SPARTAN DEKA PROGRAM

AUSTIN DEKA FIT

AUSTIN CONVENTION CENTER (HALL 1 & 2)
AUSTIN, TX
FEBRUARY 11TH, 2023

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AUSTIN COVID-19 SAFETY MEASURES AND CUSTOMER EXPECTATIONS

Spartans, we are excited to officially welcome you back to the course. However, our #1 priority is keeping you safe. Below are the festival and on-course modifications we're making to ensure a safe, exciting event for everyone. Please review these guidelines carefully before your event.

HIGH-RISK INDIVIDUALS

High risk individuals, or anyone living with high risk individuals, are encouraged not to attend the event. High-risk individuals may include :

- Anyone over 65 years of age;
- People who have chronic lung disease, moderate to severe asthma and/or severe heart disease;
- People who are immunocompromised: those who have undergone or are undergoing cancer treatment, bone marrow or organ transplantation; anyone with immune deficiencies, poorly controlled HIV or AIDS, or had prolonged use of corticosteroids; and smokers;
- People of any age with class III or severe obesity; or
- Anyone diagnosed with the following underlying conditions: diabetes, liver disease and persons with chronic kidney disease undergoing dialysis.

Always refer to the latest governing body guidelines when deciding if you should attend.

PRE-RACE HEALTH MONITORING

Customers should monitor their health 14 days prior to race day, and be aware of any symptoms that could indicate they have been infected with the novel coronavirus. Any customer exhibiting the following symptoms in the 14 days prior to an event should not attend. This includes:

- Cough
- Shortness of Breath
- Labored Breathing
- Fever
- Chills
- Muscle Aches
- Sore Throat
- Loss of Taste or Smell

Individuals who have been in close contact for more than 15 minutes with someone diagnosed with COVID-19 or who exhibits the above symptoms in the last 14 days should not attend.

AUSTIN COVID-19 SAFETY SNAPSHOT

Limited Entry Time	X	Entry time is not limited.
Mask Mandate, Festival	X	Masks not required in festival, up to attendee discretion.
Mask Mandate, Arena	X	Masks not required on course, up to racer discretion.
COVID Acknowledgement	✓	Racers will sign a waiver acknowledging they have no symptoms of COVID or have been around someone who has.
Race Day Registration	✓	Race day registration available while space lasts.
Spectators & Media	✓	
Warm Up Area	✓	
Water Stations, Arena/Finish	✓	
Bag Check	✓	
Food	✓	
Beer	✓	Beer will be available for purchase only

AUSTIN COVID-19 SAFETY MEASURES AND CUSTOMER EXPECTATIONS

START & FINISH PROCEDURES

Customers will be loaded into the starting area according to their heat times. Please note we send off around 12 or less racers every 10 minutes. This allows the course and zones to not get overloaded and reduces potential back ups at zones.

Once finished please do not stand directly on the Finish Line. You will be given your Medal, PWR Lift, and T-Shirt. If you are waiting on others the DEKA Area is very spectator friendly and you can get to each zone to watch your friends, family, and teammates within seconds of leaving the finish corral.

Finisher shirt are located right before leaving the finish corral back into the main event area.

DEKA ETIQUETTE

Athletes shall observe and obey the travel restrictions and quarantine requirements as set forth by Texas and the City Of Austin executive orders, which may change between the time you receive these Safety Guidelines and the day of the event.

Respect all volunteers, DEKA staff and other competitors, cheer on your fellow DEKA Athletes, throw away your trash in the bins provided, and have a great race.

AUSTIN DEKA FIT
Saturday, FEBRUARY 11th 2023

DEKA FIT EVENT SCHEDULE

SATURDAY, FEBRUARY 11TH

7:00am	Registration Opens
7:00am	Festival and Merchandise Opens
8:00am	Elite Men Start
8:30am	Elite Women Start
9:00am	Age Group Start Times Begin
10:30am	Elite Awards
1:00pm	Open & Ruck Start Times Begin
1:30pm	Age Group Awards
4:00pm	Team Heats Begin
5:30pm	Registration Closes
6:30pm	Festival Closes

PRE-RACE DETAILS

Follow these Pre-Race instructions to ensure quick registration on race day.

- You must screenshot or print and bring your heat time, registration barcode, and photo identification to pick up your packet on race day. Click here for your barcode and start time.

For a breakdown of all of the zones, the rules of competition, and how to successfully complete each zone CLICK HERE. Elite and Age Group competitors are strongly encouraged to read and understand the rules prior to participating and will be held to strict standards.

RACE DAY REGISTRATION FLOW

Refer to the schedule on page seven for Registration open hours.

There is no entry limitations for this event. Give yourself adequate time to register and make your way to start line. You will not be able to enter the start line until your designated heat time that is written on your registration wristband.

BEFORE ARRIVAL: Print or screenshot your Heat Time and Registration Barcode and bring Photo Identification.

STEP 1: Proceed to Registration Tent area and locate a DEKA Volunteer.

STEP 2: Present your photo identification and registration barcode to the Volunteer. Receive your packet. Your packet will include:

- DEKA Headband with Bib Number
- Wristband with Start Time
- Timing Chip and Wristband

STEP 3: Once you have your race packet and timing chip, proceed to the Festival Area.

STEP 4: Visit the Festival Area where you will find DEKA-approved sponsors/vendors, as well as our official merchandise area.

STEP 5: Proceed to the start corral.

