ATHLETE GUIDE 2021

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IRONMAN DUBAI 2021 AT THE MEYDAN HOTEL

Calling all IRONMAN 70.3 Dubai triathlon athletes!
Enjoy special rates as you relax and recuperate with a stay at The Meydan Hotel, Dubai's luxurious equestrian property.

STARTING FROM AED 490 FOR OVERNIGHT STAY

- Complimentary breakfast served at Farriers restaurant
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WHAT IS NEW IN TRAVELLING?

Dubai International (DXB) must be fully aware of specific travel regulations and requirements.

Further to the announcement made by the UK government on Thursday 28 January, direct flights between UAE and the UK have been temporarily suspended. The suspension comes into effect for all flights that were scheduled to arrive in the UK after 13:00 UK time on Friday 29 January.

All passengers are required to wear masks at the airport and during the flights!

All passengers (except UAE National) must carry a covid-19 PCR test before arriving into DXB, no more than 72 hours

All passengers must complete the passenger information from when arriving to Dubai!

Tourists

Before travel, tourists must check with their airline for specific details relevant to their country of departure.

All tourists and GCC citizens must carry out a COVID-19 PCR test before arriving into DXB, no more than 72 hours before scheduled flight departure time, at an officially recognised testing centre. Some travellers may be required to undergo additional testing on arrival. The negative COVID-19 PCR test result must be presented in printed certificate format by the traveller on arrival to DXB. The certificate must be in English or Arabic only. Handwritten certificates will not be accepted.

On arrival to DXB, tourists must download and register on the COVID-19 DXB Smart App. Download here:

Some countries require travellers leaving the UAE to present a negative COVID-19 PCR test certificate on the return journey. This test must be carried out no more than 72 hours before the scheduled return flight time. Children under the age of 12 and passengers with moderate to severe disabilities are exempt from PCR test requirements.

UAE Nationals

Before travelling to Dubai, UAE nationals are not required to carry out a COVID-19 PCR test. Testing will be carried out on arrival at DXB regardless of their country of departure.

On arrival to DXB, UAE Nationals must download and register on the COVID-19 DXB Smart App.

Some countries require travellers leaving the UAE to present a negative COVID-19 PCR test certificate on the return journey. This test must be carried out no more than 72 hours before the scheduled return flight time.

UAE Residents

UAE residents are advised to check with their airline for specific details relevant to their country of departure and arrival.

All UAE residents must carry out a COVID-19 PCR test before arriving into DXB, no more than 72 hours before scheduled flight departure time, at an officially recognised testing centre. Some travellers may be required to undergo additional testing on arrival.The negative COVID-19 PCR test result must be presented in printed certificate format by the traveller on arrival to DXB. The certificate must be in English or Arabic only. Handwritten certificates will not be accepted.

All Dubai residents must get approvals from General Directorate of Residency and Foreigners Affairs (GDRFA) before returning to DXB - https://smart.gdrfad.gov.ae/Smart_OTCServicesPortal/ReturnPermitService.aspx

Stay updated on COVID 19 travel topics from the UAE Government:

Resident visa holders from other Emirates must get approvals from ICA before returning to DXB - https://smartservices.ica.gov.ae/echannels/web/client/guest/index.html#/residents-entry-confirmation. On arrival at DXB, UAE residents must download and register on the COVID-19 DXB Smart App. Some countries require travellers departing from the UAE to present a negative COVID-19 PCR test certificate. This test must be carried out no more than 96hrs (72hrs for travel to the UK) before the scheduled return flight time. Children under the age of 12 and passengers with moderate to severe disabilities are exempt from PCR test requirements.

Transit customers

Before travel, transit customers must check with their airline and their final destination for specific requirements.Negative COVID-19 PCR test certificate is not required for transit through DXB. Information on officially approved labs for PCR testing can be found here:

All passengers will undergo a medical examination and those showing symptoms will have tests performed!

Passengers with a positive test result will take medical treatment!

Passengers arriving from Afghanistan are not allowed to enter!

https://c.ekstatic.net/ecl/documents/health-screening-documents/approved-laboratories.pdf

https://screening.purehealth.ae/application

Airport procedures

In order to maintain public safety and physical distancing requirements, all passengers departing from DXB are reminded to adhere to the following guidelines:

Only valid ticket holders will be allowed into the terminal building. Arrive at the airport no more than four (4) hours before your scheduled flight time, and no less than two (2) hours. Protective mask must be worn by all travellers.

Passengers displaying symptoms are advised to not come to the airport and seek medical advice.

Airport safety measures

Precautionary measures have been implemented throughout the airport to maintain the health and safety of our customers and staff. These measures include hand sanitiser stations around the airport, protective plexiglass at check-in and immigration counters, thermal and temperature screening, social distancing markers and increased levels of cleaning and sanitisation in compliance with international standards set out by the relevant authorities.

Check your terminal before flying

All Emirates airline flights operate from DXB's Terminal 3.

All other airlines will operate from either Terminal 2 or Terminal 3.

Accordingly, all passengers must consult their ticket/airline to confirm terminal of operation at all times before coming to the airport. Dubai Airports continues to be fully committed to supporting the measures being taken to ensure the health and safety of our valued customers, our community and our employees.

We continue to urge you to stay safe.

Dubai Airports

FROM THE RACE DIRECTOR
IRONMAN70.3 DUBAI

Dear Athletes,

It is with great pleasure that we welcome everyone to the 2021 IRONMAN 70.3 Dubai, where the world's finest come to race. We pride ourselves on an event that welcomes elite athletes and absolute beginners alike.

We are thrilled once again as IRONMAN 70.3 Dubai takes place right next to the iconic Burj AlArab, the stunning seven-star hotel that has hosted celebrities from all over the world. Athletes begin their day with a swim course begin from Jumeirah Public Beach, Dubai.

Dubai one of the region's most well-known destination beaches and a getaway for travelers from all over the world. The bike route leaves the city behind and ventures into the Arabian Dunes. The run route will cover one and a half laps along the Jumeirah beach. This year the race is not going to be a jam packed race with supportes as in previous years due to covid-19 protocols. We won't have the grandstand as well this year. To make the season more exciting, IRONMAN 70.3 Dubai, announced to offer 50 qualifying slots for the 2021 IRONMAN 70.3 World Championship in St. George, USA. and additional 25 women for tri slots.

We have hustled a lot to make this race happen, with all the covid 19 protocols implementation at every step to make this race a safe and at the same time pleasurable for you. Make sure you read through this athlete guide carefully. The same can be shared with any respective authorities to assure that you will be racing in a safe environment.

We would like to wish you all the best of luck in your quest to be an IRONMAN! Here are some tips for an enjoyable and successful race:

- *Please follow covid 19 protocols and social distancing at every step for your own safety and the safety of the others.*
- *Make sure you drink plenty of fluids during race week! You don't want to be dehydrated going into the race.*
- *On race morning, don't rush! Take your time in transition setting up your race gear before heading down to the swim start area. You want to be certain that everything is ready to rock!*
- *Ease into the first couple hundred meters of the swim. We know it's a race, but it's a long day out there on course. Taking it easy during the first few minutes will allow you to settle into a good swim rhythm and set you up for a successful start to your day.*

Remember, YOU ARE MADE FOR THE DISTANCE.

YOU ARE IRONMAN.

ABBAS MOOSA BUHASSAN
Race Director
IRONMAN 70.3 Dubai
#IM703DUBAI

MESSAGE HEAD REFEREE

Ali Baba
IRONMAN 70.3 DUBAI, 2021
Head Referee

	DRAFTING VIOLATION
	BLUE CARD
	five minute time penalty served at a penalty tent in the Transition Area
	BLOCKING VIOLATION
	YELLOW CARD
	Half minute stop and go time penalty served at the penalty tent in the Transition Area
	LITTERING VIOLATION
	RED CARD
	DISQUALIFICATION (DSQ)

THREE BLUE CARD OR YELLOW CARD OR COMBINATION OF BOTH VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN will operate under the "three strikes and you're out" principle with respect to BLUE CARD violations. DRAFTING is the only violations that will result in a BLUE CARD violation and an athlete will incur a -5minute time penalty(to be served at the penalty tent) located at the Transition area.

YELLOW CARD violations **(Half minute stop and go time penalty)** also require an athlete to stop at the penalty tent located in the Transition Area.
Any penalties incurred on the run course are to be served at the point of infraction.

IRONMAN Competition Rules still allow an athlete to be disqualified for having shown any combination of cards three times.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2020 IRONMAN Competition Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Other common violations include:

HELMET CHINSTRAP
Your chinstrap must be securely fastened whenever you are on your bike on race day.

RACE NUMBER
You must wear your bib number during the run & bike portion of the race. In addition,your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.

LITTERING
Do not throw ANYTHING outside of official aid stations. Littering will result in a RED CARD violation, which is a Disqualification.

