2020 Athlete INFORMATION GUIDE

https://www.ironman.com/im703-sunshine-coast
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V3 uploaded – September 2020
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Hello and welcome to the 2020 IRONMAN 70.3 Sunshine Coast. 2020 has certainly been a year like no other and we’re really pleased that we’re in a position to be able to welcome you to the Sunshine Coast for this weekend’s event.

IRONMAN 70.3 Sunshine Coast will operate under a Queensland Health approved COVID Safe Event Plan, which has been developed in consultation with stakeholders including several Queensland Government departments, Sunshine Coast Council, Triathlon Australia and Triathlon Queensland, along with event contractors and suppliers.

The approved COVID Safe Event Plan has been developed to manage the risks associated with the transmission of the virus, with our event to be the first IRONMAN event to take place in Oceania since the COVID-19 pandemic was declared.

Central to the event’s COVID Safe Event Plan is IRONMAN COVID Safe Principles, which focus on tracing, education, enhanced hygiene, density reduction, touchpoint minimisation, Athlete self-reliance and screening.

This world class event encompasses everything the beautiful Sunshine Coast has to offer. A huge thanks to the Sunshine Coast Regional Council, Visit Sunshine Coast and Tourism and Events Queensland for their tremendous support. A big thanks also goes out to the local Sunshine Coast community and volunteers who play a huge part in ensuring that this event is a great success year after year.

We are looking forward to delivering another fantastic event in 2020 as we welcome you to the stunning beach front town of Mooloolaba. Key course features are still in place, which will take you on a challenging and scenic journey through the Sunshine Coast.

The Swim Course will again take place within pristine waters of Mooloolaba Beach. Once you’ve conquered the Swim, the Bike Course brings you out along the Sunshine Motorway before heading back into Mooloolaba to venture up the coast towards Maroochydore. The Run Course will stretch from Mooloolaba to Cotton Tree giving Athletes one of most picturesque run courses in Australia.

We are set and ready for another fantastic race on the Sunshine Coast and are looking forward to seeing you throughout the weekend.

Please ensure that you read this Athlete Information Guide thoroughly as there is not a formal Athlete briefing as well as tune in to the Race Director Virtual Briefing which is brand new to IRONMAN Oceania events! Whether this is your first-time racing IRONMAN 70.3 Sunshine Coast or you are a seasoned Athlete, I hope you have a tremendous race and an enjoyable time on the Sunshine Coast. The Sunshine Coast community is ready and waiting to support you during your IRONMAN 70.3 journey. The towns and regions surrounding Mooloolaba are amongst the most welcoming areas on the Sunshine Coast, and I encourage you to take time to explore all that they have to offer.

Finally, I wish you the best of luck and hope that you enjoy your time here on the Sunshine Coast. We’re excited to welcome you into our family, and I look forward to seeing you cross the finish line.

All the Best.

LUKE PALMER
Race Director
To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty box, please observe the following:

- Ride on the left side of the bike lane
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official’s ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

The most common rule infringements

Blue card 5 minute penalties include:
- Drafting – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- Illegal pass – passing on the left
- Littering – discarding items, for example tyres, bidons, gel wrappers etc., on any part of the course except within designated litter zones near aid stations.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will then be your responsibility to serve the 5 minute time penalty(s) at the next penalty box.

Yellow card stop start penalties to be served at the next penalty box include:
- Blocking – riding on the right side of an Athlete without passing or riding on the right-hand side of the bike lane when clear of other Athletes.

Yellow card stop start and correct penalties include:
- Helmet – failing to have your chin strap securely fastened when moving with your bike.

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:
- Offensive and unsportsmanlike behaviour,
- Public personal toilet,
- Outside assistance (from anyone other than a race official),
- The use of electronic equipment including telephones, earphones or other communication devices.

Always remember to treat other Athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience and achieve your IRONMAN 70.3 goals.

Sue Fairweather
Race Referee
QUEENSLAND, YOU'RE GOOD TO GO

FIND YOUR HOLIDAY AT QUEENSLAND.COM
Recently, The IRONMAN Group announced our Safe Return to Racing event guidelines in an effort to make the current racing environment as safe and risk free for you as possible while still delivering exceptional race day experiences for everyone in our community.

You can always refer to the Return to Racing resources, part of our IRONMAN Athlete Smart Program, [here](#).

Below is a summary of the key measures we are implementing this year. However, please thoroughly read the entire AIG.

