

**OKINAWA**Toyosaki Seaside Park
Chura SUN Beach

2025.11.15 SUPER SPRINT KIDS



RACE GUIDE

 **SPARTAN**
SUPER / **SPARTAN**
SPRINT /



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ATTENTION!

JAPAN NATIONAL SERIES (ELITE/AGE GROUP)

※Please check own point before race!

<https://jp.spartan.com/ja/race/global-trifecta-rankings>

IMPORTANT: PRE-RACE REGISTRATION

Open to all racers. SUPER ELITE and SUPER AGE GROUP racers are especially encouraged to complete registration in advance on Friday at the Spartan Race Okinawa race venue. Merchandise will also be available for purchase.

When: Friday, November 14, 4:00 PM - 6:00 PM

Where: Churasun Beach at Toyosaki Seaside Park (red star on map denotes approximate location)

Note

- If you lose or forget your timing chip, you will be charged for a replacement chip.
- Parking fees are your responsibility
- No proxy registration, e.g. registering on behalf of someone else





RACE DAY CHECKLIST

Race registration counters open at 06:30AM

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

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. **Racers 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 racer error.

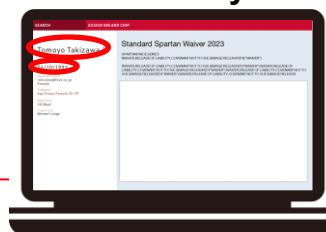
- **Waivers must be signed electronically at registration on race day**
- Upon completing race registration, collect your race packet (items listed pg. 6).
- **Spartan Race does NOT mail race packets in advance.**
- All racers are encouraged to review the Spartan Race 2025 Rules of Competition:

<https://bit.ly/4hcfYTh>

Show photo ID for verification



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



**SPARTAN**
11818**SPARTAN**

7:00AM

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. 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 receive a red head band.

**SPARTAN**
11818

- Warm up and stretch on your own. Be at 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.

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

※ **Parking is limited. Public transit, taxis, and carpooling recommended.**

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

From Naha Bus Terminal

Take the 55, 56, 88 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.

沖縄レース会場情報

会場名：豊崎海岸公園 美らSUNビーチ
住所：〒901-0225 沖縄県豊見城市字豊崎5-1
那覇空港から車で約15分



自動車でお越しの場合

美らSUNビーチ公園駐車場をご利用ください。

利用時間帯 **6:00 - 22:00**

料金 **60分 / 100円**

※駐車場台数は限りがありますので会場へのアクセスは
極力公共交通機関をご利用ください。

美らSUNビーチ内駐車場が満車の場合は
『イース豊崎』駐車場をご案内させて
いただきます。

※9:00～開店予定ですので、それ以前の駐車はできません。
ご注意ください。





RACE REGISTRATION

Registration opens **90 minutes** prior to the start time of each wave and must be completed **15 minutes** before your start time. Depending on start time, racers competing in the earliest waves 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 WAVE START TIME

Recommended browser: Google Chrome

STEP 1. Find your E-Ticket | WAVE START TIMES ONLY DISPLAY FROM 11/13 18:00PM

- 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

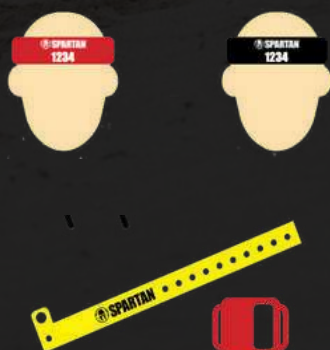


STEP 2. Sign Waiver Electronically

Race staff will guide you on e-signing

STEP 3. Collect Race Packet

Ensure race packet contains the following:



Headband (bib number)

Red: 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
6:30 AM	Venue opens / SUPER ELITE registration
8:00 AM	SUPER ELITE starts
8:15 AM	SUPER AGE GROUP starts
9:15 AM	SUPER OPEN registration
11:30 AM	SPRINT OPEN starts
	SUPER ELITE Top 3 awards
0:30 PM	SUPER AGE GROUP awards
1:30 PM	2025 Overall Elite Top 3 awards
2:00 PM	2025 Overall Age Group Top 3 awards
3:00 PM	SUPER / SPRINT Biggest Team awards
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 racer 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

ELITE & AGE GROUP: Penalty Loop run

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

OPEN: 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 2025 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 is 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 ELITE or AGE GROUP 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 competitors, volunteers and staff. Similarly, the same rights apply pertaining spectator or racer 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 racers must cross the finish line by 17:00 (5:00PM). The venue (Churasun Beach) closes at 18:00 (6:00PM). Racers 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 racers finishing after 17:00. 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 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.
- 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.



Scan QR code and 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

A limited number of cold showers and faucets for rinsing off will be available at the park; congestion expected. Do NOT use the toilets 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.

Please do not call an ambulance by yourself. Be sure to speak to the staff nearby.

If you were injured during the race, please make sure to report it at the first aid station, even after the race.



AWARDS

ELITE Top 3 Men and Women and AGE GROUP Top 3 Men and Women, as well as 2025 OVERALL ELITE Men and Women and OVERALL AGE GROUP Men and Women winners will be announced on race day via official Spartan Race social media channels. Social media posts are final.

Prizes and awards for the aforementioned 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 (but not the bonus sponsor prizes) to your registered home address. For questions, please inquire at the information booth.

ELITE TOP 3 MEN, WOMEN

The top 3 mens and womens 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 mens and womens finishers in each AGE GROUP category will be awarded at the stage on race day. Age group reflects your age on December 31 of the calendar year.

2025 OVERALL ELITE TOP 3 MEN, WOMEN

The top 3 men and women in the 2025 season rankings 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.

2025 OVERALL AGE GROUP TOP 3 MEN AND WOMEN

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

The top 3 men and women of each age group in the 2025 season rankings will be awarded at the stage on race day. Age group reflects your age on December 31 of the calendar year.

BIGGEST TEAM

The top 3 biggest teams for each race category will be announced before race day via official Spartan Race social media channels. Each team receives an award at the stage on race day.

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.



Follow @spartanracejp for
updates and information



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

Race Day Contact

Applicable on race day only

Phone: 080-7683-2588

Calls accepted on 11/15 (Sat) 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

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



「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: **E1690825**

公開期間:

2025年11月21日(金)～2026年1月7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: **E1690882**

公開期間:

2025年11月21日(金)～2026年1月7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

TEL 050-1743-5272

FAX 050-3606-6867

Mail 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.

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