UNAUTHORIZED EQUIPMENT
Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

OUTSIDE ASSISTANCE
Non-racers may NOT ride or run alongside you.

TIME PENALTIES
Remember that DRAFTING is the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

EVENT SCHEDULE

Tuesday, 09.03.2021

START	END	EVENT	LOCATION
09:00am	06:00am	Expo (TBD)	Jumeirah Public Beach
09:00am	06:00pm	Registration	Jumeirah Public Beach

Wednesday, 10.03.2021

START	END	EVENT	LOCATION
09:00am	06:00pm	Expo (TBD)	Jumeirah Public Beach
09:00am	06:00pm	Registration	Jumeirah Public Beach
04:00pm		Press Conference (TBD)	The Meydan Hotel
05:00pm		Pro Race Briefing	Online
08:00pm		Race Briefing	Online

Thursday, 11.03.2021

START	END	EVENT	LOCATION
09:00am	06:00pm	Expo (TBD)	Jumeirah Public Beach
09:00am	06:00pm	Registration	Jumeirah Public Beach
09:30am	06:30pm	Bike Check In	Jumeirah Public Beach

Friday, 12.03.2021

START	END	EVENT	LOCATION
05:00am		Transition Opens	Jumeirah Public Beach
06:30am		Transition Closes	Jumeirah Public Beach
07:00am		Swim Start (Pro Men)	Jumeirah Public Beach
07:03am		Swim Start (Pro Women)	Jumeirah Public Beach
07:10am		Swim Start (Age Group Athletes)	Jumeirah Public Beach
09:00am	05:30pm	Expo (TBD)	Jumeirah Public Beach
11:00am		Pro Winners Flower Ceremony	Jumeirah Public Beach
01:30pm	05:00pm	Bike Checkout	Jumeirah Public Beach
		Slot Allocation	Online

WHERE TO GO FIRTS?

IRONMAN 70.3 Dubai

IRONMAN 70.3 DUBAI 2021 FLOOR PLAN

1. **Registration tent**

   Pick-up your BIB number at the registration tent in the Athlete's Village. On Race Day this tent will be used for distributing finisher jackets / T-shirt.

2. **Official IRONMAN Merchandise**

   - There will be no Merchandise tent this year.

3. **Expo**

   - Have a look around the expo booths, get equipped and free of any last minute bike issues at the Official Bike Mechanics point.

4. **Transition & Bags Area**

   A walk through is more than recommended during the check in on Thursday. Get familiar with the routes you will follow in an out during race day and leave your bags ready. Note that marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed without any previous notification.

5. **Athlete Garden**

   - You can collect your white bags from the athlete garden.

Always wear a face mask while accesing the race venue

ATHLETES, SUPPORTERS, MEDIA & TEAM MEMBERS HAVE TO...

- Pass the health check at the entrance of the Village (temperature below 37.8 ºC)
- If your temperature is more that 37.8 ºC, Pass the 2 level health check at Village area.

1st Level:

a) Temperature check below 37 .8 ºC

b) Questionnaire about the health status or directly at the health check desk. If all requirements of the 1st Level can be fulfilled successfully, you'll get the access authorization to entre the village.

- **If your temperature is more that 37.8 ºC - you have to move on to Level 2**

2nd Level: examination by a medical staff that includes:

a) Temperature check below 37.8 C

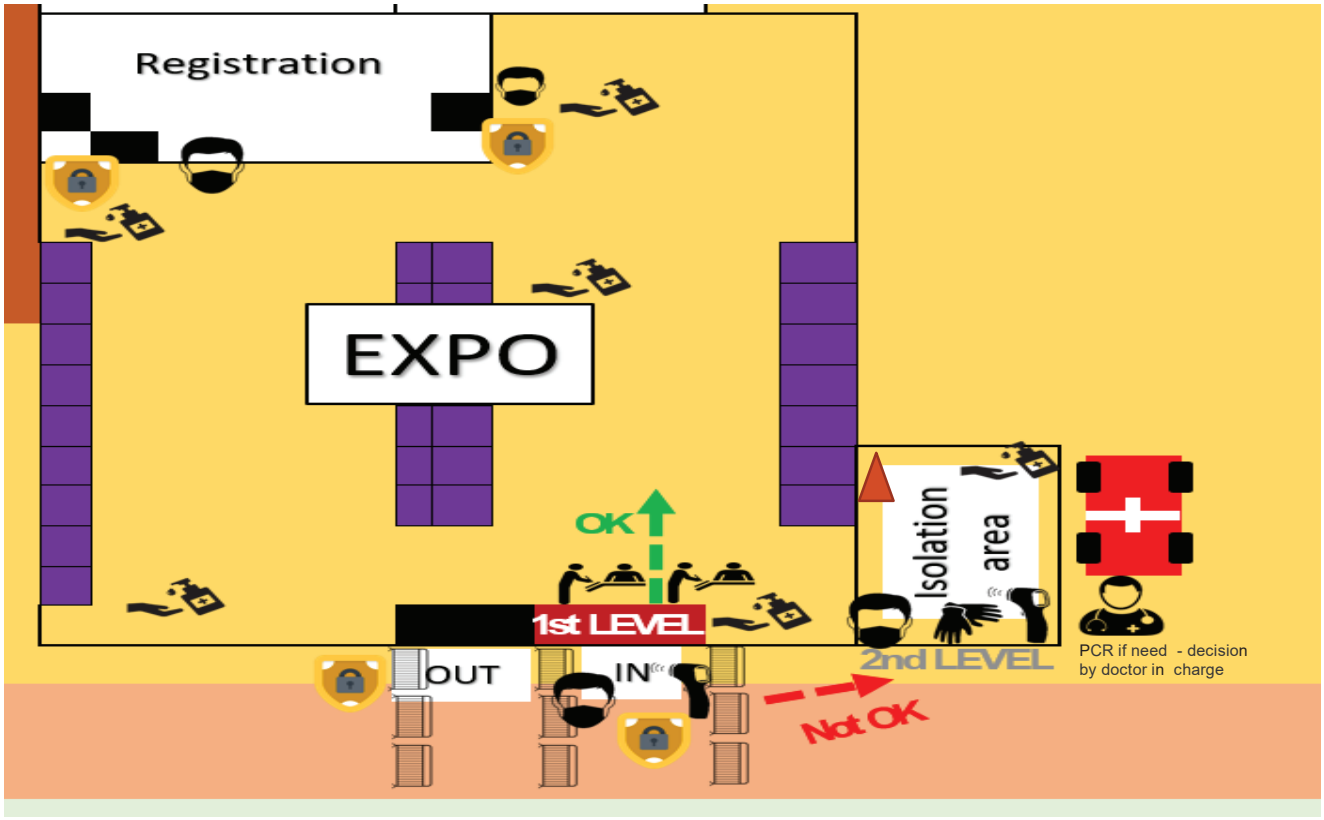
b) O2 saturation over 95%

c) Additional health questions

- The medical staff/doctor in charge decides to grant you access or perform PCR Test. Isolation is mandatory if you are tested positive.
- Pens for health questionnaire and waivers will be disinfected after each use.
- Everyone must wear a face mask at all time while entering the event site.

