

### ATHLETE'S GUIDE

\*All information provided can be changed until the Athlete's Briefing

S EVENT SCHEDULE

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POST RACE INFO

DATE	TIME	ACTIVITY	PLACE
THURSDAY 19 SET	02 PM - 07 PM	Expo IRONMAN	Atlantico Sul Hotel
	02 PM - 06 PM	Athlete check in	Ехро
FRIDAY 20 SET	09 AM - 07 PM	Expo IRONMAN	Atlantico Sul Hotel
	09 AM - 06 PM	Athlete check in	Ехро
	10 AM	Athletes's Briefing Portuguese / English / PRO	Online – Youtube "Unlimited Sports Brasil"
	04 PM – 05 PM	Q&A Session Meeting with Race Directors	Athlete's Service Booth (Expo)
SATURDAY 21 SET	08:30 AM - 07 PM	Expo IRONMAN	Atlantico Sul Hotel
	09 AM - 12 PM	Athlete check in	Ехро
	10 AM – 11 AM	Q&A Session Meeting with Race Directors	Athlete's Service Booth (Expo)
	02 PM - 07 PM	Bike Check in	Transition (Macumba Beach)



DATE	TIME	ACTIVITY	PLACE
SUNDAY 22 SET	08 AM – 08 PM	Expo IRONMAN	Atlantico Sul Hotel
	05 AM - 06:25 AM	Transition Area Opening	Transition (Macumba Beach)
	06:30 AM	PRO Men Start	Macumba Beach
	06:35 AM	PRO Women Start	Macumba Beach
	06:45 AM - 07:20 AM	Age Groups Start (waves)	Macumba Beach
	12 PM	TOP 3 Awards - PRO	Finish Line (Macumba Beach)
	01 PM - 04 PM	Bike Check out	Transition (Macumba Beach)
	01 PM - 04 PM	Lost & Found	Transition (Macumba Beach)
	07 PM	PRO (TOP 6) and Age Groups (TOP 5) Awards	Atlantico Sul Hotel
	08 PM	2020 IRONMAN 70.3 World Championship slot rolldown	Atlantico Sul Hotel





### PRE RACE

### **VENUE**

Recreio dos Bandeirantes Lucio Costa Av 18000

### 1. Atlantico Sul Hotel

- Expo
- Athelte check in
- Awards
- Slots Rolldown
- 2. Transition
- 4. Finisher Area
  - Massage
  - Medical Area





### **EXPO – Atlantico Sul Hotel**

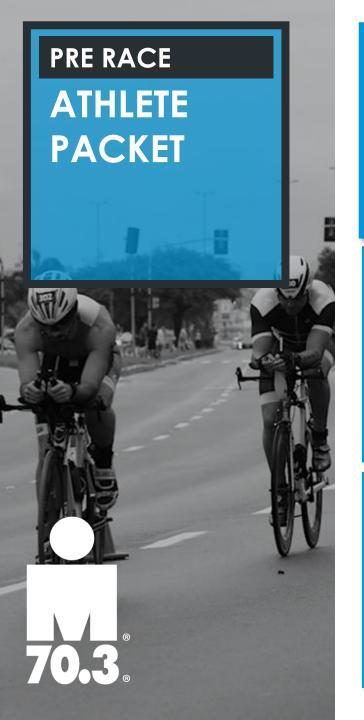
September 19th | 02 PM - 06 PM September 20th | 09 AM - 06 PM September 21st | 09 AM - 12 PM

### 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.





### <u>BIB</u>

To be worn on the run



#### **SWIMCAP**

For swim portion



#### **WRISTBAND**

To be worn until the Slot Rollown





IRON AN

### HELMET AND EXTRA STICKERS

Helmet sticker on the front and extra sticker to label belongings





001

### TICKET BIKE CHECK OUT

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



### **WHITE BAG**

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



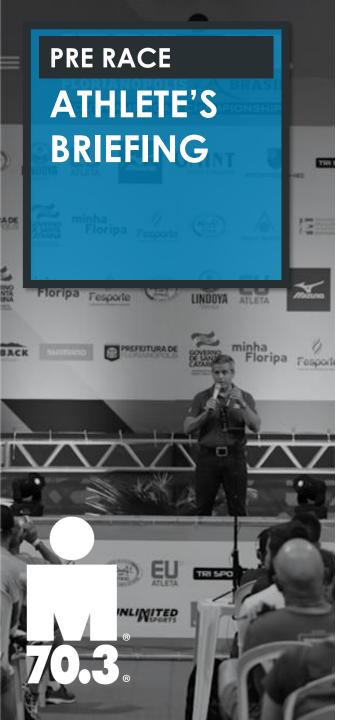
### TRANSITION BAG

For you Bike and Run gear.