HOW TO GET HERE

VENUE ADDRESS & GENERAL PARKING:

Austin Convention Center (Hall 1 & 2)
Main Entrance Closest to Hall 1 is the Trinity St Doors closest Cesar Chavez St
500 E Cesar Chavez St
Austin, TX 78701

PARKING RATES VARY. Please see LINK for the Convention Centers Directions and Parking

VENUE & ARENA DESCRIPTIONS

For the second time in just over a year DEKA will be taking over the the Austin Convention Center. Hundred of athletes will be earring their DEKA FIT MARK and thousands more will be witnessing some of the most dominant athletes in the DEKA ARENA. Austin is home to Co-Founder Yancy Culp who will be onsite as well as other DEKA Staff and Affiliates bringing the energy in the Live Music Capital of the World! 2023 is bringing more competition and with the introduction into DEKA RUCK division and the ever growing DEKA TEAMs.

AID STATION

There will be one water station on the running portion of the event. The water station will be equipped with cups of water. We ask that each competitor takes 1 cup at a time. Please do not dump water on yourself as the ground is concrete and can become slippery.

The finish line will also offer full bottles of water for finishers. You earned it!

DEKA FESTIVAL

Opens at 7:00 AM race day, the Festival will feature leading national sponsors with highly experiential activations and free swag, healthy and functional F&B brands sampling free foods and beverages, gyms and trainers to help you warm up and cool down, workout gear and accessories companies, and much more. Remember to bring credit cards to take advantage of deals only available to competitors.

FOOD/BEVERAGES & SPONSOR SAMPLING

- There will be a concessions area inside of the main event for purchasing food and drinks. This will be credit card only NO cash.
- Be on the lookout for free samples and the opportunity to purchase DEKA-approved products from our great sponsors.

OFFICIAL MERCHANDISE STORE

Gear engineered to make you UNBREAKABLE.
At your DEKA merch tent, you'll find…

- Venue tees to show off your achievement.
- Official DEKA face masks and hand sanitizer for total ease of mind.
- Training apparel and accessories to prep you for your next time in the Arena

...and more. Stop by the merch tent to claim your gear.

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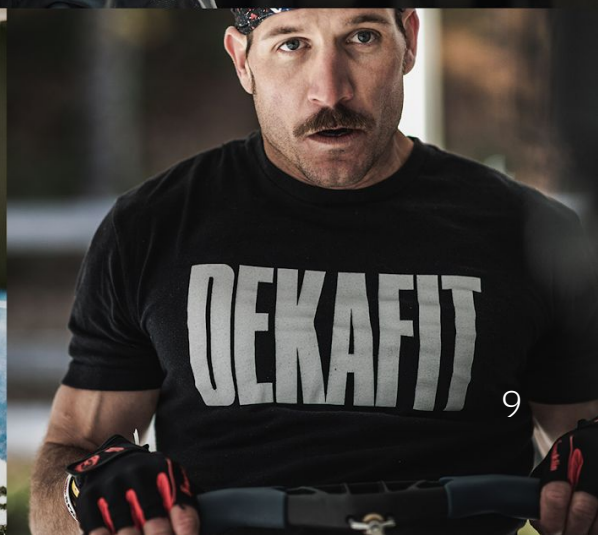

AWARDS CEREMONY

Refer to the schedule on page seven for Awards Ceremony times.

ELITE AWARDS CEREMONY
The top three males and females Elite competitors will be awarded on the podium in addition to earning their prize money.

PHOTOS

A link will be emailed Wednesday after the event. Photos will also be uploaded to DEKA's post event photos page. LINK Head to our official Spartan DEKA Facebook page to find your photos.

SPECTATOR PASSES

- Wristbands can be picked up at the Spectator check-in area on Race Day.
- Please print and fill out this DEKA Waiver and bring it with you along with one valid form of photo identification.

VOLUNTEERS

Want to run for free? Experience Spartan in a new way and volunteer with us! Celebrate at the Start, Finish or encourage our participants on course.. Explore the possibilities here: Volunteer Sign Up Link

DEKA INFORMATION

- Don't forget to screenshot or print and bring your registration barcode to pick up your packet on race day. Click here for instructions to locate your barcode.
- You must have photo identification to check in.
- No coolers or glass bottles allowed on the property. Security staff will check for them as you enter.
- If you wear a GoPro, or any other type of POV camera, please make sure your contact information (name & phone number) is somewhere on the camera. If you lose the camera on the course, this is the only way we are able to identify it.
- Racers ages 14 and older can participate.
- If registered for DEKA FIT Ruck, be sure to bring your ruck or backpack and weight implement: 30lbs (men), 20lbs (women). Ruck will be weighed in before you start and weighted out after you complete your race.
- If registered for DEKA FIT Teams, please allow extra time at registration check-in to account for increased day-of registrations
- Please DO NOT call the venue with any questions.
- Our Austin DEKA FIT event page is your best source for up-to-date information.
- Drink plenty of water before the race and come prepared.
- Get a good night's sleep. This race is no joke…

FESTIVAL SPONSORS

- Titan Fitness: Official Fitness and Training Equipment Partner
- PWR LIFT: Official Protein Water
- Myzone: Official Wearable Fitness Belt and Heart Rate/Fitness Strap

FESTIVAL EXHIBITORS

- RAM
- Operation Enduring Warrior
- Rebel Fitness
- PWR LIFT
- Zozo fit
- Rebel Fitness
- Bodify Functional Fitness
- Bold Fitness

CONTACT DEKA HQ

For any questions or concerns that haven't been addressed here, please visit our Frequently Asked Questions Page. We'll see you in the arena!