Always wear a face mask while accesing the race venue

DETAILED SETUP PLAN - HEALTH CHECK



Infrared thermometer

Hydroalcoholic gel

Mask

Access Control Security

Wavier and questionnaire

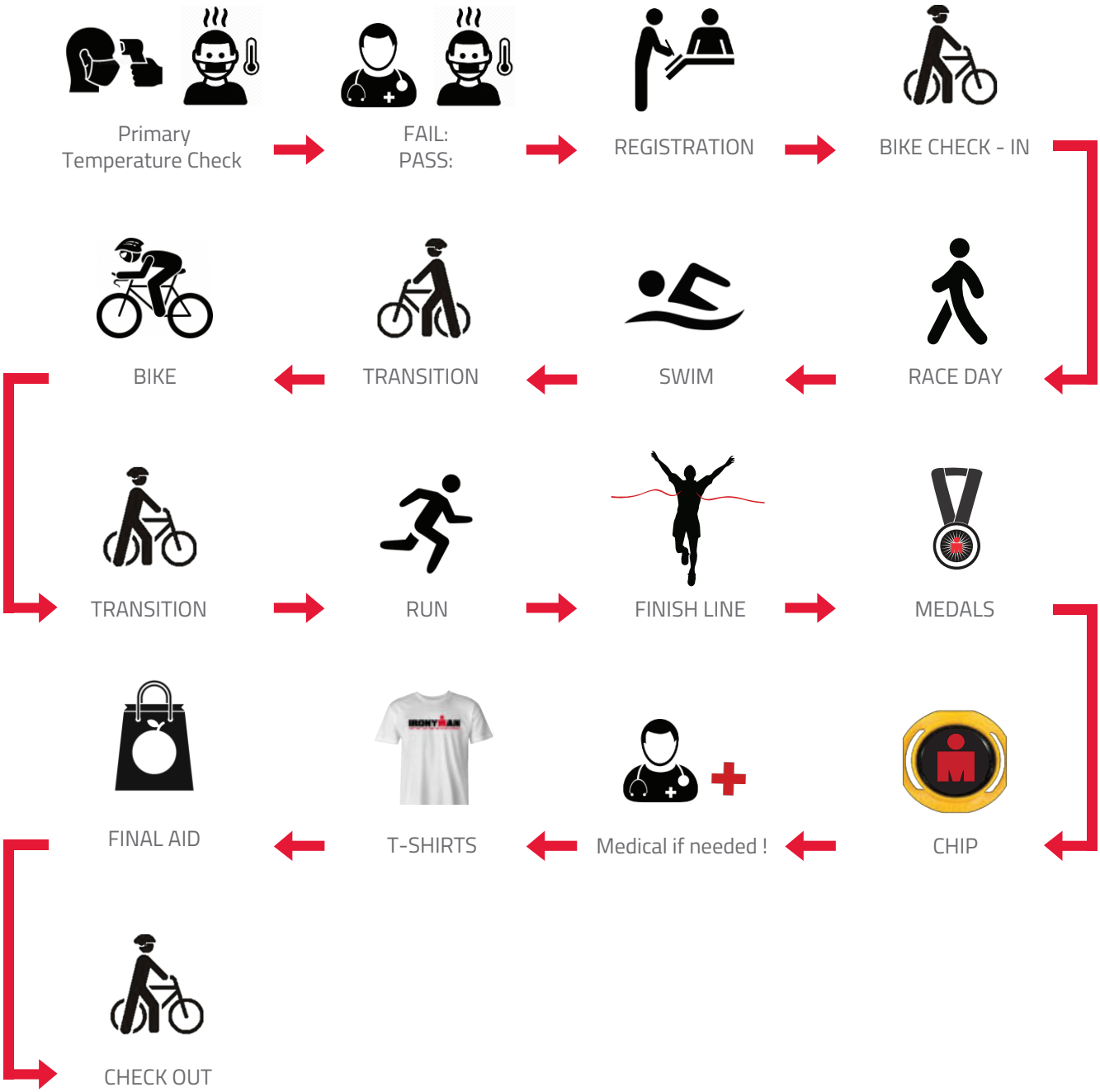
Doctor

Ambulance

3x3 Tent

Always wear a face mask while accesing the race venue

ATHLETES JOURNEY



GU FOR IT.

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IRONMAN® 70.3® Dubai

HOW TO TRACK ATHLETES

THE 2021 IRONMAN 70.3 DUBAI

IRONMAN MAN ON FACEBOOK WATCH

THERE WILL BE NO LIVE STREAMING OF THE RACE!

LOCAL TV COVERAGE

Follow the race action on local television, DUBAI sports channel.

March 12, 06:30am DUBAI TIME

GET SOCIAL

Share your IRONMAN 70.3 DUBAI experience across your profiles with #IM703DUBAI.

Stay connected with IRONMAN 70.3 DUBAI, across our social channels to be on top of all the latest news and exciting events:

Visit : www.facebook.com/im703dubai/
Visit : www.instagram.com/im703middleeast/
Visit : www.twitter.com/im703middleeast@
Visit :www.youtube.com/channel/ UCEvG3fB3cMT7GLSzvlj33gQ

@IRONMANLive:
coverage (pacing, time splits, etc) of the professional race while you're on the go.

facebook.com/im703dubai/

instagram.com/im703middleeast/

IRONMAN Athlete Tracker App

twitter.com/im703middleeast

The 2021 IRONMAN 70.3 Dubai, features the latest in real-time race tracking by providing Live Reults via the IRONMAN Tracker App.

FEATURES INCLUDE

Live Web Tracker: See times and current pace within seconds of a participant crossing each split point. Estimated times will be provided based on current pace.

TRACK YOUR **ATHLETE**

Real-time Facebook / Twitter Notifications: Get automatic posting posting as progress is made on the course. As a spectator, the times of the participant you are tracking can be posted to your Facebook or Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook or Twitter notifications. Your stats will post live as you pass each checkpoint.

Live Map Tracking: Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.

Mobile App: Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Info and more!

Tracker App Download: Click on the links below

PRE RACE DAY INFORMATION

PERSONAL COMMUNICATION PLAN

Prior to departing for DUBAI, be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in DUBAI with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

ATHLETE CHECK-IN

Athlete Check-In hours are

- Tuesday, March 9 from 9:00am to 6:00pm and
- Wednesday, March 10 from 9:00am to 6:00pm and
- Thursday, March 11 from 9:00am to 6:00pm at Jumeirah Public Beach, Dubai.

Athlete Check-In will NOT be open on Fiday (race day). If you do not check-in during the designated Athlete Check-In hours you will not be able to race. ALL RACE PACKETS MUST BE PICKED UP BY 6 PM, MARCH 11.

Please bring the following items with you to Athlete Check-In:

- Photo Identification Card

Athletes competing at IRONMAN 70.3 DUBAI 2021, are required to check-in at the venue during the dates and times listed in the Athlete Guide and Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency, IRONMAN 70.3 DUBAI, will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN 70.3 DUBAI.

Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made.

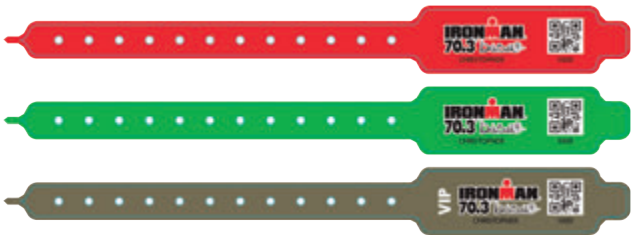
YOUR RACE PACKET WILL INCLUDE:

- **Race bib- to be worn on the run and bike course**
- Bike/Helmet stickers
- Swim cap
- Gear Bag stickers
- Gear Bags ▪ Tattoos
- Athlete wristband- which must be attached at time of check-in and check-out

▪ VIP area access - for VIP Participant only

*You will pick up your timing chip before leaving the Transition Area during Bike Check-In area Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. Any previous event stickers on the bike must be removed.

Athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip (Provided at the bike check-in). Failure to do so or wear outside items will result in a DSQ.



ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to banquets, transition and post-race athlete recovery areas. You will not be allowed to remove your bicycle and/or gear from transition following the race without your wristband affixed to your wrist.

Always wear a face mask while accesing the race venue

RACE PACK

RACE NUMBER You will be issued a sheet of stickers; these are for you to number your kit with. Your bike, helmet and bags must have your race number stickers on them. You will also have a race bib to wear on your back for the bike and front for the run. You can use safety pins if you wish. However because you need to change the position in transition it is strongly recommended that you get a race belt which saves you time, allows you to easily switch clothing and avoids putting holes.

TATTOOS

You will also have two temporary race number tattoos in your race pack. The number tattoos are for your arms, between your shoulder and elbow. We recommend you apply both tattoos at home the night before or morning of the race. Please follow the instructions on the back of the tattoos carefully.

ID WRISTBAND

Your wristband with your race number printed on will be placed on your wrist during registration, you must wear this wristband at all times from this point as this is essential to gain you access into the "Athlete Only" areas. Relay Teams will be issued with three wristbands.

COVID19-PRECAUTIONS

- *Mask is compulsory at all times when inside the RACE VENUE*
- *Maintain social distancing and covid protocols implemented at various steps.*

BAGS

You will be issued with three bags at registration. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue or red bag prior to the race start on the Friday morning, when transition opens.

Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty.

BLUE BIKE BAG

Should contain the kit you need for the bike discipline, including your helmet and race number on a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in. This bag is racked at T1 in Jumeirah Public Beach, Dubai. Leave this bag in transition 1 for you to collect in the same area.

RED RUN BAG

Should contain the kit you need for the run discipline. After you have used your red run bag for your bike-to run transition, use this bag to pack your bike gear in, including your helmet. Drop this bag in T1 on Friday. Leave this bag in transition 1 for you to collect in the same area.

WHITE GEAR BAG

This is your after race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. Leave this bag in Transition area for you to collect it from the Athlete Garden

NB Note do not put valuables or over fill the bags. IRONMAN 70.3 DUBAI, are not responsible for the contents of the bags.

BIKE/RUN GEAR BAGS

During Athlete Check-In, athletes will receive three bags

- White [Morning Clothes]
- Red [Run Gear]
- Blue [Bike Gear]

COVID19-PRECAUTIONS

Mask is compulsory at the whole event area!

Before you can start your registration process you have to pass the health check point at the entrance to the main area. Plan about 20 minutes time for the medical screening

Once you have cleared by the team checking for any symptoms of the covid 19 at the entrance, You will move to the registration area to collect your race kits.