#### **TATTOO**

Must be applied before entering the Transition Area on Sunday.



### Online – Youtube Unlimited Sports Brasil

### 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



### Transition – Macumba Beach

### September 21st SATURDAY

- 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.

### From 02 to 07 PM

- 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.



COURSES





- ORANGE TURN BUOYS: to the right.
- PINK TURN BUOYS: to the left.
- INTERMEDIATE YELLOW BUOYS: both sides allowed.



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.

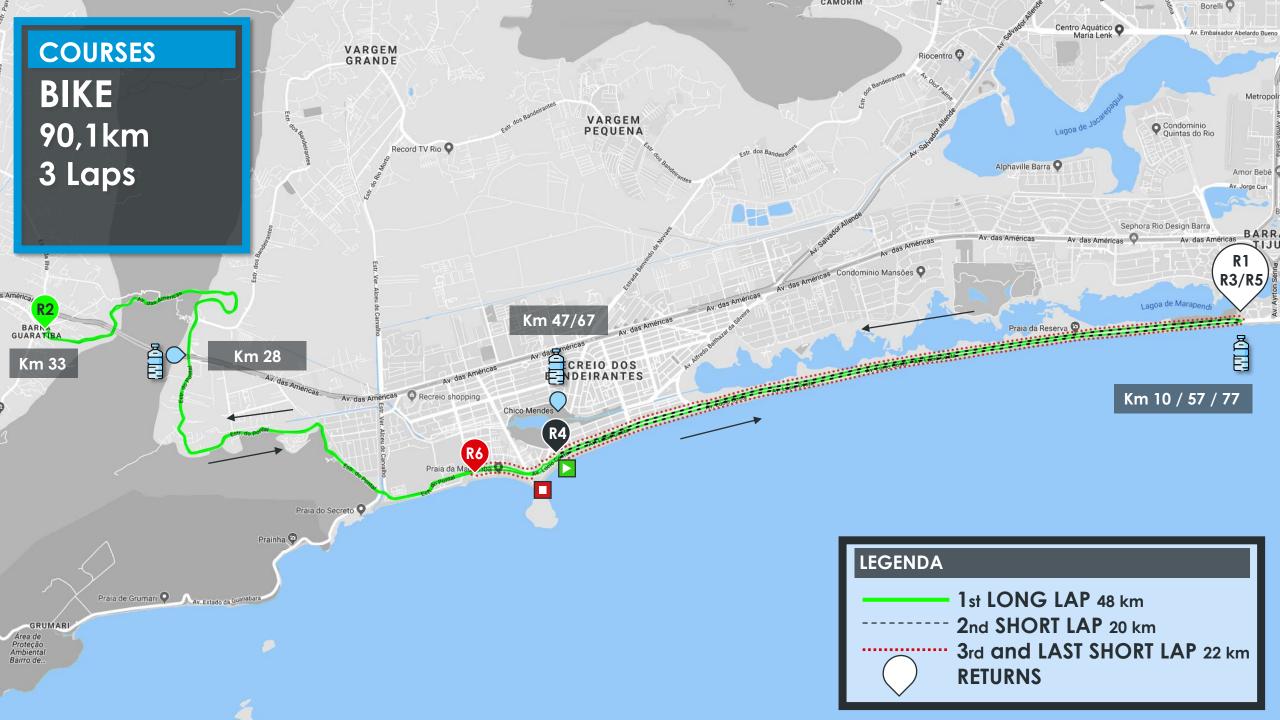


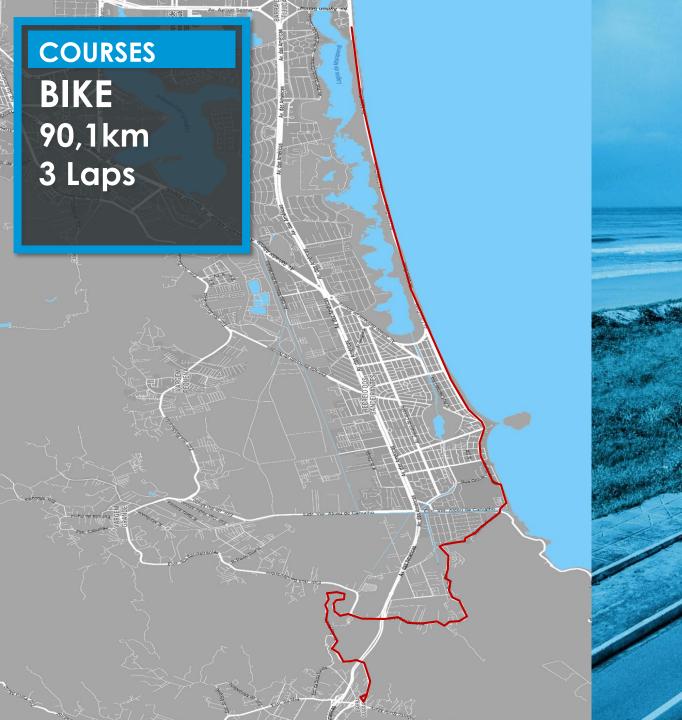


PERMITTED IN CASE OF
TEMPERATURE:
UP TO 24,6° Celsius (age groups)
UP TO 21,9° Celsius (PRO)

Information regarding the water temperatura 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.