**OVERALL**
- If you or an immediate family member living in the same household have COVID-19 symptoms ([click here for list of symptoms](#)) from 29 July up to and including race day 13 September, please do not attend the event. Contact us at sunshinecoast@ironman.com or 1300 761 384 by 3:00pm Sunday 13 September to discuss your event entry options. Requests received after this time will not be considered.
- Hand washing or sanitising stations are available at all points of entry to controlled spaces.
- Massage services are unavailable onsite.
- Virtual briefings will replace physical briefings.
- 1.5m marked spacing throughout the Venue. Please ensure you follow social distancing.

**PRE EVENT**
- Download the [Commonwealth Government COVID-19 app](#) prior to attending the event.
- We will be operating Check-In and Bike Racking by appointment only. You will receive an email three weeks from race day with a link to book these times.
- Pre event review/update of medical and emergency contact details check. You will receive an email three weeks from race day with instructions.

**ONCE I ARRIVE (PRE RACE)**
- Unique QR codes will be provided to Athletes 1 week prior to event. Your QR code will be scanned at multiple spots throughout Check-In.
- All Athletes may undergo basic health screening which will consist of a verbal questionnaire prior to Athlete Check-In. For further information on screening click [here](#).
- You will be required to come during your selected appointment time. Please note you do not need to arrive at the start time, rather you can come anytime within the 50 minute time slot.
- Participants are discouraged from carpooling with anyone from outside of their immediate household.

**TRANSITION**
- Physical Transition Tours have been removed and replaced with a Race Director Update.
- Relay Teams Change over area – Relay Teams will change over their timing chip within a designated area instead of their bike rack.
- Increased Transition and racking space for Athletes, for example, between bikes, rows and entry / exits.

**SWIM**
- Designated Athlete only area at swim starts.

**AID STATIONS**
- Athletes are encouraged to be self-reliant on course, carrying hydration and nutrition on themselves during competition. Aid stations are available for additional support and re-supply.
- Hydration will be provided in takeaway single serve bidons on cycle courses and takeaway single serve cups at all other aid stations.
- Nutrition solutions will be in takeaway single serve packages. For example, energy bars.
- Cycle course products will be distributed by volunteers wearing gloves to moving cyclists. All other aid stations will present spaced products on service tables for contactless collection by Athletes.
FINISH LINE/RECOVERY
- **Relay Teams** - Only the **runner** will be permitted down the finish line.
- We will encourage Athletes to engage in no-touch finish line celebrations.
- Medals and towels to be collected by Athletes, rather than being distributed by volunteer catchers.
- Athletes will remove their own timing chip.
- Hydration and nutrition products offered are single serve and packaged supplied via table counter service for the Athletes to collect and takeaway.
- Athletes will be asked to leave the event site once they have completed their race and collected their bags and bike.

PRESENTATIONS
- Collection of Athlete Awards at Event Information during scheduled times. See page 40 for more details.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

The 2020 IRONMAN 70.3 Sunshine Coast will have 40 slots to the 2021 IRONMAN 70.3 World Championship held in St George, Utah, USA, 17-18 September 2021.

During Athlete Check-In you will be asked to ‘opt in’ and confirm you intend to accept a slot should you qualify for the IRONMAN 70.3 World Championship. If you are successful in obtaining a Qualification slot, we will be in contact 24hrs after the race to advise. You have 48hrs to complete your registration and pay the registration fee. If you do not complete the registration within 48hrs, the slot will roll down.

You cannot change your mind after Athlete Check-In, therefore if you are unsure, its better to ‘opt in’.
QUEENSLAND EVENTS ARE GOOD TO GO
The event is sanctioned by Triathlon Australia and raced under IRONMAN Race Rules. All Athletes should read and understand the race rules prior to race day. Below highlights some of the race rules.

**SWIM**

Section 4.01 General

(c) The use of snorkels, fins, gloves, paddles or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)

(g) Individual paddlers or escorts are prohibited; (DSQ)

Section 4.02 Wetsuit Rules

(c) A wetsuit may cover any part of the body except the face, hands, or feet;

(e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

**BIKE**

Section 5.01 General

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

(c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for Athletes who fail to follow the proper course;

(g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly)

**RUN**

Section 6.01 General

(a) Athletes may run, walk or crawl;

(b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for Athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete’s final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

**FINISH LINE**

Section 6.03 Finish Line Conduct

Friends, family members and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other Athletes, volunteers and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.
PROTESTS

Section 3.06 Right of Protest or Appeal

The Athlete’s right to protest or appeal, if any, will be governed and handled by the event’s sanctioning body and/or the Competition Rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group Athletes must participate and compete in the age-group division corresponding to the Athlete’s age as of December 31 of the year of the Event.

