OFFICIAL DRINK OF IRONMAN TALLINN
More minerals, more strength!
It is our pleasure to welcome you as an athlete to IRONMAN 70.3 Tallinn 2020. The first IRONMAN 70.3 race since this year’s spring. The long wait has finally come to an end, and you all can make your 70.3 IRONMAN dream come true.

We have entered an era that has changed the way competitions are organized. More and more, we have to think about the safety of the race and our athletes. Things that year ago seemed exaggerated, now have become standard. Scheduled athlete and bike check-in or medical screening before entering the athlete service area are just some few things that are first in IRONMAN history and now part of IRONMAN Tallinn procedures.

You all are part of something revolutionary. The main competition of IRONMAN 70.3 Tallinn starts early in the morning on the 5th of September at Harku Lake with a swimming distance of 1,9 km long. It is followed by a 90 km long one-lap bike ride that takes the participants through the city districts of Põhja-Tallinn and Haabersti into the nearby settlements outside of the capital. The running distance with the length of a half-marathon consists of two loops around downtown and the Old Town and in Kalamaja, and it culminates with a finish line at the Noblessener area.

In this athlete guide, you will find answers to questions regarding the IRONMAN 70.3 Tallinn 2020. Please study the guide carefully as it contains vital information regarding the race. We wish to point out that by following the guide’s rules, you will respect your fellow competitors and help us organize an honest, memorable, and safe competition. That way, we can all enjoy and focus on why we are all here for – to make the best effort possible.

Enjoy your race!

Sincerely

Ain-Alar Juhanson
IRONMAN Estonia
Race Director
Foreword!

Thank you all for coming to race on those exceptional times. There will be new procedures to mitigate the risks of the COVID-19. The most crucial part of this is to keep the athlete flow seamless and to make sure there are no more than up to 1000 people at the same place at the same time. Therefore, we are introducing the scheduled athlete and bike check-in as well as arriving to race center on race day morning to check the bike and gear.

We kindly ask you to adhere to the timeslots assigned to you. You are only able to enter to the athlete service area or bus or transition area etc. at the given time. So please be careful about when you have to be somewhere.

The other change this year is a medical screening prior entering the athlete service area for athlete check-in or transition area for bike check-in. This procedure is further described in the chapter New Protocols and Processes.

IMPORTANT:
Due to COVID-19 it is STRONGLY RECOMMENDED to not enter to race center if you do not feel well. Instead get in touch with our medical helpline via phone: +372 58669866 and follow the instructions given by the medic.

Information of Travelling to Estonia

Please be aware that the athlete bears the sole responsibility of following travelling restrictions imposed by the Estonian Government. The complete information on countries and restriction on freedom of movement requirements for passengers can be found on the website of Estonian Ministry of Foreign Affairs. Those restrictions are overseen and changed weekly on Friday.

As soon as you have booked the flights and accommodation, make sure you also have travelling and/or health insurance that covers all COVID-19 related risks. It is the athlete’s sole responsibility to be insured in case of positive results of COVID-19 test and/or the need for 2-week self-isolation. If an athlete is diagnosed with a coronavirus causing COVID 19 disease or a direct contact with a person infected with a coronavirus before, during or after the event, and if he or she must therefore be in quarantine, the organizer will not be liable for any costs incurred.
Information of Travelling to Estonia

Everyone who are coming from high risk countries, so-called red countries will have possibility to travel to Estonia without staying in self-isolation for 2 weeks. As an athlete, you should already check who can make PCR COVID-19 test at your location. This is widely known as most reliable COVID test out there. One must do that less than 72h before arriving to Estonia and also if someone is travelling with you then he or she needs to do the same thing. When arriving to Estonia, you and your travel companion need to verify that you have done the test 72h before arrival and it is negative.

After answering some travel questions at the airport or harbour, you need to take another test. On 1st of September until 3rd of September this test can be taken at the airport or harbour in dedicated SYNLAB area. Athletes arriving outside this time window must got to SYNLAB (Veerenni 53a) to take the test. The costs of these tests must be paid by athletes. The test in Estonia costs 86 euros and this must be paid with credit or debit card before taking the test.

After taking a test you must stay in self-isolation until the results come. If this is negative, welcome to Estonia. Self-isolation means that you must refrain from unnecessary contacts and can leave their place of residence or permanent accommodation only for seeing a doctor and shopping food, essentials and medicines, or in emergencies. You can train in open air (e.g. use health trail for jogging).

New Protocols and Processes to hold safe event

The most important change is that race numbers are allocated according to the expected swim time instead of the age group. This way only athletes with certain race number can enter the race venue at the given time which gives the opportunity to keep distance.

Keeping social distance is the keyword in this year’s event and probably in the years to come. So, whenever you have to wait in line follow the 2-meter distance markings on the ground. We also kindly ask you not to shake hands or hug other people.

Medical declaration

All athletes must answer to health-related questions regarding COVID-19. A link for filling in online questionnaire will be sent you just prior the race week. In case your answers raise questions or indicate that you will not pass the screening, you will be contacted and asked to stay home. Should anyone had fever or any other symptoms, they will be isolated until COVID-19 test results and not allowed to enter to any of the race venues. Please be aware that athlete himself/herself is liable for bearing the costs of the COVID-19 tests.
ALL WORLD ATHLETE PROGRAM

The IRONMAN All World Athlete program is our way of rewarding age-group athletes hard work, dedication and performance. The program uses IRONMAN’s Age Group Rankings system to determine the top 10% athletes of each year.

Top 3 race performances are taken into account for the ranking.

All World Athletes are awarded in 3 categories: IRONMAN, IRONMAN 70.3 and Overall IRONMAN, IRONMAN 70.3, 5150.