Athletes are responsible for placing the bikes back at the rack, in the correspondent number.

(There will be no staff at the dismount)

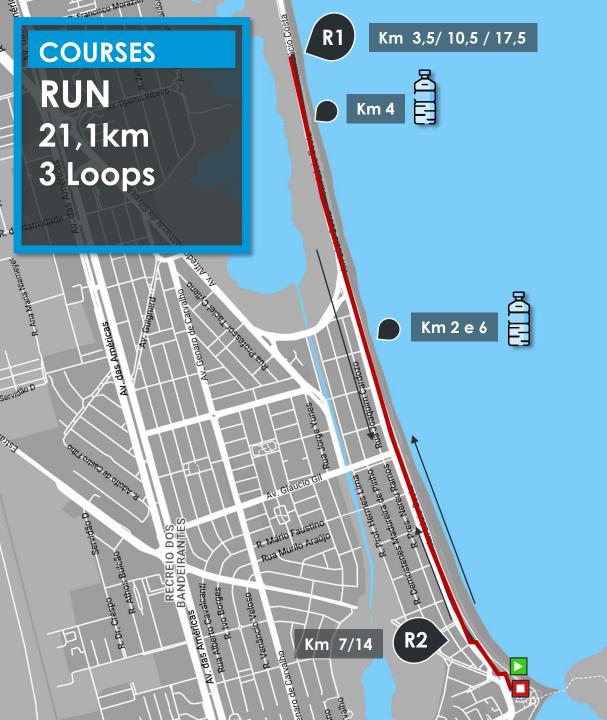
SHIMANO Bike Technicians the bike course and Transition Area.



**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.



3 equal loops - 7 km

2 WRISTBANDS LAP CONTROL



**Cut-off time: 8 hours** 



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.



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### RACE DAY



### September 22nd SUNDAY

From 5 to 6:25 am

Bike Mechanics
Bike Pumps
Port-o-let
Water
Vaseline and Sunblock



### 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.

## RACE DAY **SWIM START**

### Warm up allowed until 6:20 AM

Any athlete who starts in the incorrect wave start will be disqualified.

06:30 AM (black)

06:35 AM (white) 06:45 AM (blue) 06:52 AM (red)

PRO M

PRO F

M 35-39 (A-I) M 45-49 (A-I)

M 50-54

M 18-24 M 30-34 (A-I)

M 40-44 (A-I)

06:59 AM (yellow)

M 25-29

M 35-39 (J-Z)

M 45-49 (J-Z)

07:06 AM (green)

M 30-34 (J-Z)

M 40-44 (J-Z)

M 55+

07:13 AM

(orange)

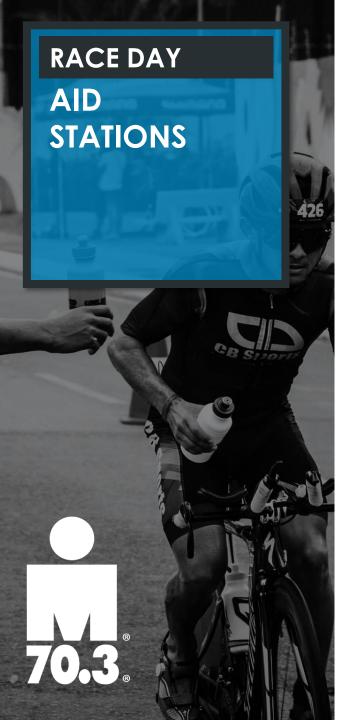
Mulheres

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

If for any reason the athlete decide not to start the race, he/she must communicate immediately the Organization.

PLAN B (in case swim portion is cancelled)

Bike Time trail start at 7:30 am.



