



IBARAKI

KOMOREBIMORI NO IBARAIDO

2025.2.15 SPRINT KIDS



RACE GUIDE



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RACE DAY CHECKLIST

Race registration (check-in) counters open at 07:30AM

Racers may only check-in to complete registration **from 90 minutes** prior to his/her wave start time. **Registration must be completed 15 minutes** before start time. Confirm wave start time on the E-Ticket in advance.

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 on race day. Spartan Race does NOT mail race packets in advance.
- **Waivers must be signed electronically upon check-in at the counter on race day**
- Upon completing race registration, collect your race packet (see pg. 4).
- Review Official 2025 Spartan Race Rules of Competition: <https://bit.ly/4hcfYTh>

Show photo ID for verification



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





START

 **SPARTAN**
11818

- **Headband with bib number**

Put on Spartan Race headband. Ensure bib number is visible on forehead during the race.

- **Wristband with start time**

Secure start time band to wrist. Racers 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.

- **ELITE and AGE GROUP racers will receive a red head band**

 **SPARTAN**
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- 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

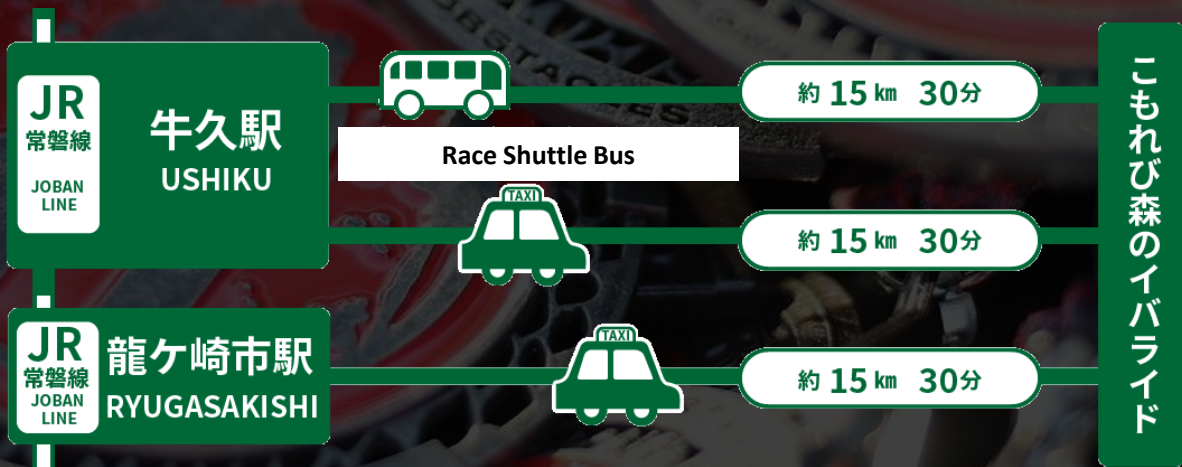
※ Refrain from using the Inashiki IC



こもれば森のイバライド

By Public Transportation

- From JR Ushiku station, take the race shuttle bus (about 30 min.) Buses depart approx. every 30 minutes. Pre-reserved riders prioritized; same-day riders welcomed - fees apply, cash only.
- From JR Ryugasakaishi station or JR Ushiku station, take a taxi (about 30 min.)





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

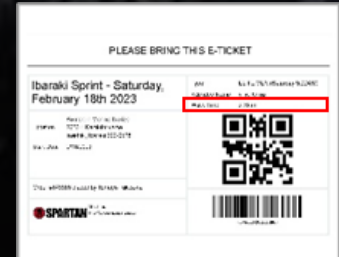
Waivers will be signed electronically on race day. Signed waivers do not need to be prepared in advance.



DON'T FORGET TO CHECK YOUR RACE START TIME

STEP 1. FIND YOUR E-TICKET (ONLY FROM 18:00 ON THURSDAY, FEBRUARY 13)

- **ALWAYS use Google Chrome** **Safari and other browsers do not display the E-Ticket correctly**
- Click link to access My Account <https://tickets-jp.spartan.com/my-account>
- Login using your email address and password
- Under My Account, click Orders
- Click the cog symbol and select PRINT TICKET
- E-Ticket will be displayed (see image)
- Click Print



STEP 2: Receive Race Packet

- Ensure race packet contains the following:



Headband (bib number)

Red: ELITE, AGE GROUP

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 ELITE registration
9:00 AM	SPRINT OPEN registration
9:00 AM	SPRINT ELITE starts
9:30 AM	SPRINT AGE GROUP starts
10:30 AM	SPRINT OPEN starts
11:00 AM	ELITE Top 3 Awards
12:00 PM	AGE GROUP Top 3 Awards
1:00 PM	SPRINT OPEN last wave
2:00 PM	BIGGEST TEAM Awards
4:00 PM	Course closes
4:30 PM	Venue closes

YOU FOR YOUR CONTRIBUTION

SPARTANRACE IN IBARAKI

SPARTAN SPRINT / SPARTAN KIDS /



RULES & REGULATIONS

Official Spartan Race Rules of Competition

Obstacle categories are classified as:

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

Penalties to be served are as follows:

ELITE, AGE: Penalty Loop run, if the run is available. If no run is available, 30 burpees in the pre-determined penalty zone. Distance of run may vary depending on terrain or the addition of weighted carries.

OPEN: Choose from Penalty Loop run or 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.**

For details and guidelines pertaining to obstacles and penalties, review the official 2025 Spartan Race Rules of Competition at <https://bit.ly/4hcfYTh>

Spectators, Photography, and Media Coverage

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

The course closes at 16:00 (4:00PM). Please depart the race venue premises promptly by 16:30 (4:30PM). Racers who remain on the course after 16:00 will be marked as DNF (Did Not Finish) and no medal or t-shirt will be given.

