ATHLETE´S GUIDE

*All information provided can be changed until the Athlete’s Briefing
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1. Atlantico Sul Hotel
   - Expo
   - Athlete check in
   - Awards
   - Slots Rolldown
2. Transition
4. Finisher Area
   - Massage
   - Medical Area

PRE RACE VENUE
Recreio dos Bandeirantes
Lucio Costa Av 18000

A. Swim Start
B. Swim Exit
C. Bike start (mount)
D. Bike Dimount
E. Run Start
EXPO – Atlantico Sul Hotel

September 19th | 02 PM - 06 PM
September 20th | 09 AM - 06 PM
September 21st | 09 AM - 12 PM

WHAT TO BRING:
• official ID with photo  • registration receipt

Athlete who doesn’t get the race kit according to this schedule won’t be able to start.

! Athlete who gives his/her race kit to someone else, as well as the athlete who receives it, will immediately be disqualified from the event and may be suspended for up to two years from any IRONMAN or IRONMAN 70.3 race around the world.
## Pre Race Athlete Packet

### Bib
To be worn on the run

### Swim Cap
For swim portion

### Wristband
To be worn until the Slot Rollown

### Bike Sticker
Must be affixed below the saddle

### Helmet and Extra Stickers
Helmet sticker on the front and extra sticker to label belongings

### White Bag
For morning clothes or items you may need at the finish line.

### Transition Bag
For your Bike and Run gear.

### Ticket Bike Check Out
In case you are unable to personally claim your bike and gear at the Bike Check out

### Tattoo
Must be applied before entering the Transition Area on Sunday.
Pre Race
Athlete’s Briefing

September 20th – 10 am

Online Athlete’s Briefing is mandatory.

You Tube / Unlimited Sports Brasil

Q&A Session
with Race Directors

Athlete’s Service Booth – EXPO

September 20th | 04 PM – 05 PM
September 21st | 10 AM – 11 AM
Pre Race

Bike Check In

Transition – Macumba Beach

September 21st Saturday

From 02 to 07 PM

- All bikes and must be checked in on Saturday and left overnight.
- Bikes will not be permitted to enter transition on race morning.
- Only athletes with the wristbands on may enter the Transition.
- All bikes must be placed in the appropriate numbered spot on the bike racks.
- Only bikes will be checked-in on Saturday.
- No Gear bags or any other material will be allowed.

- The bike sticker must be placed below the bike saddle before the Bike Check-in.
- Athletes will be allowed to cover their seats. Full bike covers are not allowed and will be removed from any bikes left in transition once Bike Check-In is over.
- There will be mechanics support available.
- Timing chips will be on the bike racks, according to BIB.

White and Transition Bags, including helmet and bike shoes must be placed only on Sunday.
FinisherPix will be at IRONMAN 70.3 Fortaleza. Capture your race memories!

Faça seu pedido pelo site www.finisherpix.com
• **ORANGE TURN BUOYS**: to the right.
• **PINK TURN BUOYS**: to the left.
• **INTERMEDIATE YELLOW BUOYS**: both sides allowed.

**COURSES**

**SWIM**
1,9km
1 Lap

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Cut-off time: 1h and 10m

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete will have 1 hour and 10 minutes to complete the 1.9km swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.
Information regarding the water temperature will be given on Saturday.

If not permitted: The swimwear must not be consisted of rubberized material such as neoprene or polyurethane. It must not cover the neck, extend past the elbows nor the knees.

**WETSUIT RULE**

PERMITTED IN CASE OF TEMPERATURE:
- UP TO 24.6º Celsius (age groups)
- UP TO 21.9º Celsius (PRO)
COURSES

BIKE
90.1km
3 Laps

LEGENDA

1st LONG LAP 48 km
2nd SHORT LAP 20 km
3rd and LAST SHORT LAP 22 km

RETURNS

Km 10 / 57 / 77

Km 47/67
Km 28
Km 33
Athletes are responsible for placing the bikes back at the rack, in the correspondent number. (There will be no staff at the dismount)

SHIMANO Bike Technicians the bike course and Transition Area.

