



SPARTAN DEKA PROGRAM

NORCAL- DEKA FIT

SAFE Credit Union Convention Center
Event Exhibit Hall A & B
May 4, 2024



DEKA FIT EVENT SCHEDULE

6:30 am	Registration Opens, Festival, Merchandise Opens
7:30 am	Elite Men Start
8:10 am	Elite Women Start
8:30 am	Age Group Heats
10:00 am	ELITE Awards*
12:30 pm	Elite 2-Person Teams
1:15 pm	Age Group 2-Person Teams
2:45 pm	Ruck Heat
3:00 pm	Open Heats
4:00 pm	Age Group and Team Awards*
5:00pm	Ruck Awards*
5:00pm	Registration Closed
5:00pm	Last Heat / Start Line Closed
7:00pm	Festival Closes*

*Subject to change

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.

Please show up at least 30 MINUTES prior to your Heat Start Time. Note that all racers must run in their designated start time. Please be in the starting corral on time.

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:

Venue:

SAFE CREDIT UNION CONVENTION CENTER

Event Exhibit Hall A/B

1401 K St

Sacramento, CA 95814

Parking: There are plenty of parking garages around the venue. Weekend rates are cheaper and a decent amount are \$5 weekend parking options for places like Memorial Garage (14th & H Street).

[Link to parking options](#)

TRAVEL & LODGING

[HOTEL ENGINE](#)

As our official lodging partner, Hotel Engine is saving Spartans up to 60% on hotel lodging for race day and beyond. Sign up for free to enjoy exclusive rates, extra rewards, huge selection and 24/7 US-based support.

VENUE & ARENA DESCRIPTIONS

DEKA is heading for the second time to the capitol of California, Sacramento. Located blocks away from the State Capitol you will be right in the heart of the city. Inside of SAFE Credit Union Convention Center athletes will be battling it out in the arena. This venue provides a squared off arena where all sides for running are the same length, will that be recipe for world records being broken? Time will tell.

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. Please make sure to dispose of your cups in a trash can. Please also, do not dump water on yourself/floor. This could become very slippery on the concrete floor causing athletes to slip and fall.

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

DEKA FESTIVAL

Opens at 6:30 AM race day, the Festival will feature leading national sponsors with highly experiential activations and free swag, healthy and functional food and beverage 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 cash or credit cards to take advantage of deals only available to competitors.

FOOD/BEVERAGES & SPONSOR SAMPLING

- Concessions will be open from 9am - 4pm on the event floor.
- Be on the lookout for free samples and the opportunity to purchase DEKA-approved products from our great sponsors.

ATHLETE JUDGE PROGRAM

Within 1 hour of finishing your race (or anytime before your race), make your way to the Athlete Judge check-in area at Zone 1 to begin your 60 minute volunteer judging time.

OFFICIAL MERCHANDISE STORE

Gear engineered to make you UNBREAKABLE.

At your DEKA merch tent, you'll find...

- DEKA branded tees, sweatshirts, and accessories for training or race day
- Spartan RAMs you can purchase on-site (venues may vary)
- Spartan fitness apparel you can wear to prep for any start line

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

LOOK, FEEL, TRAIN AND RACE  **DEKA**



AWARDS CEREMONY

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

ELITE AWARDS CEREMONY - Around 10:00 AM

The top three male and female Elite competitors will be awarded on the podium.

AG AWARDS CEREMONY - Around 4:00PM (Penalty Dependent)

Top three male and female Age Group competitors in each Age Group

TEAMS AWARDS CEREMONY - Around 4:00 PM (Penalty Dependent)

Top three Male, Female, and CO-ED in Elite and Age Group divisions.

RUCK AWARDS CEREMONY - Around 5:00 PM (Penalty Dependent)

Top three Male and Female Ruck competitors

PHOTOS

Photos will be posted no later than 2 days after the event. Go to [Sportograf.com](https://www.sportograf.com) to search for and purchase any of your photos post-event. If you have pre-paid for photos as part of your event ticket purchase, you will receive your voucher code for photo downloads prior to your event and can use that code on Sportograf's website.

SPECTATOR PASSES

- Wristbands can be picked up at the Spectator check in on Race Day.
- Please print and fill out the 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 at the obstacles. Explore the possibilities here: [Volunteer Sign Up Link](#)
Have a team, company or group interested in volunteering together? Email volunteer@spartan.com to coordinate!

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 10 and older can participate.
- If registered for DEKA FIT Ruck, be sure to bring your ruck or backpack (Male 30lb & Female 20lb). Ruck will be weighed in before you start and weighted out after you complete your race. (WEIGHT VESTS AND PLATE CARRIERS ARE NOT ALLOWED).
** a limited number of loaner rucks will be available on-site courtesy of **GORUCK**.*
- 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.
- The 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

- 5.11
- Lumaflex
- STRIVE
- Hotel Engine
- Titan 6 Actual

FESTIVAL EXHIBITORS

- STRIVE
- Titan 6 Actual
- Lumaflex

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!