ANTI-DOPING

Each Athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) “Anti-Doping Rules” means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the “WADA Code”), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the “Prohibited List”) as issued by the World Anti-Doping Agency (“WADA”), and all other rules, policies, and/or procedures adopted by IRONMAN.
Discover the Sunshine Coast

Find your travel inspiration at visitsunshinecoast.com
Message from the Minister for State Development, Tourism and Innovation

Welcome to the IRONMAN 70.3 Sunshine Coast.

COVID-19 is the biggest challenge we’ve ever had to face. This event is a significant step forward in the economic recovery of the Sunshine Coast – encouraging visitors to come back, pumping thousands of dollars into local businesses and supporting local jobs.

It’s thanks to the excellent efforts of Queenslanders that restrictions have eased and we can start to focus on our economic recovery.

Events are vital to the Palaszczuk Government’s strategy to rebuild Queensland’s economy and support local jobs long into the future.

The iconic IRONMAN 70.3 Sunshine Coast offers a scenic world-class coastal course incorporating a swim leg off the spectacular Mooloolaba Beach, a fast and furious ride and a picture-perfect two-lap running leg.

The Palaszczuk Government is proud to support this event through Tourism and Events Queensland.

To all those participating, I wish you all the best of luck.

If you’re visiting, I encourage you to stay, support local businesses and experience all the Sunshine Coast has to offer.

Mayoral Message

I would like to extend a warm welcome to competitors and spectators joining us on our beautiful Sunshine Coast for the 2020 IRONMAN 70.3.

Our healthy, smart, creative region has long been regarded as one of Australia’s leading destinations to host sporting events and we’re delighted to see this event come to life after such a tumultuous year.

For those visiting the Sunshine Coast, we hope you take the time to explore our region while you are here and sample some of the many diverse experiences and adventures we have to offer. I encourage you to share your images of the Coast on social media during your stay, using #sunshinecoast or #visitsunshinecoast.

Thank you to our event organisers and partners and to the hard work of all of the volunteers who have helped to deliver a safe and successful event.

To all competitors, I wish you the best of luck and I look forward to seeing you back here on our Sunshine Coast in the future.

Mayor Mark Jamieson
Sunshine Coast Council

The Hon Kate Jones MP
Minister for State Development, Tourism and Innovation
The Event Schedule is up to date as at 14/08/2020 and is subject to change. View the Event Schedule online and on the IRONMAN Oceania App for the most up to date information.

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<td>3:00pm - 7:00pm</td>
<td>Event Information Open</td>
<td>Mooloolaba Esplanade, Mooloolaba</td>
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<tr>
<td>3:00pm - 7:00pm</td>
<td>IRONMAN 70.3 Merchandise Store Open</td>
<td>Beach Terrace, Mooloolaba</td>
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<tr>
<td>3:00pm - 7:00pm</td>
<td>IRONMAN 70.3 Competitor Check-In</td>
<td>Beach Terrace, Mooloolaba</td>
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### SATURDAY 12 SEPTEMBER 2020

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<tr>
<td>10:00am – 3:30pm</td>
<td>IRONMAN 70.3 Competitor Check-In</td>
<td>Beach Terrace, Mooloolaba</td>
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<tr>
<td>10:00am – 4:00pm</td>
<td>IRONMAN 70.3 Merchandise Store Open</td>
<td>Beach Terrace, Mooloolaba</td>
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<tr>
<td>10:00am – 4:30pm</td>
<td>IRONMAN 70.3 Compulsory Bike Racking</td>
<td>The Wharf Car Park, Mooloolaba</td>
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<tr>
<td>10:00am – 4:00pm</td>
<td>Event Information Open</td>
<td>Mooloolaba Esplanade, Mooloolaba</td>
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### SUNDAY 13 SEPTEMBER 2020