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

Timing & Results

- Preliminary race results can be checked using the QR code and entering your bib number (the number on your headband).
- 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.
- Racers are encouraged to bring personal hydration packs and gear.

Racers 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

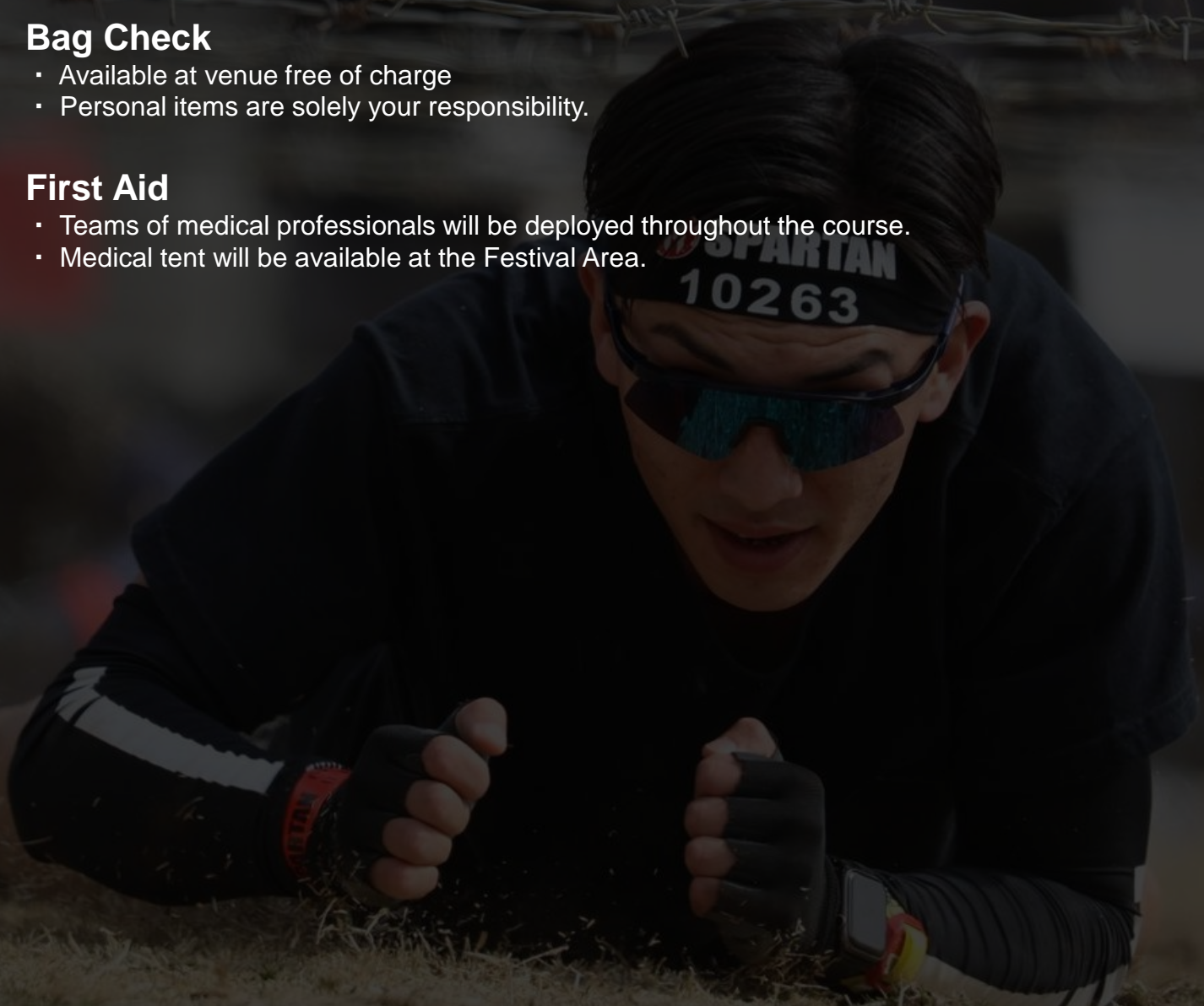
- Available in the Festival Area. No bathrooms on course.

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

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

Prizes for the ELITE Top 3 Men and Women, as well as AGE GROUP Top 3 Men and Women 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. Award recipients who miss the awards ceremony may only collect the medal at the information booth. Standings will not be updated on social media channels after the awards ceremony.**

ELITE 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 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 @spartanracejp!





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!

GENERAL INQUIRIES

Spartan Race Japan
10:00-17:00 | Weekdays only
Email: info@jp.spartan.com

RACE DAY INQUIRIES

Applicable on race day only
Phone: 080-7683-2588
Calls accepted 2/15 08:00~16:00
Limited to Spartan Race inquiries and support



PHOTOS

Free photo downloads & photos for purchase



SPARTAN™ オールスポーツが激走を撮影!

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

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

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

※写真の閲覧・購入にはオールスポーツコミュニティのログイン・新規会員登録が必要となります

イベントID: **E1548969**

公開期間:
2025年2月21日(金) ~ 2025年4月2日(水) 24:00まで

※注定期限後は、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 KIDS

イベントID: **E1549029**

公開期間:
2025年2月21日(金) ~ 2025年4月2日(水) 24:00まで

※注定期限後は、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。

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6-3-1 新宿アイランドウイング13F ☎ 050-1743-5272 📠 050-3606-6867 ✉ support@photocreate.co.jp

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



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