



**OKINAWA**  
Toyosaki Seaside Park  
Churasun-beach  
2024.12.14 SUPER SPRINT KIDS



# RACE GUIDE

 SPARTAN  
**SUPER /**

 SPARTAN  
**SPRINT /**



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# RACE DAY CHECKLIST

## Race registration counters open at 06:30AM

Competitors may only complete registration **from 90 minutes** prior to his/her wave start time. Confirm wave start time on E-Ticket in advance and plan to **complete 30 minutes before start time. Depending on start time, competitors competing in the earliest Group heats will have less time to complete registration.**

### **ON RACE DAY, BRING THE FOLLOWING ITEMS TO THE RACE REGISTRATION COUNTER**

- Photo identification, e.g. passport, drivers license, MyNumber card, residence card, student ID, etc. (photocopies accepted)
- PRINTED E-Ticket

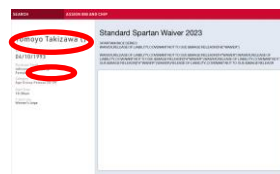
Multiple individual registrations can be processed at once. Competitors are solely responsible for ensuring the correct headbands and timing chips are worn by each individual, for each race. Spartan Race will not be held responsible for irregularities, including disqualification due to competitor error.

- **Waivers must be signed electronically at registration on race day**
- Upon completing race registration, collect your race packet (items listed pg. 4).
- **Spartan Race does NOT mail race packets in advance.**
- All competitors are encouraged to review the Spartan Race 2024 Rules of Competition: <https://bit.ly/3QGKwkE>

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 racers 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.



# ACCESS

## RACE DAY PARKING

Park at the Churasun Beach parking lot; space is limited, first come first served.

**Hours:** 06:00-22:00

**Rate:** ¥100/60 min. (max. charge capped at ¥500)

If the main parking lot is full, please proceed to the IAS Toyosaki parking lot (open from 09:00 AM).

## BY CAR

**From Naha Airport:** Drive south approx. 15 min on the Oroku Bypass

**Via Expressway:** From Nakachi IC, drive approx. 10 min

## BY BUS

### From Naha Airport

Go to the 1<sup>st</sup> floor bus stand and take the 95 Ashibinaa mae bus. Alight at IAS Toyosaki (approx. 20 min). Then walk through IAS towards Churasun Beach (approx. 2 min).

### From Naha Bus Terminal

Take the 55, 56, 87 or 98 local bus and alight at Michi no Eki Toyosaki.

Walk west for approximately 8 minutes.

### Within Tomigusuku

Using the Tomigusuku city bus, alight at Toyosaki Churasun Beach Iriguchi stop.

Walk west for approximately 3 minutes.





# RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave and must be completed **30 minutes** before your start time. Depending on start time, competitors competing in the earliest Group heats will have less than 90 min. to complete registration.

## STEP 1. Pre-race Preparation

Bring the following items on race day:

E-ticket

Photo ID



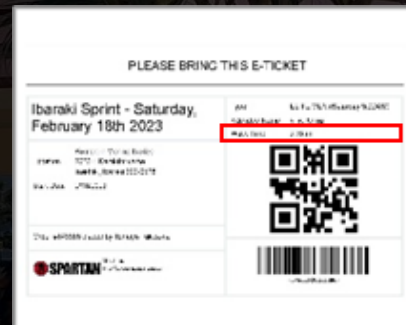
e.g. passport,  
drivers license

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

Recommended browser: Google Chrome

### STEP 1. Find your E-Ticket

- Click link to access My Account <https://tickets-jp.spartan.com/my-account>
- Login using your email address and password
- In My Account, click Orders
- Click the cog symbol and select Print Ticket
- 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                           |
|----------|---------------------------------|
| 6:30 AM  | Venue opens                     |
| 8:00 AM  | SUPER PACE GROUP 1 starts       |
| 9:15 AM  | SUPER PACE GROUP 5 starts       |
|          | SUPER OPEN registration starts  |
| 9:45 AM  | SUPER OPEN starts               |
| 11:00 AM | SPRINT OPEN registration starts |
| 0:00 PM  | AWARDS: TOP 3 SUPER OVERALL     |
| 0:30 PM  | SPRINT OPEN starts              |
| 1:30 PM  | AWARDS: AGE GROUP               |
| 2:15 PM  | AWARDS: BIGGEST TEAM            |
| 4:30 PM  | Course closes                   |
| 6:00 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

### **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 at the Results booth on race day no later than 30 minutes after release of official results. **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 Spartan Race 2024 Rules of Competition at <https://bit.ly/3QGKwkE>

### **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 is 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.**





# AFTER YOUR RACE

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

The race course closes at 16:30 (4:30PM). All competitors must cross the finish line by 17:00 (5:00PM). Competitors who remain on the course and otherwise do not finish after 17:00 will be marked as DNF (Did Not Finish). No medal or t-shirt will be given to competitors who finish after 17:00. 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 or by using the QR code below
- 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.**



**Bookmark link for race day results**



# RECOMMENDED ITEMS TO BRING

- Health insurance card or proof of health insurance
- Long sleeves, leggings, compression wear, and gloves to prevent injury on certain obstacles, such as the Rope Climb
- Nutrition, such as gels and solid foods, as well as hydration, including electrolytes and water
- Towel or body wipes
- Moisture-wicking, quick to dry fabrics (not cotton)

**No showers available. Do not use the toilets or park facilities to rinse yourself or wash shoes/clothing.**

## FACILITIES

### Bathrooms

- Available in 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 deployed throughout the course.
- Medical tent available at Festival Area.
- Do not utilize the Churasun Beach medical facilities or staff.



# AWARDS

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

**Prizes and awards for the OVERALL Top 3 Men and Women, as well as AGE GROUP categories will be presented at the stage on race day. If you are unable to attend the awards presentation, Spartan Race will mail the award to your registered home address. For questions, please inquire 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 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.





# IMPORTANT NOTES

## THE FOLLOWING ACTIONS AND/OR ITEMS ARE PROHIBITED:

- **Warming up in restricted areas**
- **Loitering shirtless or in a state of undress outside of the race course and venue, e.g. entering restaurants, commercial establishments, etc.**
- **Cooler boxes and glass bottles**
- Dangerous items
- Refrain from asking Churasun Beach staff questions about Spartan Race

## LOST & FOUND

- On race day, all lost and found items will be kept at the Information booth at the Festival Area.
- 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 smart and fuel well in preparation for the race!**

**See you on race day!  
AROO! AROO! AROO!**

### General Inquiries

Spartan Race Japan Customer Service  
10:00-17:00 | Weekdays Only  
Email: [info@jp.spartan.com](mailto:info@jp.spartan.com)

### Race Day Contact

Applicable on race day only  
Phone: 080-7683-2588  
Calls accepted on 12/14 07:00-16:00



# RACE DAY PHOTOS

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



# SPARTAN™

## 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

公式写真販売サービス  
オールスポーツコミュニティ



# SPARTAN



# SPARTAN KIDS



「SPARTAN RACE OKINAWA SUPER / 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

オールスポーツ



イベントID: **E1552216**

公開期間:

**2024年12月20日(金) ~ 2025年1月29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。



イベントID: **E1552217**

公開期間:

**2024年12月20日(金) ~ 2025年1月29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。

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



フィットネスクラブ ティップネス



ゴリラクリニック

# PARTNERS



AlphaTheta



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