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<td>4:45am – 3:00pm</td>
<td>Street Gear Area Open</td>
<td>Arthur Parkyn Park, Parkyn Parade</td>
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<td>4:45am – 5:40am</td>
<td>Transition Open</td>
<td>The Wharf Car Park, Mooloolaba</td>
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<td>4:45am – 8:00am</td>
<td>Transition Help Desk Open</td>
<td>Arthur Parkyn Park, Parkyn Parade</td>
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<td>6:00am</td>
<td>IRONMAN 70.3 Race Start</td>
<td>Mooloolaba Beach, Mooloolaba</td>
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<td>8:00am – 4:00pm</td>
<td>Event Information Open</td>
<td>Mooloolaba Esplanade, Mooloolaba</td>
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<tr>
<td>9:00am – 4:00pm</td>
<td>IRONMAN 70.3 Merchandise Store Open</td>
<td>Beach Terrace, Mooloolaba</td>
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<tr>
<td>9:43am</td>
<td>First Male Finisher Expected</td>
<td>Beach Terrace, Mooloolaba</td>
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<tr>
<td>10:07am</td>
<td>First Female Finisher Expected</td>
<td>Beach Terrace, Mooloolaba</td>
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<tr>
<td>11:15am – 1:00pm</td>
<td>Transition Help Desk Open</td>
<td>Arthur Parkyn Park, Parkyn Parade</td>
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<tr>
<td>11:45am – 3:00pm</td>
<td>Transition Open for Bike Check Out</td>
<td>The Wharf Car Park, Mooloolaba</td>
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<tr>
<td>2:35pm</td>
<td>Last Finisher Expected</td>
<td>Beach Terrace, Mooloolaba</td>
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Explore the Sunshine Coast

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ATHLETE CHECK LIST

PRE EVENT
- Book/confirm accommodation and flights (if applicable)
- Ensure event registration is confirmed (check for confirmation email)
- Familiarise yourself with event schedule (know all Check-In/drop off times)
- Ensure you have booked your appointment time for Athlete Check-In and Bike Racking. You will receive an email three weeks from race day with a link to book these times
- Review/update of medical and emergency contact details. You will receive an email three weeks from race day with instructions
- Pack photo ID in your luggage
- Familiarise yourself with the course - it is your responsibility to know this on race day
- Check Athlete List online and on the event app Note: the website list won’t be updated after 7 September 2020. The event app will be updated at close of Check-In prior to race day. If any details are wrong, contact us via sunshinecoast@ironman.com or 1300 761 384

ONCE I ARRIVE (PRE RACE)
- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start & finish line)
- Familiarise yourself with Changed Traffic Conditions
- Check-In and collect race kit
- Pack items for race day
- Teams – Familiarise yourself with team transition entry point

RACE DAY
- Ensure you have all items for your race including helmet, timing chip and wetsuit/trisuit
- Enter Transition for last minute checks, set up gear
- Drop off street gear bag and bike pimp (if relevant)
- Start the race - be at the start line at least 15 minutes before the start time (6am)
- Finish the race
- Collect your medal and finisher towel
- Recover
- Collect your items – street gear bag, bike pump, bike

POST RACE
- Have your medal engraved at the Official IRONMAN Merchandise Tent
- If an award winner – collect award from Event Information during specific times
- Upload your #medalmonday photo on your social media
RACE KIT

RACE KIT COLOURS
Black – Professional Male
Silver – Professional Female
Blue – Paratriathlete
Blue – Age Group Athletes
Orange – Relay Teams

1. RACE BIB NUMBER
Worn on the front and attach with race belt (supplied by Athlete) or safety pins (available at Event Information). Do not fold or alter your race bib number.

2. ATHLETE WRISTBAND
Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into Athlete restricted areas without Athlete’s wearing their wristband. NO WRISTBAND = NO ACCESS

3. TATTOOS
Number Tattoo: Place on right bicep
Category Tattoo: Place on left calf
Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper. Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with permanent marker.

4. SWIM CAP
Provided Roka swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

5. STREET GEAR BAG
Place items required for post race. Drop off race morning. Must use the bag supplied.

6. BIKE SEAT POST STICKER
Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

7. HELMET STICKER
Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER
Place sticker on bike pump prior to drop off on race day.

9. STREET GEAR BAG STICKER
Remove sticker from backing sheet. Wrap the sticker around the string on the bottom right hand corner of your street gear bag and stick securely onto the back of itself.
Please note the below information relates to the Relay Teams and outlines specific team details and difference to the Individual race.

Relay Teams must still read the complete AIG for all relevant information but please also note the team information below.

**RACE KIT**
Please refer to page 16 to see all inclusions in your race kit.

Please note the team differences:
- Race Bib Number – worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Street Gear Bag – each team member will receive their own Street Gear Bag

Tattoos:
- Number Tattoo – worn by the runner
- Category Tattoo – worn by the runner

**CHECK-IN**
Each team member will be required to attend Check-In. The first team member to attend Check-In will receive the Race Kit. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

Each team member when they attend Check-In will complete their own process and collect their own gifts.

It is recommended where possible, that all Relay Team Members Check-In together.