There will be queuing lines with distance markers on the floor. please queue up during your self-chosen time slot and keep enough distance.

Remember, your patience and cooperation is what we need to make this event a success and safe for everyone.

BEFORE → DURING → AFTER

DROP AT ATHLETE GARDEN AREA

· SWIM CAP
· GOGGLES
· WETSUITE

· HELMET
· BIKE SHOES

COLLECT AT ATHLETE GARDEN AREA

TAKE

· HELMET
· BIKE SHOES
· RACE NUMBER

· RUNNING SHOES

· FRESH CLOTHES
· TOWEL
· SHOES

STREET WEAR

Before the race you can leave it at the Street Wear Bags area and collect it after you finish.

NOTE: DO NOT INTRODUCE YOUR BIKE PUMP INSIDE!
A race number sticker will be given to mark your bike pump.
Bike pumps will be available with the bike mechanic.
You can keep the bike pump with your bag, but it will be your responsibility

BAGS

Hang your bags according to your bib number.
- Run gear RED BAG beside the bike.
- Bike gear BLUE BAG from the bottom rack.

MAKE SURE ALL YOUR BAGS ARE MARKED WITH YOUR BIB NUMBER

Each athlete is responsible for packing & re-hanging his bags during transition.

MANDATORY BIKE AND GEAR CHECK-IN

Bike Check-In: Jumeirah Public Beach, Dubai,

On Thursday 11th, you must rack your bike at The Jumeirah Public Beach, Dubai, between 9:30 am and 6:30 pm according to your race number. You must stick to the bike check-in time selected on Active. You must hand in your red bag in the transition at Jumeirah Public Beach, Dubai, 9:30am to 6:30pm on Thursday.

Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. You will have access to your bicycle beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

At Transition you will need your bike, helmet and blue bag with all you bike gear in it.

Be ready before you get to the entrance to transition. You must have your helmet on with the strap fastened and wearing your race number, your race number stickers on the bike, helmet and red bag, blue bag and your corresponding wristband will be checked as you enter transition. Without all these items, you will not be able to rack your bike and bag.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN 70.3 DUBAI, will not be responsible for any bike failures. When racking your bike take your time to familiarise yourself with transition. Know where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day.

Security will be onsite overnight on Thursday and on Friday morning.

You will collect your chip in transition area during Bike Check In. You need to wear your chip on your left ankle during the entire race.

The chip will register your individual start time as you cross the mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking. If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement so you can continue the race.

IMPORTANT Only athletes with verifiable electronic timing data will be eligible to accept a World Championship slot or receive anaward in their Age Group.

TEAMS The timing chip must be worn by each member on their section of the race. You will pass the chip over to your teammate in transition, like the baton in a relay.

COMPETITOR RESPONSIBILITIES

When you pick up your timing chip at Bike Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.

- You must wear your timing chip at all times while you are racing. Prior to the swim, fasten the timing chip to your left ankle with the strap provided and do not remove it until you have finished the run.
- You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the timing chip at the finish line.
- If you do not start the race, you are responsible for returning the timing chip to the timing team.
- If you drop out or are pulled from the race at any time, turn in your timing chip to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your timing chip.
- Your race timing chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed for its replacement.
- If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.
- Failure to wear your timing chip on race day, return your chip after the event or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

AID STATIONS

There will be 4 Aid Station on Bike Course and 13 on Run Course. Medical Service to close to each Aid Station, Swim exit and Finish line. The general offerings are as follows:

BIKE:

Water

Bananas

Gels

Bars

ISO Drink

RUN:

Water

Cola

Fruits

BASE salt

ISO Drink

Bars

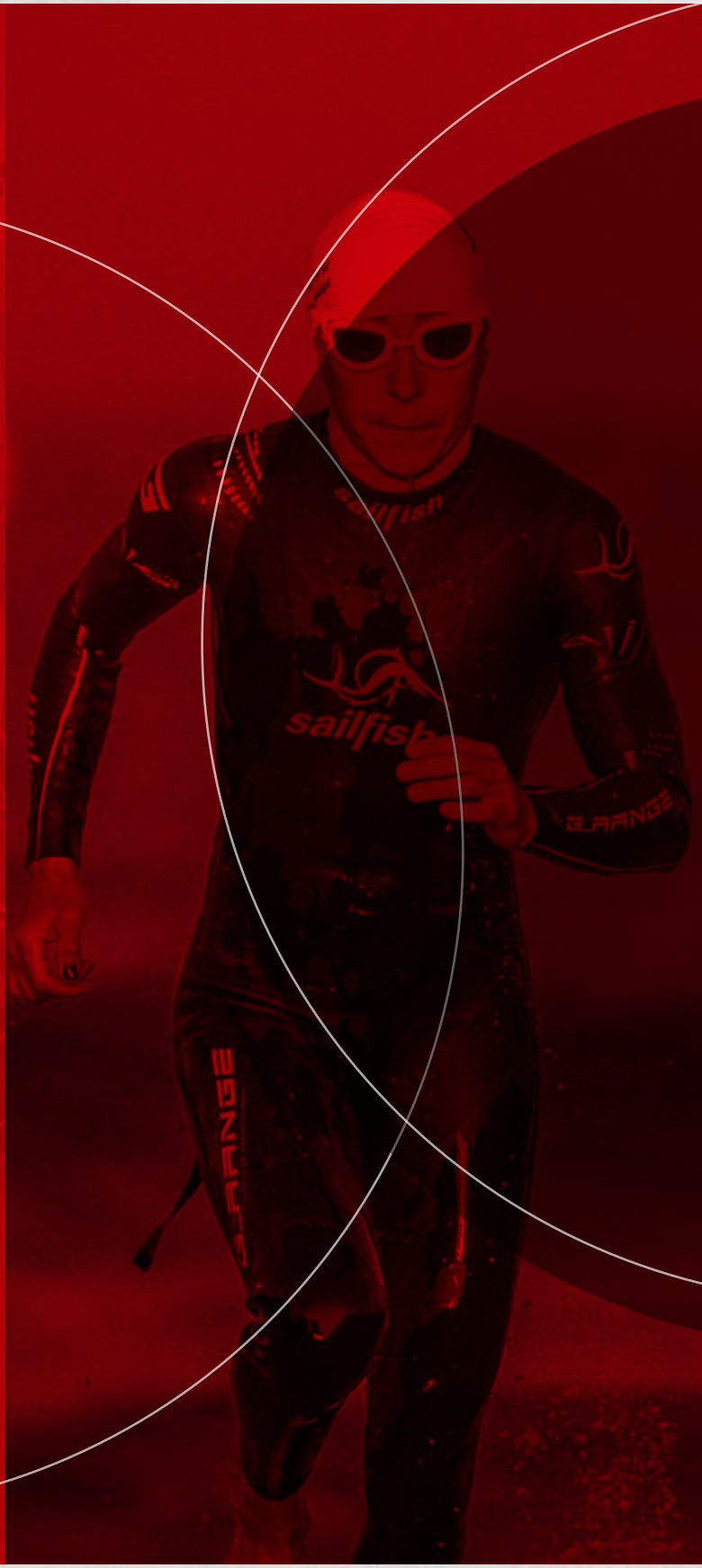
Gels

RACE DAY - SWIM START

- **Swim start will be organized as a self-seeded rolling start and will be 45 - 60 minutes long.**
- **There will be a pre-start area with about 2000m² before athletes enter the self-seeding corridors.**
- **Self-seeding corridors will be more spacious.**
- **There will be a double fence line between the supporters and the start area.**
- **The start will be in a 5 second interval and there will be 4 athletes per interval. The Start lines will be 2 meters apart and in the start lines there will be distance markers on the fences that show 2 meters distance between the athletes in the same start line.**
- **There will be a mask drop off zone with Rubbish bins for masks about 4 meters before the start line, so the athlete drops his/her mask about 12 seconds before the actual start.**
- **All staff members will wear masks and gloves (where necessary) at all time**

COVID19-PRECAUTIONS

- *Before lining up inside the start boxes due to your predicted swim time, you'll have to wait inside the pre-start area.*
- *There will be hand sanitizers at the entrance of the pre-start area.*
- *Mask is compulsory at the pre-start area and can be dropped in a rubbish bin just before t he swim start line (-12sec prior start).*
- *The start will be in a 5 second interval with 4 athletes each. Start lines will be 2m apart with distance markers on the fences.*
- *There won't be a warm up swim.*
- *Using the shower arch after the swim exit is compulsory for all athletes.*



NO SWIM PRACTICE

Athelete Briefing will be done online only.