### BIKE

### EVERY EACH 15 KM APPROXIMATELY

### **RUN**

### EVERY EACH 2 KM APPROXIMATELY



Water (500ml)

Sports Drink (500ml)



Banana

Port-o-lets

Water
Pedialyte PRO
Soda
Cake
Bread
Fruits

Salt Biscuit
Salt
Port-o-lets

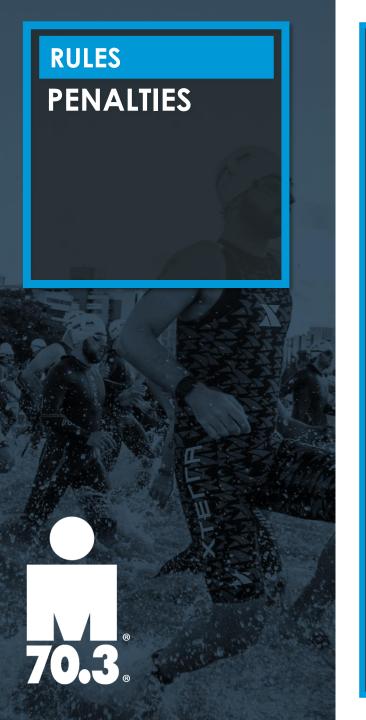
RACE DAY
Extra station





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## GENERAL RULES



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.

12 meters – 6 bikes



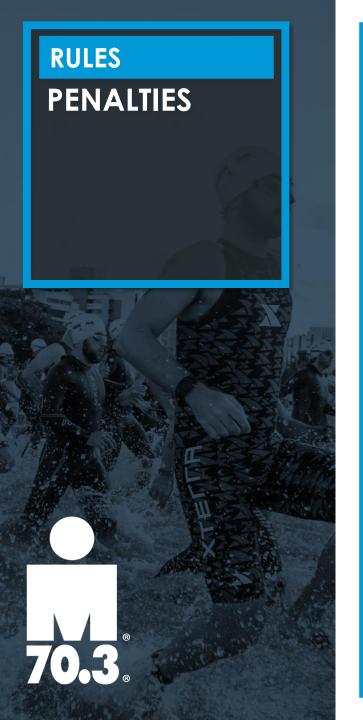
Complete your pass within 25 seconds to avoid a DRAFTING call.

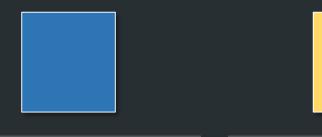
Passed athletes must be seen making immediate and constant rear progress out of the drafting zone.

Do not throw ANYTHING outside of aid stations zone.

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

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





DRAFTING

LITTERING

5 minute time penalty served at the penalty box



RUN/RIDE WITHOUT A SHIRT

**OUTSIDE ASSISTANCE** 

30 seconds stop and go time penalty served at the penalty



UNSPORTSMANLIKE CONDUCT

3 BLUE CARDS

Disqualification

### **PENALTY BOX at the Transition Area**

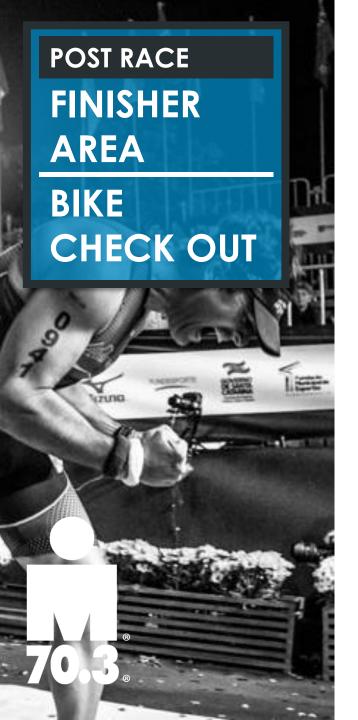
Read the complete Race Rules available at the oficial website: ironmanbrasil.com.br.

It's an athlete duty to have complete knowledge of the race rules



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POST RACE





### **FINISHER Area**



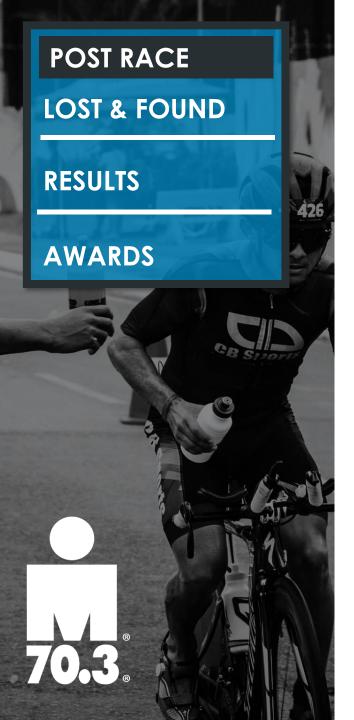
After getting through the finish portal, athletes will have access to their whit bags, medical assistance, massage, port-o-lets, food, water, soda and Pedyalite PRO.

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.



### **Lost & Found**

### <u>September 22nd – from 01 to 04 PM</u> Transition

### Official Results

<u>September 22nd – 05:30 PM</u> 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** 



<u>September 22nd – 07 PM</u> 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

<u>September 22nd – 08 PM</u> <u>Expo - Atlantico Sul Hotel</u>

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