**TRANSITION**
The change over between team members will occur within the teams change over area in Transition. Team members will stand within the teams change over area and call out their team members name. You will then, exchange the timing chip. Your timing chip is your relay baton.

During the race, team members will enter through the Teams Entry and wait in the teams change over area to meet their racing team member.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

**SWIM START**
Rolling Start: Team swimmers will sort themselves into the correct start group based on their expected swim start time. *There is no different start for team swimmers vs individual swimmers.*

**FINISH LINE**
Only runners of the Relay Teams will be permitted down the finish line. They will collect the other team members towel and medal on their behalf.
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Support, technology, and services at every step of the way. From people who love the sport as much as you do.

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VENUE

ATHLETE CHECK-IN
Will be located on Beach Terrace. We will be operating Check-In by appointment only. You will receive an email three weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours.

Please note, no packs will be posted out prior to the event.

What you will need to bring:
- Photo ID (drivers licence or passport)
- QR Code

Who can collect?
Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else’s name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.
BIKE MECHANICS
Bike mechanics will be available to offer minor mechanic services in transition on Saturday and Sunday and out on course on Sunday.
For any pre-event repairs, Cycle Zone are our preferred bike mechanics.
Address: 6/8 Plaza Parade, Maroochydore QLD 4558
See Ventum Bike Course information on page 34 for on course support.

RACE DIRECTOR Q&A
A virtual Race Director update will be available via our Facebook page and website. This will include a high-level overview of the event.

PRE RACE TRAINING
Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore we ask you to be cautious at all times and courteous to the local community.

Swim: Remember to swim between the flags

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia. Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast.

PARKING
Parking will be on surrounding local street. Please ensure that you are aware of the any parking restrictions and changed traffic conditions.

Parking will be available at Mountain Creek High School – 89 Lady Musgrave Road, Mountain Creek and shuttle bus services will be available to transport individuals to the race venue.

Limited parking is also available in the Brisbane Road and Coles Car Parks.

CHANGED TRAFFIC CONDITIONS
Please take time to make yourself aware of all changed traffic conditions for yourself and all Athletes on race day.

View changed traffic conditions here.

SHUTTLE BUSES
Shuttle Buses will run between Mountain Creek High School and River Esplanade, Mooloolaba.

Shuttle Buses will run between the below times:
• Saturday 12 September: 8:00am - 6:00pm
• Sunday 13 September: 4:30am - 8:30am
• Sunday 13 September: 12:30pm - 5:30pm

If you do require any additional information regarding shuttle buses please contact us on 1300 761 384.
STREET GEAR BAG
Your street gear bag consists of any clothes you require post race and is collected at Street Gear Bag Area. The bag provided to you during Athlete Check-In must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:
• Warm clothing (jumper, tracksuit pants)
• Different footwear

Please refrain from placing any valuables in your bag where possible.

View page 13 for times and locations.

<table>
<thead>
<tr>
<th>BAG</th>
<th>DROP OFF LOCATION</th>
<th>POST RACE COLLECTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>STREET GEAR BAG</td>
<td>When: Sunday – 4:45am</td>
<td>When: Sunday – Post Race</td>
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<tr>
<td></td>
<td>Location: Arthur Parkyn Park – Parkyn Parade</td>
<td>Location: Arthur Parkyn Park – Parkyn Parade</td>
</tr>
<tr>
<td>BIKE PUMPS</td>
<td>When: Sunday, 4:45am</td>
<td>When: Sunday – Post Race</td>
</tr>
<tr>
<td></td>
<td>Location: Arthur Parkyn Park – Parkyn Parade</td>
<td>Location: Arthur Parkyn Park – Parkyn Parade</td>
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</tbody>
</table>
**PRE RACE**

**BIKE RACKING**

View the event schedule (page 13) for times and location.

**Prior to Entry:**
- Attend Athlete Check-In
- Secure bike seat post sticker

**Bike Checks:**
- Conducted by Triathlon Australia upon entry
- You, the Athlete are responsible for your bike being in safe working order
- Inspectors will be checking for such thing as:
  - End plugs on handle bars
  - Tyres in reasonable condition
  - Stripped cabling
  - At least one water bottle cage
  - Brakes in working order
  - Compliance with IRONMAN Rules

**How to Rack your Bike:** Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

**Covers:** No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

**Note:** No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

**TIMING CHIPS**

**Pick Up:** Upon exit during bike racking.

**Hot Tip:** Place the timing chip somewhere safe after collection. For example, with your helmet.

**Drop Off:** Timing chips will be collected within recovery.

**Lost During Race:** If you lose your timing chip during the race, inform event staff within transition, so that timing providers can do their best to replace the chip.