COVID19-PRECAUTIONS

- *There won't be bike service during the CHECK IN*
- *There will be distance markers on the ground-queue with distance*
- *There will be hand sanitizers at the entrance of transition*
- *Present your bike and helmet in a way that referees do not need to get in contact with you*
- *Wear a mask during the whole CHECK IN process*
- *Reminder: You have to stick to the choosen time slot for the bike and blue bag check-in at TRANSITION !*

“EVERY DAY IS A NEW BEGINNING TAKE A DEEP BREATH & **START AGAIN.**”

ATHLETE CHECK LIST

PRE-RACE:

- [ ] Directions to Hotel
- [ ] Directions to Athlete Check-In
- [ ] Directions to Race Start
- [ ] Directions to Race Finish
- [ ] Photo I.D.
- [ ] Bike Services/Tune up
- [ ] Attend Athlete Check-In
- [ ] Attend Online Athlete Briefing
- [ ] Study the race courses and plan your nutrition

RACE DAY – SWIM:

- [ ] Timing Chip and Strap
- [ ] Swimsuit/Wetsuit (if applicable)
- [ ] Goggles (consider a spare pair as well)
- [ ] Race Day Swim Cap (provided at Check-In)
- [ ] Ear Plugs/Nose Plug (optional)
- [ ] Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided White (Morning Clothes Bag).

RACE DAY – BIKE:

- [ ] Bike Pump
- [ ] Extra Nutrition
- [ ] Extra Water Bottles
- [ ] Aero Water Bottle Straw
- [ ] Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- [ ] Vaseline
- [ ] Sunscreen
- [ ] Helmet
- [ ] Sunglasses
- [ ] Bike Shoes
- [ ] Socks
- [ ] GPS Watch or Bike Computer

RACE DAY – RUN:

- [ ] Fuel Belt
- [ ] Race Belt or Safety Pins
- [ ] Bib Number
- [ ] Hat/Visor
- [ ] Reflective tape (if applicable)
- [ ] Running Shoes
- [ ] Socks
- [ ] Sunglasses
- [ ] Water Bottle

MISCELLANEOUS:

- [ ] Body Glide
- [ ] Antibacterial , Hand Sanitizer
- [ ] Contacts or Rx Glasses
- [ ] Heart Rate Monitor & Chest Strap
- [ ] Towel
- [ ] Hair Ties
- [ ] Chapstick
- [ ] Post-Race Clothing
- [ ] Extra Swimsuit and Cap for practice swim (if applicable)
- [ ] Extra Tri Kit for practice
- [ ] Hand Gloves
- [ ] Face Mask
- [ ] Have a Great Race!

WHITE BAG (MORNING CLOTHES BAG)

You will receive a white Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, meds) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area at Athlete Garden. Your Morning Clothes Bag may be retrieved after the race inside Athelets garden. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

RACE DAY PARKING

Race day parking is located close to the transition area in Jumeirah Public Beach, Dubai. While there are plenty of parking spaces, we ask that you carpool with another athlete when possible to ease traffic congestion on race morning. Please give yourself enough time race morning to get to transition with ample time to prepare for race day. Roads can be congested as athletes and spectators converge on the area in a short period of time.

RACE MORNING PROCEDURE

Transition opens at 5am on race morning. Remember to bring your timing chip, swim cap, and wetsuit (Optional). Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. You do not need your bib number on the bike. The number will not hold up for the duration of the race if it gets wet.

Transition closes at 6:30am. All athletes must be out of transition and headed to the swim before this time.

RACE TIMING AND CUT-OFFS

Athelets have 8 hours and 30 minutes to complete the race based on their individual start time. Times are calculated based on the individual start time not on the gun shot time. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race.

The following cut-off times apply for each segment of the race:

SWIM CUT-OFF (1 HOUR 10 MINUTE)

Each athlete will get the full 1 hours and 10 minutes to complete the 1.9Km swim regardless of what time they enter the water. Athletes who take longer than 1 hours and 10 minutes to complete the swim will receive a DNF. IRONMAN 70.3 DUBAI, officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM + BIKE CUT-OFF (5 HOURS AND 30 MINUTES)

There will be 2 intermediate cut-offs for the bike course. The 1st cut-off is at 10:40 am at the 56.5Km Close to Aid Station number 2. The 2nd cut-off is after 5 hours and 30 minutes after Swim plus Bike starts.

RUN CUT-OFF

Athelets must finish the race within 8 hours and 30 minutes. IRONMAN 70.3 DUBAI, reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut off times based on an athlete's location, time, and average speed up to that point.

Athletes who do not meet the above cut-offs will be considered a DNF and will not be eligible for age-group awards or for 2021 IRONMAN 70.3 World Championship in in St. George, USA .

MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

CUT-OFF TIMES

05:30:00 + T1 +

08:30:00 + T1 + + T2 +

BIKE INTERMEDIATE CUT OFF AT (1) 11:15 AM (2) 12:00 PM + T1 + **50 KM 68.3 KM** CLOSE TO AID STATION 2 & 3

Times are calculated based on individual start time, not on the Gun start time.

SERVICES

Bike mechanical service available at Transition and KM 50. There will be four mobile mechanical service around the bike course.
White Bags Collection, at the Registration Area/ tent, Massage Service, at the Recovery Area.

POST RACE DAY INFORMATION

BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 01:30pm to 05:00pm in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If your bags are not reclaimed from 1:30 to 5:00 PM IRONMAN 70.3 DUBAI, will not be responsible for any items left over night.

POST-RACE MASSAGE THERAPY

There will be no post race massage therapy

RACE PHOTOGRAPHY

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

Ensure you have your race number facing front (Run Course) / back (Bike Course) and is visible at all times Look out for our FinisherPix photographers on course and SMILE Look up when you cross the finishline and smile BIG!

HOW TO ORDER YOUR PIX:

- To be notified as soon as photos are online, register your email address at www.finisherpix.com
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- 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.
- Visit www.finisherpix.com/e/4478 to view, order, and share your photos from the event.

LOST AND FOUND

During race week, Lost & Found items will be available at the IRONMAN STORE. You can check the lost and found items on the next day of the race day as well at the IRONMAN STORE. After the conclusion of the event, in case you were not able to collect it from the race site, please contact dubai70.3@ironman.com to locate any missing items and schedule returns. Shipping fees will apply.

*All unclaimed items will be donated within 30 days.

SWIM COURSE

One Lap Course, Jumeirah Public Beach, Dubai hosts the start and the swim of #IM703DUBAI. A one lap of 1.9km will begin and finish at Jumeirah Public Beach, Dubai. This event will incorporate a rolling swim start for age group athletes and Pro athletes. The Pro athletes will have an in water start at (Male 7:00 am) and (Female 7:03 am). There will be a one minute warning before the start horn goes off, there will not be a countdown.

Age group athletes will enter the water in a continuous stream through a controlled access point at 7:10 am. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp. There will be no warm up in the water prior to the start, so make sure you prepare properly in the assembly area. Athletes will be directed to self-seed on race morning based on their anticipated swim time.

Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your selfseeding will make for the best swim. Each athlete will be given a race start time when the timing chip register at the swim start, just before entering the water.

Athletes have 1 hour 10 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 1 hour 20 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

*Athlete briefing only through online.

SWIM EXIT

> EVERYONE'S DREAM CAN COME TRUE IF YOU JUST STICK TO IT AND WORK HARD
>
> -SERENA WILLIAMS

COVID19-PRECAUTIONS

- *There will be Transition tent next to the bag hangers.*
- *Make sure to keep the distance between other athletes while changing and passing transition.*
- *The toilets in TI will be more spaced out and equipped with hand sanitizers.*
- *There won't be water stations inside the transition areas.*

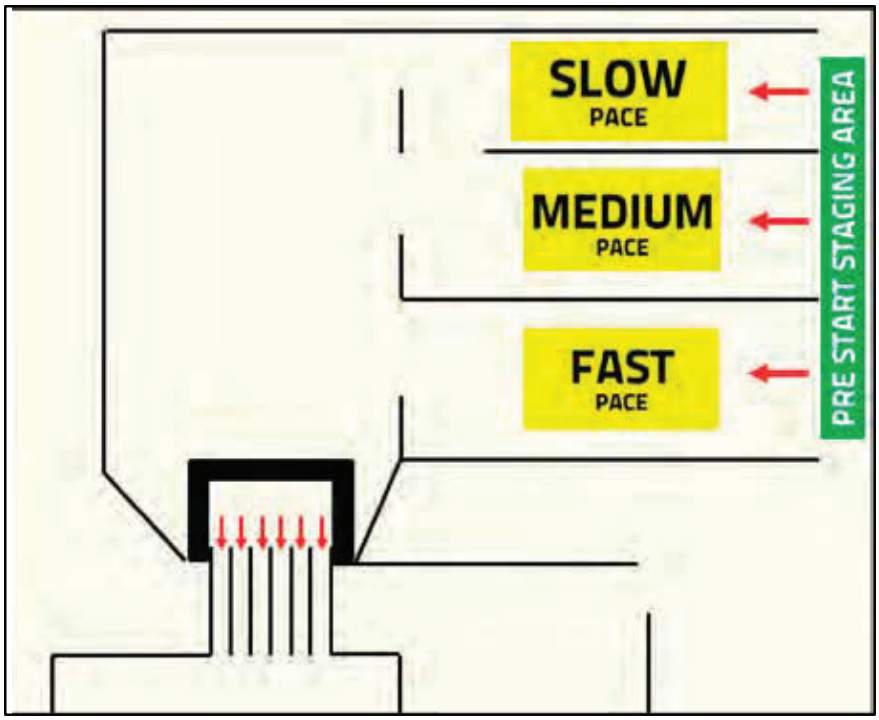
Swim Exit must be reached following the Official Course. All athletes must cross over the timing mat at the Swim Exit. If you Do Not Start the race or you Drop Out before reaching the Swim Exit:

