.

### PHOTO PURCHASE

All Sports Community (<https://allsports.jp/>) is the official photographer of Spartan Race. A wide variety of photos throughout race day will be posted online after the race and available for purchase. Photos can be searched using the bib number on headbands – ensure headband is on and bib number is visible at all times. Do not take screenshots of photos for purchase.





# SPONSORS



# PARTNERS



AlphaTheta



IELU