**Drop Out:** If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information. If you are unable to reach this location, please give your timing chip to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

**Lost Timing Chips:** If your timing chip is not returned or is lost, you will be charged AUD $150 for a replacement.
RACE DAY

HELMET CHECK
Triathlon Australia officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike.

Athletes are responsible for ensuring that their helmet is in a safe working order, prior to entering Transition. See IRONMAN Rules.

POST RACE

BIKE COLLECTION
View the Event Schedule on page 13 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. There are no transition bags provided or to be used for this event. Please note no bags/tubs are to be used or left in Transition. All bags will be removed if left in Transition.

Gear may include:

<table>
<thead>
<tr>
<th>Bike</th>
<th>Run</th>
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</thead>
<tbody>
<tr>
<td>Bike shoes (or on bike)</td>
<td>Running Shoes (compulsory)</td>
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<tr>
<td>Helmet</td>
<td>Race bib number (compulsory)</td>
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<td>Sunglasses</td>
<td>Sunglasses</td>
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<tr>
<td>Towel</td>
<td>Hat/Visor</td>
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<td>Socks</td>
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<td>Change of clothes</td>
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<tr>
<td>Nutrition and fluids (or</td>
<td>Nutrition and fluids</td>
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<tr>
<td>on bike)</td>
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</table>
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High quality natural sports nutrition // puresportsnutrition.com.au
AID STATIONS

PRE SWIM
• Glasses drop table (collection at swim exit)
• Water is available at drinking fountains at the Loo with a View building

TRANSITION AID STATION
(Swim to Bike & Bike to Run)

Will Offer:
• Water
• PURE Electrolyte – Superfruits
• Vaseline
• Sunblock
• Toilets

BIKE AID STATIONS
In Australia, we ride on the left-hand side of the road. Aid station take-ups will normally be with the left hand.

Aid Station Locations:
The Bike Course has 2 aid stations located approximately 15-25km apart.
• B1 – 13km, Sunshine Motorway
• B2 – 32km, Sunshine Motorway
• B3 – 58km, Sunshine Motorway
• B4 – 73km, Sunshine Motorway

Will offer:
• Water
• PURE Electrolyte – Superfruits
• Winners Energy Gels – Lemon Lime & Berry Burst
• Winners Energy Bars – Mountain Mix & Apple Berry Crumble
• Vaseline
• Sunscreen
• Insect Repellent
• Toilets
• First Aid Services
AID STATIONS

Process:
Slow down when entering a bike aid station, don’t stop! If you do not require any product from a bike aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise by calling out as per your needs.

RUN AID STATIONS
The Run Course has 3 aid stations located approximately 1-2km apart.

- R1 – 1.5km, 6.3km, 11.6km, 16.4km Bukatilla Street, Inbound & Outbound
- R2 – 2.7km, 8.4km, 12.8km, 18.4km Katoa Street, Inbound & Outbound
- R3 – 4.8km, 9.5km, 14.8km, 19.6km Cotton Tree Park, Inbound & Outbound

Will offer:
- Water
- PURE Electrolyte – Superfruits
- Winners Energy Gels – Lemon Lime & Berry Burst
- Winners Energy Bars – Mountain Mix & Apple Berry Crumble
- Winners Chews – Berry
- Red Bull will be supplied on course at aid station 3 only and served in a diluted formula of 50% Red Bull and 50% water
- Cola
- Vaseline
- Sunscreen
- Insect Repellent
- Toilets
- First Aid Services
AID STATIONS

Process:
Keep left when approaching a run aid station. If you do not require any product from a run aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow Athletes.

DISCARD DROP ZONES
Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.
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CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim – 1 hour from Athlete’s individual start time (times below based on last Athlete in water)
• 7:35am, Swim Exit – Athletes must be standing on the beach completely out of the water and pass medical examination

Bike – 5 hours from Athlete’s individual start time (times below based on last Athlete in water)
• 7:45am, 0km – T1 Bike Exit
• 9:39am, 45km – 2nd Lap Turning Point
• 10:11am, 58km – Aid Station 1 (2nd Pass)
• 11:35am, 90km – T2 Bike Entry

Run – 8 hours from Athlete’s individual start time (times below based on last Athlete in water)
• 11:45am, 0km – T2 Run Exit
• 1:08pm, 10.3km – 2nd Lap Point
• 2:08pm, 17.8km – Sixth Avenue Inbound
• 2:35pm, 21.1km – Finisher Arch

Should an Athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Staff will assist in transporting the Athlete back to the event precinct via sag wagons.