⚠ **Communicate immediately to Medical Staff, Official Staff or a Race Referee.**
⚠ **Failing to communicate will initiate an Emergency Rescue Search to be paid by the athlete.**

SWIM START PROCESS

AT THE SWIM START:
LOOK FOR YOUR GROUP SIGN AND SEED YOURSELF AT THE PRE START ARE

- SUB 25 MIN SWIM TIME
- 25-30 MIN SWIM TIME
- 30-35 MIN SWIM TIME
- 35-40 MIN SWIM TIME
- 40-45 MIN SWIM TIME
- 45-50 MIN SWIM TIME
- OVER 50 MIN SWIM TIME
- TEAM RELAYS

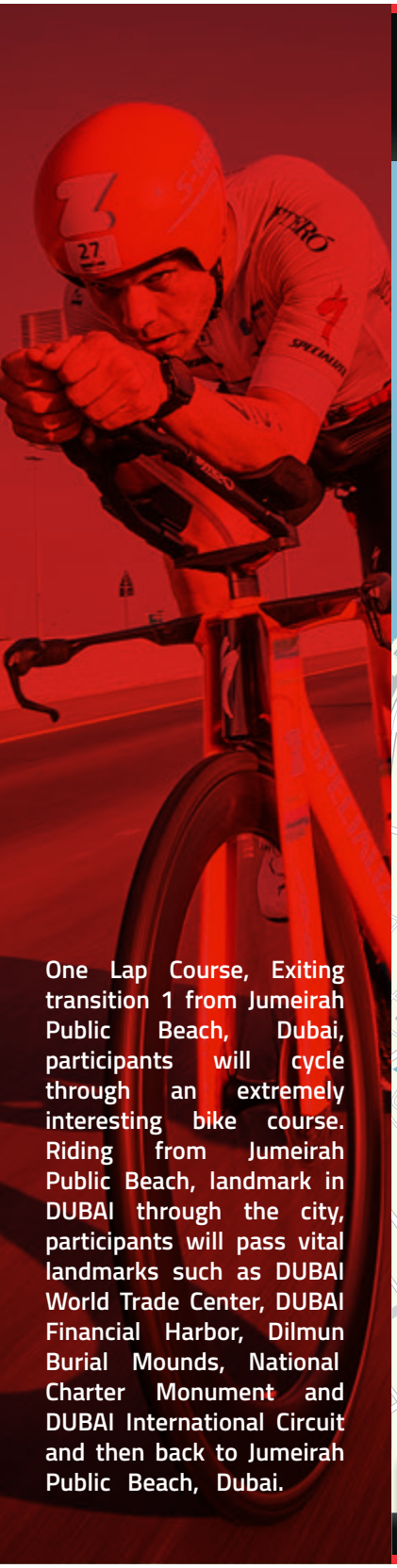


SWIM COURSE RULES

- Athletes must wear face mask till they are about to enter the water or start the swim course.
- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Please inform family and friends to stay off the bike and run course. NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course



One Lap Course, Exiting transition 1 from Jumeirah Public Beach, Dubai, participants will cycle through an extremely interesting bike course. Riding from Jumeirah Public Beach, landmark in DUBAI through the city, participants will pass vital landmarks such as DUBAI World Trade Center, DUBAI Financial Harbor, Dilmun Burial Mounds, National Charter Monument and DUBAI International Circuit and then back to Jumeirah Public Beach, Dubai.

IRONMAN 70.3 Dubai

BIKE COURSE

1 loop
course distance - 90 km

*Athlete briefing only through online.

BIKE COURSE RULES

DRAFTING AND POSITION RULES

- "Drafting" means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty)
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (5:00 Minute Time Penalty)
- Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)
- Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)
- A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken;
- The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (5:00 Minute Time Penalty)
- An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation; (0:30 Minute Time Penalty)
- Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (5:00 Minute Time Penalty)
- Athletes must ride single file on the far-right side (or left side depending on local law) of the bike course road except when passing another athlete (or for reasons of safety). Side- by-side riding is not permitted and may result in a drafting or blocking violation; (5:00 Minute Time Penalty or 0:30 Minute penalty)
- Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:
- If an athlete enters the drafting zone and completes a pass within 25 seconds;
- For safety reasons;
- Entering and exiting an aid station or transition area;
- An acute turn; and
- If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.
- Athletes who impede the forward progress of other athletes will be given a blocking violation; (0:30 Minute Time Penalty) and
- Athletes violating rules will be notified "on the spot" by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete "on the spot" (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

PENALTY TENT

- All bike-course time penalties will be served in a designated Penalty Tent ("PT"). The location of the PTs will be the transition area or besided transition area. After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;
- While in the PT, athletes can consume only the food and/or water that is on the athlete's bike or person; (DSQ) ▪ Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification; and
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ)

OFFENCE: (B-Blue card, Y-Yellow Card)

1st B/Y CARD Offense 5:00

2nd B/Y CARD OR BOTH OF THEM Offense 5:00

3rd B/Y OR A COMBINATION Card Offense DSQ

BIKE SPECIFICATIONS

- All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than an athletes competing in the HC Division

or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be disqualified:

- Length cannot exceed two meters, and width cannot exceed 75 centimeters;
- The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters;
- A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the Race;
- The "front-to-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The "fronttocenter" distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimeters behind the front most point of the saddle.
- Fairings are prohibited. Any device added or blended into the structure that may decrease, or that has the effect of decreasing, resistance to air penetration, or that may artificially accelerate propulsion, such as a protective screen, fuselage form fairing or the like, is prohibited; (DSQ)
- Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel;
- Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury; (0:30 Minute Time Penalty, DSQ if not remedied promptly)
- There must be one working brake on each of the two wheels; (DSQ)
- There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary; (DSQ)
- All aspects of the bicycle must be safe to the rider and to other athletes in the Race. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels; and
- Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event-specific Head Referee. (DSQ)

Local Traffic Laws

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

Please think before you act. When training, please follow these suggestions: Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training session activities when you are riding your bike.

This includes competition, course familiarization and training sessions. Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.). Please do not use private property as a toilet. Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

SUPPORT - MEDICAL / AID STATIONS

MEDICAL SUPPORT

If you need minor medical assistance, vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment.

If you have a technical problem or have bonked, the vehicle will take you to the next aid station.

Cyclists still on the course after the bike cut-off will be disqualified and will not be permitted to continue in the event.

There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance.

There will be bike aid stations along the bike course. It is your responsibility to slow for safe nutrient pick-up.

Call out your requirements clearly and in advance.

Crews are instructed not to step across the white line for handoffs.

It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course.

You will be disqualified for discarding litter outside the designated drop zone.

Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc.

Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

COVID19-PRECAUTIONS

- *On the bike aid station bottles and food will be handed by staff as always.*
- *Athletes are encouraged to take always the first cup/bar/gel of the table and don't touch anything else.*
- *All food will be pre-packed -fruits and crackers are only served as a whole or pre-packed.*
- *Run aid stations: Cups and food will not be handed by the staff and has to be picked by yourselves from the table.*
- *There will be no sponges on the run course.*

WITHDRAWAL

PRE-RACE

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the help desk at registration and return your timing chip. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

DURING THE RACE

To comply with the health and safety plan any athlete withdrawing from the race at any time must report it to a staff member, please ask for the team leader of the area you are in. They will take your details and report them to the race office. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN 70.3 DUBAI, events. Athletes who receive medical assistance from our medical team are exempt from this rule.

RUN COURSE

The one and a half-loop 21.1 km (13.1 mile) run course starts at transition at Jumeirah Public Beach and leads athletes along the coastline. Spectators are never more than an arm's length away so be ready to push hard until the finish line!

There won't be any lap bands.

*Athlete briefing only through online.

RUN COURSE RULES AND INSTRUCTIONS

- Athletes may run, walk, or crawl.
- Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

- NO INDIVIDUAL SUPPORT VEHICLES OR NONATHLETE ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A nonathlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.
- Athletes are expected to follow the directions and instructions of all race officials and public authorities.
- The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
- Athletes racing without a shirt or racing top will be disqualified.
- The race will officially end 8:30 hours after the last athlete enters the water.