Cut-off time: 5 hours

The bike course will close 05 hours after the final scheduled Age Group starts the swim. Each athlete will have 05 hours to complete the swim, T1, bike course regardless of when they start the swim. Any athlete that takes longer than 05 hours to complete the swim, T1 and bike course will receive a DNF.
The run course will close 08 hours after the final Age Group starts. Each individual athlete will have 08 hours to complete the entire course. Individual athletes who take longer than 08 hours to complete the entire course will receive a DNF.
September 22nd
SUNDAY
From 5 to 6:25 am

WHITE BAG: MORNING CLOTHES AND ANY ITEM YOU MAY NEED AT THE FINISH LINE.
- Dry clothes, Keys, medication, etc.
- Leave the bag in the designated drop area in Transition.

TRANSITION BAG: BIKE AND RUN GEAR
- No bags, backpacks or suitcases will be allowed at the Transition Area. Use your Transition Bag (athlete packet) to place all your items next to your bike.
- Helmets, cycling shoes and nutrition items can be attached to the bike.
- Running gear can be placed next to your Transition Bag. They don´t need to be inside the bag.

Bike Mechanics
Bike Pumps
Port-o-let
Water
Vaseline and Sunblock
If for any reason the athlete decides not to start the race, he/she must communicate immediately the Organization.

**RACE DAY**

**SWIM START**

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### PLAN B (in case swim portion is cancelled)

Bike Time trail start at 7:30 am.

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<td>M 45-49 (A-I)</td>
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<td></td>
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<td>M 25-29</td>
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<td>M 35-39 (J-Z)</td>
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<td>M 45-49 (J-Z)</td>
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<td>07:06 AM</td>
<td>M 30-34 (J-Z)</td>
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<td>M 40-44 (J-Z)</td>
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<td>M 55+</td>
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<td>07:13 AM</td>
<td>Mulheres</td>
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Warm up allowed until 6:20 AM. Any athlete who starts in the incorrect wave start will be disqualified.

- A-I / J-Z: Athletes grouped by the first letter of their first name

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* If for any reason the athlete decides not to start the race, he/she must communicate immediately the Organization.
RACE DAY
AID STATIONS

**BIKE**

**EVERY EACH 15 KM APPROXIMATELY**

- Water (500ml)
- Sports Drink (500ml)
- Banana
- Port-o-lets

**RUN**

**EVERY EACH 2 KM APPROXIMATELY**

- Water
- Pedialyte PRO
- Soda
- Cake
- Bread
- Fruits
- Salt Biscuit
- Salt
- Port-o-lets
RACE DAY
Extra station

RED BULL
Can
Paper cup (diluted with water)
Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep 6 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.

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.

Do not throw ANYTHING outside of aid stations zone.

Bike station – 100 m before / 300 m after
Run Station – 30 m before / 50 m after

NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).
DRAFTING

BLOCKING

SOUND DEVICES

LITTERING

RUN/RISE WITHOUT A SHIRT

OUTSIDE ASSISTANCE

3 BLUE CARDS

5 minute time penalty served at the penalty box

30 seconds stop and go time penalty served at the penalty

Disqualification

PENALTY BOX at the Transition Area

Read the complete Race Rules available at the official website: ironmanbrasil.com.br.
It’s an athlete duty to have complete knowledge of the race rules.
POST RACE
After getting through the finish portal, athletes will have access to their white bags, medical assistance, massage, port-o-lets, food, water, soda and Pedyalite PRO.

Friends or family members are not allowed to enter the finish chute and cross the finish line with any athlete.

BIKE Check out

September 22nd – from 01 to 04 PM

Athletes must present their bib number or a companion may withdraw only by presenting the bike check-out ticket, personal identification and athlete’s BIB number.
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| **Lost & Found**          | September 22nd – from 01 to 04 PM  
Transition |
| **Official Results**      | September 22nd – 05:30 PM  
Expo - Atlantico Sul Hotel  
Questions derived from the application or interpretation of the race’s specific regulation will be received from 05:30 to 06:00 PM.  
IRONMAN Tracker results are not official. |
| **Awards**                | September 22nd – 07 PM  
Expo - Atlantico Sul Hotel  
PROs (Top 6), Age Groups (Top 5) e Triclubs. |
POST RACE
2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

2020 IRONMAN 70.3 World Championship

September 22nd – 08 PM
Expo - Atlantico Sul Hotel

40 slots – Age Groups

Taupo - New Zealand
Us$ 500,00 + taxes

The athlete must not leave the room until the end of the Slots Allocation.

If the athlete accepts the slot, it is assumed that he won’t change his/her mind before paying it.
SEE YOU AT THE FINISH LINE!

#IM703Rio