In addition to the above cut off times, Athletes may be cut off at any time based on the Race Director’s discretion and judgement. Reasons for this may include, but are not limited to medical, contingency, logistical and/or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios the Race Director also reserves the right to announce new cut off times.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical
A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed here on the maps. Athletes are responsible for any costs incurred as a result of a medical incident. This includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all Athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international Athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon
The SAG Wagon will collect Athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected Athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.
FINISH LINE PHOTO
FinisherPix is the official event photographer.

How to Get your Best Photos:
• Ensure your helmet sticker visible on the FRONT of your bike helmet.
• Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
• Smile and celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.
• Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery.

Your personal race photos will be available within 24-48hrs after the race at www.finisherpix.com.

RECOVERY PROCESS & AREA
After passing the finish line arch, you will collect your finishers medal and towel.

You will then follow the recovery process and have the below available to you:
• Timing chip collection
• Recovery food/drink
• Medical support (if required)
• Street gear bag collection
• Official finisher photo by FinisherPix

Important: before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:
• Water
• Red Bull
• Nutrition

POST RACE
RESULTS
Results can be viewed at the following locations:
• IRONMAN Oceania App - https://www.ironman.com/im703-sunshine-coast-supporters
• Event website - https://www.ironman.com/im703-sunshine-coast

No access to online services? Visit our Event Information who can assist.

MEDAL ENGRAVING
 Medal engraving is available at the Official IRONMAN Merchandise store. View the event schedule (page 13) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY
Any lost or found property that is handed in will be taken to Event Information. You can lodge your own lost items here:

Alternatively, view the event schedule (page 13) for times and location (Mooloolaba Esplanade, Mooloolaba).

Please note: no responsibility or liability is taken by the Race Organisers for lost property. All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or sunshinecoast@ironman.com.
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REAL ROADS. REAL RIDERS. REAL FEELINGS.
ROKA
SWIM COURSE 1.9km

Cut off – 1 hour from Athlete’s individual start time (times below based on last Athlete in water)

PROFESSIONAL SWIM START
Professional Athletes will start their race in a wave start format from the beach start.
View the event schedule (page 13) for start times.

PARATRIATHLETE SWIM START
Paratriathletes will be communicated to by the Race Director of their start time and process.
If you are a Paratriathlete and require support, please contact us at sunshinecoast@ironman.com or on 1300 761 384.

ROLLING START
View the Event Schedule (page 13) for start times.
For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.
Four different Start Zones are available, depending on an Athlete’s expected swim time:
- Zone 1. Under 30 minutes
- Zone 2. 30 minutes - 35 minutes
- Zone 3. 35 minutes - 45 minutes
- Zone 4. 45 minutes - 60 minutes

Zone signage displayed within the Swim Start area. To access the Start Zones, Athletes will need to follow the directional signage and instructions of Event Staff.
At the official start time, the Rolling Start will begin with Athletes being released in intervals across the start line and timing mat.
As you cross the start, your timing chip will activate and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all Athletes have crossed the timing mat and begun the race.

WETSUIT RUILING

Wetsuits will be optional if the water temperature is below 24.5 degrees Celsius and mandatory if the water temperature is below 16 degrees Celsius. See Race Rules on page 9 for more information.

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

Professional Athlete wetsuit ruling may vary – see IRONMAN Race Rules.

GLASSES DROP/COLLECTION

A glasses drop and collection point will be available at the swim start/swim exit. Please ensure your glasses are labelled with your race number prior to drop off. Where possible drop your glasses at the Swim Exit collection point. If you are unable to, a drop off point will be available at Swim Start.
COURSE MAP
Visit the website for further course information.

SWIM SAFETY
Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and they are there to support you should you require assistance.

At any time should you require the assistance of water safety, please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required, you will be checked over by medical and your timing chip will be removed. If your timing chip has been removed, do not attempt to re-enter the race.

SWIM CAPS
All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at sunshinecoast@ironman.com or via 1300 761 384.

Click here to view Age Group swim cap colours.
THE WORLD’S MOST LOVED WETSUIT

“...I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it.”