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

Coach must stay outside the course , External pacing is NOT PERMITTED

DRAFTING

Drafting is when you enter someone's slip stream. The mini mum distance between two athletes is 12 metres measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a blue card. A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken. It is then up to the overtaken athlete to drop back 12m within 25 seconds so they are not drafting. Re passing by the overtaken athlete prior to dropping out of the draft zone will incur in a drafting penalty.

Athletes cannot block another athlete from passing.

Draft Zone

12m

25 seconds

Drafting	→	BLUE CARD
Blocking	→	YELLOW CARD
Pass on the right side	→	RED CARD

PASSING IS ONLY ALLOWED FROM THE LEFT SIDE

MECHANICAL SERVICES:

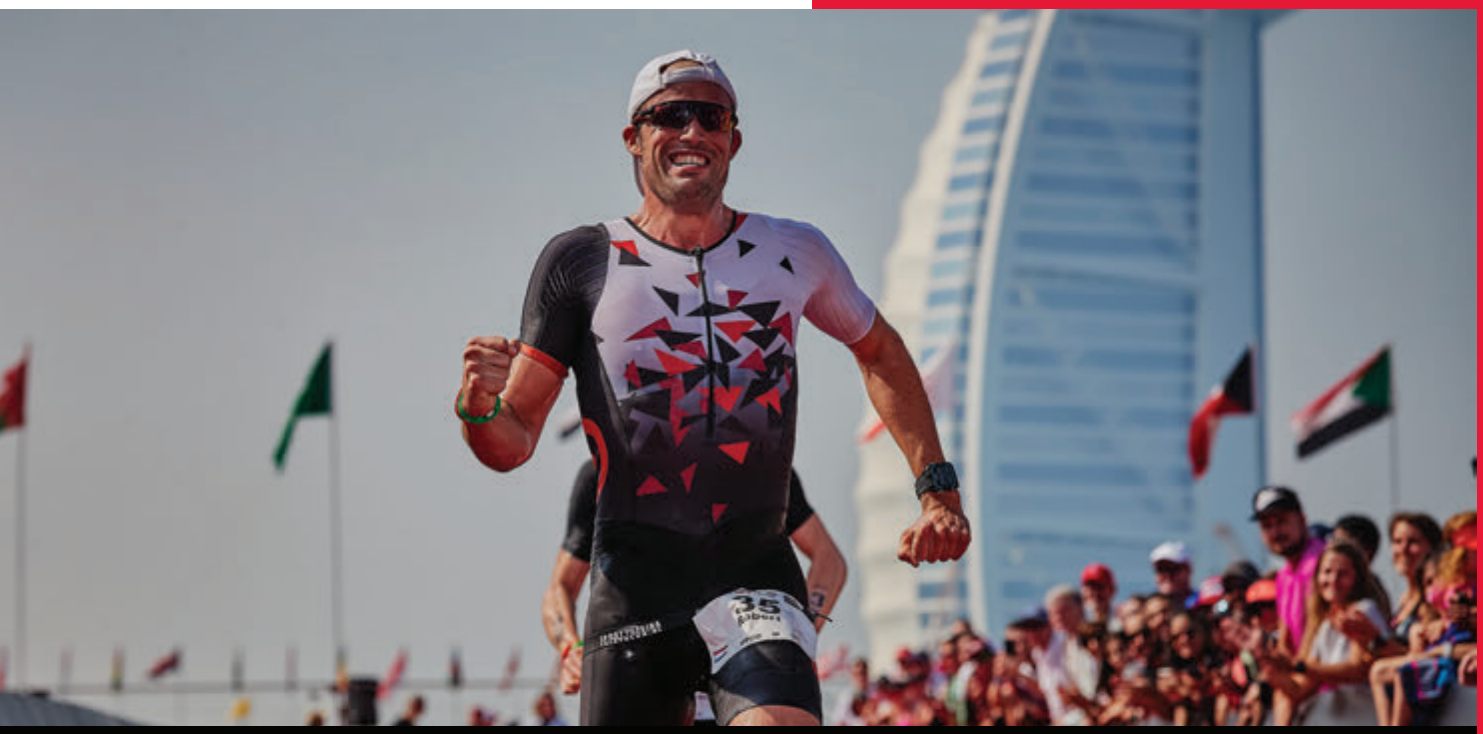
IRONMAN 70.3 Dubai's official Bike Sponsor and official Race Mechanic is The Cycle Hub. The Cycle Hub is located in Dubai adjacent to Dubai Autodrome.

SERVICE PACKAGES	DESCRIPTION	PRICE (AED)
Professional Bike Packing	First come, first served. The Cycle Hub will box your bike ready to Travel.	125
Tyre/ Tube fit		35
Wheel True and Tension (each)	Spokes are slackened, tensioned and wheel trued.	90
Hub Service (Each)	Suitable for open bearing type hubs where hub is stripped and re-greased.	55
Free Hub Service/Fit		55
Wheel build	Labour only and includes truing of wheel (parts extra).	185
Gear Service	Front and rear gear adjustment and rear derailleur alignment.	100
Brake Service	Front and Rear brake callipers adjusted and barrel adjusters reset. Includes pad alignment.	100
Hydraulic Disc Brake Service (Each)	Hydraulic brakes are re-bled with fresh fluid. Callipers are cleaned and brakes are realigned.	100
Bottom Bracket removal / fit	The BB is removed, threads or shell are cleaned and the original bearings are refitted if still in working order.	100
Headset removal / fit	This is suitable for when a headset is worn-out and a new one is required, or for a strip and re-greased.	100
Bike Build	Build bike form box + gears tune	385
Safety Check	Brakes, gears, stem, handlebar, saddle and tyres checked and inspected	65
Tune Up	Brakes, gears, stem, handlebar, saddle and tyres checked and inspected + crank arms, chainring, gears and brakes tuned and aligned	185

Finding The Cycle Hub
The Cycle Hub at the Ironman 70.3 Dubai Event Expo:

- Tuesday 9th February 9.00am – 6.00pm
- Wednesday 10th February 9.00am – 6.00pm
- Thursday 11th February 9.00am – 6.00pm 5.00am – 6.30am (At Transition Area)
- Friday 12th February 5.00am – 6.30am (Race Support) 9.00am – 6.00pm (Event Expo) 1.30pm – 6.00pm (Mechanic Support)

BIKE RENTAL:
Please note IRONMAN 70.3 Dubai does have bike rental facility with The Cycle Hub contact us on +971 (0) 4 425 6555 or e-mail info@thecyclehub.com



RULES APPLYING TO ALL SEGMENTS OF THE RACE

GENERAL BEHAVIOR

Each athlete must:

- Practice good sportsmanship at all times;
- Be responsible for his/her own safety and the safety of others;
- Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
- Obey traffic regulations and instructions from Race Officials;
- Treat referees, officials, volunteers, spectators, the public, and other athletes with respect and courtesy;
- Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in disqualification;
- Avoid the use of abusive language;
- Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events;
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes);
- Not dispose of trash or equipment on the course (except at aid stations or other designated trashdisposal points). Intentional or careless littering will result in a time penalty or disqualification;
- Not gain or attempt to gain any unfair advantage from any external vehicle or object;
- Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in disqualification.
- Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing; and
- Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a disqualification.

PHYSICALLY CHALLENGED OPEN DIVISION RULES

Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

- The term "Visual Impairment" means either:
- A visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses)
- A visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye
- Visually impaired athletes must: ▪ Use only one (1) Guide (Guide can be of either gender).
- Be tethered during the swim segment of the race
- Ride a tandem bicycle during the bike segment of the race
- During the run segment of the race, use either an elbow lead or a tether lead

GUIDE AND HANDLER INFORMATION:

- A Guide competes in the race and is only permitted for Visually Impaired Athletes (please see definition of visual impaired above).
- A Handler acts as an aid for the swim start, swim finish, and transition but does not compete in any leg of the race. For more information, please see below the rules and guidelines on becoming a Handler or Guide. Please contact the race specific email or physicallychallenged@ironman.com.

QUALIFYING FOR THE 2021 TAUPO, ST. GEORGE, USA IRONMAN70.3 WORLD CHAMPIONSHIP

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN 70.3 World Championship is subject to IRONMAN's Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes. The waiver serves to provide additional notification of and consent to IRONMAN's Anti- Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules.

Please refer to IRONMAN's Competition Rules for additional guidance and information.

IRONMAN 70.3 DUBAI offers 75 qualifying slots for the 2021 IRONMAN 70.3 World Championship in, St. George, USA, comprising of 50 age group slots plus 25 qualifying slots for the Women for Tri initiative.