- Paul, Seattle, WA

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LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
VENTUM
BIKE COURSE 90km

Cut off – 5 hours from Athlete’s individual start time (times below based on last Athlete in water)

TRAFFIC
Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

COURSE MAP
Visit the website for further course information.
HOKA ONE ONE
RUN COURSE 21.1km

Cut off – 8 hours from Athlete’s individual start time (times below based on last Athlete in water)

COURSE MAP
Visit the website for further course information.
CLIFTON 7
YOUR ULTRA COMFORTABLE
GO-TO DAILY RUNNER

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PRESENTATIONS

All awards will be available for collection at Event Information. Please keep an eye out both on the website, event app and social media pages for the announcement of award winners.

- Age Group Athletes - each age group will be awarded 1st – 3rd place trophies.
- Professional Athletes - will be awarded 1st – 5th place.

TRICLUB AWARDS

The top 3 TriClubs overall of the day will be awarded. For more information on the TriClub Awards and program visit here.
The 2020 IRONMAN 70.3 Sunshine Coast will have 40 slots to the 2021 IRONMAN 70.3 World Championship held in St George, Utah, USA, 17-18 September 2021.

During Athlete Check-In you will be asked to ‘opt in’ and confirm you intend to accept a slot should you qualify for the IRONMAN 70.3 World Championship. If you are successful in obtaining a Qualification slot, we will be in contact 24hrs after the race to advise. You have 48hrs to complete your registration and pay the registration fee. If you do not complete the registration within 48hrs, the slot will roll down.

You cannot change your mind after Athlete Check-In, therefore if you are unsure, its better to ‘opt in’.

How does the Age Group Slot Allocation Work?
First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group within a particular gender. For example, “Male 25-29” is one Age Group, and “Female 25-29” is a different Age Group.

The Allocation Process:
• Before Race Day:
  • Each Age Group with registered Athletes is tentatively allocated one slot each (an “Initially Allocated Slot”)
  • All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day
• On Race Day:
  • If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot
  • The proportionally Allocated Slots are then allocated among all Age Groups (i.e. those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

• After the Race:
  • Before Roll Down:
    If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.
  • During Roll Down:
    If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

Other Information
Only Age Group Athletes are eligible to receive Age Group World Championship 70.3 Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an Elite Athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have qualified for, or hold Professional or Elite status.

Any change in an Athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the Athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

Click here to view previous years slot allocation.
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With over 150 locations across Australia and New Zealand, Europcar offers a reliable service at competitive rates for all your sporting and travel needs.

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*Terms and conditions apply.
VOLUNTEERS

The 2020 IRONMAN 70.3 Sunshine Coast requires the support of over 500 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 2,500 hours to assist, support and motivate you from the start to the finish of your IRONMAN 70.3 journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Volunteers, we simply would not be able to run any IRONMAN events.

OFFICIAL EVENT APP

The IRONMAN Oceania app has everything you need to know as an Athlete or a Spectator.

Available for both iPhone and Android, the app includes live Athlete tracking, race leaderboard, race results, course maps and Event Schedule.

• Update it to get the latest race info.
• Track the Athletes live throughout the course, including their time splits.
• Live leaderboard to keep you up front with who’s in the lead. You can filter by age group.
• It’s super easy to find and create your own list of your favourite Athletes to follow.
• You can receive notifications when the Athletes you’re following cross key race points.
• Check out the final results post-race.
• Watch live video coverage throughout the day.
• Always know where you are and want to be with interactive maps.
• Event info and clear schedules ensure you know what’s going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!

SPECTATORS

Spectators are asked to please support and participate in all COVID Safe measures outlined in the Athlete Information Guide. Key detail includes;

• Stay home if they are sick or if they have been in contact with somebody who is sick.
• Download and turn on the Commonwealth Government COVID-19 app
• Encouraged to support remotely through IRONMAN Oceania App
• Avoid time at areas of high density e.g. Athlete Check-In, Transition, Swim Start, Finish Line and Recovery.
• Regularly clean hands at hand wash and sanitation stations when onsite at event.

GET SOCIAL

https://www.facebook.com/IM703SunnyCoast/
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#IM703SC

WOMENFORTRI

WomenForTri’s mission is simple: “To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female Athletes across all distances and representing all athletic abilities.” In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived “barriers.”

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

If you have any further questions, please don’t hesitate to contact us at sunshinecoast@ironman.com or via 1300 761 384. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,
IRONMAN 70.3 Sunshine Coast Team
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
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@finisherpix #finisherpix
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- Santini
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- Red Bull
- Always Advancing
- Mantra Mooloolaba Beach
- Pure Sports Nutrition
- Holsten
- Winners
- Rovy
- Tri Travel
- Chep
- Triathlon Australia
- Cyclezone
- FinisherPix
- Europcar