SLOT ALLOCATION

Slot allocation will be done online

COVID19-PRECAUTIONS

- *Run course will be kept as wide as possible - please keep the distance when overtaking or running next to each other.*
- *Important: There won't be lap bands this year so please check your watch or count by yourselves!*

TEAM RELAYS

- **SWIM START The Swimmer will start together with the other Age Group Athletes seeding himself/herself at the Rolling Start. The swimmer must be aligned according to his/her swimming time.**
  (see page 24.)
- **CHIP HANDOVER Both the Swimmer and the Cyclist will handover the timing chip to their team relay at the Meeting Point in Transition. Enter transition through the Relays Access gate during the race.**
- **MEETING POINT - Relay athletes will meet in front of their team bike rack in transition. Bike must be racked to pass the chip.**
- **FINISH LINE - Relay Teams cannot go through the Finish Line together. Runner has to finish the race**
- **TEAM BIKE COLLECTION - Timing Chip will be needed to collect the bike.**

COVID-19PRECAUTIONS

- **There will be photo spot at the after-finish**
- **The cyclist/runner has to wear a face mask while waiting for the swimmer/cyclist arriving and do the chip hand over.**
- **Once at the transition area, the swimmer/cyclist will remove the timing chip from his or her ankle and hand it over to the cyclist/runner. After the cyclist/runner has attached the timing chip to his or her ankle, the cyclist/ runner is strongly encouraged to use hand sanitizer before removing his or her bike from the bike rack/starting the run portion.**
- **Once the cyclist/runner is ready to remove his or her bike from the bike rack/starting the run portion, the cyclist/ runner can remove their face covering**

OTHER RULES

- It is not permitted to ride on the other side of the road = DISQUALIFIED
- Bib number must be worn on the bike/run course. Failing to wear the bib number = DISQUALIFIED
- Being accompanied by a non-competing person in the finish chute = DISQUALIFIED
- If you receive a penalty on the Bike course, you have to stop at the next penalty box.
- Vest front zips cannot be opened below the end of the chest bone.
- It is forbidden to use headphones or any similar device.
- Providing assistance to another athlete is not allowed if it means giving away essential equipment to continue on the race.

WITHDRAWING

IMPORTANT NOTE:

If you stop the race and quit, you have to inform a referee or stop by the information booth at Transition Area

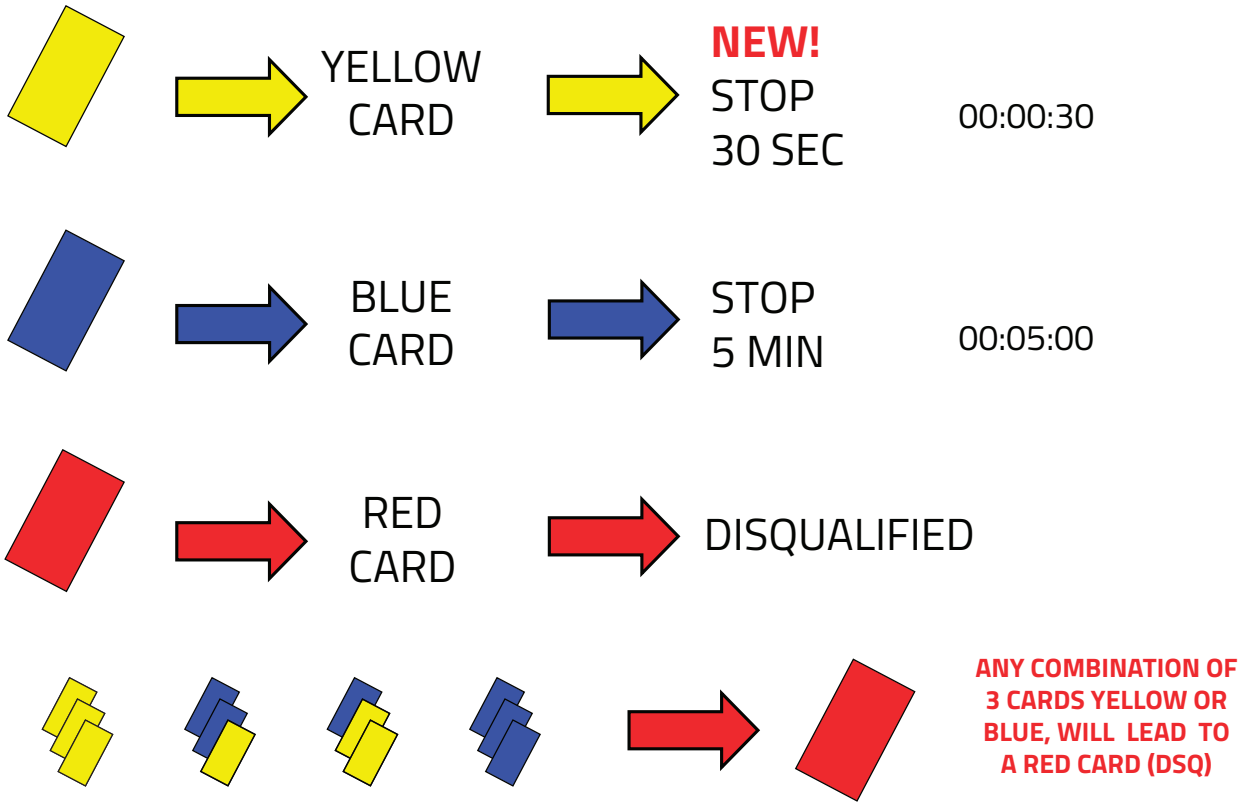
COMMON COMPETITION RULE VIOLATIONS AND PENALTIES

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties ("Summary"). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

SUMMARY OF BIKE RULES	PENALTIES
Drafting violation	5:00 Minute Time Penalty
Blocking (side by side riding)	0:30 Minute Time Penalty
Once overtaken, re-passing prior to dropping out of the draft zone	0:30 Minute Time Penalty
Once overtaken, remaining in the draft zone for more than 25 seconds	5:00 Minute Time Penalty
Failure to wear a shirt or sport top during the bike portion	0:30 Minute if remedied, DSQ if not remedied promptly
Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	DSQ if not remedied promptly
During the bike segment, wearing the helmet unfastened or insecurely fastened	0:30 Minute if remedied, DSQ if not remedied promptly
Wearing headsets or headphones during competition	0:30 Minute if remedied, DSQ if not remedied promptly
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions	0:30 Minute if remedied, DSQ if not remedied promptly
Make forward progress without bike during the bike segment	0:30 Minute if remedied, DSQ if not remedied promptly
BIB Number must be worn on your front during the run and on your back during the bike leg.	

SUMMARY OF BIKE RULES	PENALTIES
Failure to wear a shirt or sport top during the run portion	DSQ if not remedied promptly
Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	DSQ
Crossing the finish line with a non-participating individual	

WHAT TO DO IF YOU RECEIVE A PENALTY?



this is what
#FEARLESS
looks like.
What does your best self look like?
Women For Tri is a community of female
triathletes supporting one another to
reimagine their potential. Join us!
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100% of the proceeds from Women For Tri apparel
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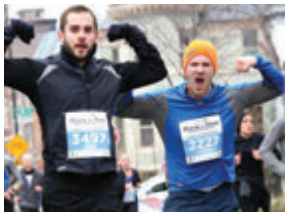
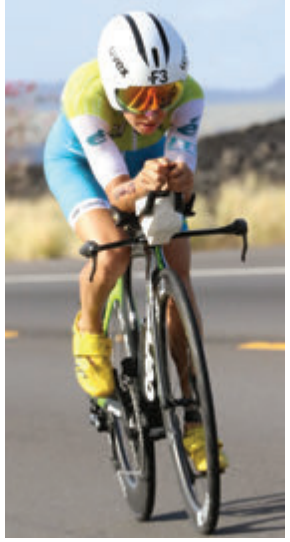
NEVER FORGET **YOUR RACE**

IRONMAN
OFFICIAL PHOTOGRAPHER





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SHUKRAN VOLUNTEERS

We would like to extend our heartfelt gratitude to all our volunteers on behalf of the IRONMAN 70.3 Dubai. We appreciate and thank you for your commitment, time and energy to make this event a huge success.

The IRONMAN Dubai team, marshals, volunteers and competitors went out of their way to make the race one of the sought after event in the globe. We take great pride in each person's remarkable contribution which made this event possible.

The event is not organised over a fortnight but takes several days and weeks of planning and hands-on work. Cheers to all our volunteers who selflessly worked throughout to put on each race. To our race promoters, we say thank you for their impeccable work. The hardy souls at the aid station knew how to lift the racers spirits. We thank each volunteer who played those critical roles in ensuring the safety, marking the course and providing hydration and nutrition along the way.

IRONMAN 70.3 Dubai's volunteers were the pillars behind the victory of the event. Without the immense commitment and dedication of every single person involved, the third edition of the race would have been impossible. We cheer you on and look forward to seeing you for future events.

ATHLETE GUIDE 2021

WWW.IRONMAN.COM/DUBAI70.3