AWA Benefits

For more information visit ironman.com/allworldathlete
Screening

Screening is a three-level process. First, your body temperature will be measured with a contact-free thermal camera and/or thermometer, and previously completed questionnaire will be checked. If the temperature is below 37 °C (98,6 °F) and questionnaire is filled, you can proceed to athlete check-in.

If your body temperature is above 37 °C (98,6 °F) or there are issues with your questionnaire, you will be guided to additional screening area.

Secondary screening involves:
- Body temperature check with contact
- Saturation measurement

If your body temperature is below 37 °C (98,6 °F) you can proceed to athlete check-in.

If your body temperature is above 37 °C (98,6 °F) but you do not have respiratory complaints, you will be asked to self-isolate in accommodation or at home.

If your body temperature is above 38 °C you will be isolated temporarily, practitioner examines you, if necessary, organizes PCR testing and treatment.

Please be aware that in this case you need to be self-isolated for 2 weeks meaning that in this scenario you will not be able to race.

Dedicated timeslots for athlete and bike check-in and on the race day morning

To be able to keep the amount of people in the same place at the same time as low as possible we have allocated dedicated timeslots for picking up race materials, checking in the bike and checking the bike and gear on race day morning.

Athletes are divided into groups of 69 athletes by their competition numbers.

All World Athletes

All World Athletes 2020 (best 10% of each Age Group) will receive the following onsite benefits:
- All World Athlete Logo on race number
- Special All World Athlete swimming cap
- Special bike rack marking in transition area

To mitigate the risks of COVID-19, we cannot offer priority bib numbers or bike racks. We have changed the entire race day morning process. Please see the description of the starting procedure in chapters Race Start and Swim Course.

TriClub race

- TriClub name on race number
- TriClub Podium – race for your club! The top five individual Age Group athletes’ results from each club will be added together to receive a club grand total. The first three clubs with the highest score, no matter the division, will win the coveted TriClub Podium Trophy!
## Event Schedule

### Wednesday, September 2, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>IRONMAN Expo</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td>10:00</td>
<td>Info Booth / Lost and Found</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td></td>
<td>Individual Timeslots for IRONMAN Tallinn and IRONMAN 70.3 Tallinn Athlete Check-In</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td>18:00</td>
<td>IRONMAN 70.3 Tallinn Q&amp;A with Head Referee @IRONMAN Estonia YouTube channel.</td>
<td></td>
</tr>
</tbody>
</table>

### Thursday, September 3, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>IRONMAN Expo</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td>10:00</td>
<td>Info Booth / Lost and Found</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td></td>
<td>Individual Timeslots for IRONMAN 70.3 Tallinn Athlete Check-In</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td>18:00</td>
<td>Registration for Seve Ehitus Charity Run</td>
<td>Proto Invention Factory - Nobel Foyer</td>
</tr>
<tr>
<td>20:00</td>
<td>Seve Ehitus Charity Run Start</td>
<td>Krusenstern Square</td>
</tr>
<tr>
<td>21:00</td>
<td>Seve Ehitus Charity Run Award Ceremony and Prize Raffle</td>
<td>Krusenstern Square</td>
</tr>
</tbody>
</table>

### Friday, September 4, 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>10:00</td>
<td>IRONMAN Expo</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td>10:00</td>
<td>Info Booth / Lost and Found</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td></td>
<td>Individual Timeslots for IRONMAN 70.3 Tallinn Athlete Check-In</td>
<td>Noblessner Shipyard</td>
</tr>
<tr>
<td></td>
<td>Individual Timeslots for IRONMAN 70.3 Tallinn Bike Check-In for individuals and teams</td>
<td>Tallinna Veemotoklubi, Lake Harku</td>
</tr>
<tr>
<td></td>
<td>Individual Timeslots for IRONMAN 70.3 Tallinn Run Gear Check-In in T2</td>
<td>Seaplane Harbour</td>
</tr>
<tr>
<td></td>
<td>Bike Technical Service</td>
<td>Tallinna Veemotoklubi, Lake Harku</td>
</tr>
<tr>
<td>16:00</td>
<td>Registration for IROKIDS Tallinn (closes 15 min before respective start)</td>
<td>Proto Invention Factory - Nobel Foyer</td>
</tr>
<tr>
<td>18:00</td>
<td>IROKIDS Tallinn 2200 m Run Start, Born 2005-2010</td>
<td>Krusenstern Square</td>
</tr>
<tr>
<td>18:20</td>
<td>IROKIDS Tallinn 1500 m Run Start, Born 2011-2013</td>
<td>Krusenstern Square</td>
</tr>
<tr>
<td>18:40</td>
<td>IROKIDS Tallinn 400 m Run Start, Born 2014 and later</td>
<td>Krusenstern Square</td>
</tr>
<tr>
<td>19:00</td>
<td>IROKIDS Tallinn Award Ceremony</td>
<td>Krusenstern Square</td>
</tr>
</tbody>
</table>
Saturday, September 5, 2020

5:30  Individual Timeslots for Last Minute Gear Check in Transition Area 1 / no bike check-in / (Tallinna Veemotoklubi, Lake Harku)
5:30  Bike Technical Service (Tallinna Veemotoklubi, Lake Harku)
5:30  11:30  Info Booth / Lost and Found (Tallinna Veemotoklubi, Lake Harku)
6:24  IRONMAN 70.3 Tallinn Start – PRO Men (Lake “Harku” Beach)
6:25  IRONMAN 70.3 Tallinn Start – PRO Women (Lake “Harku” Beach)
6:30  IRONMAN 70.3 Tallinn Start – Age Group (Lake “Harku” Beach)
6:55  IRONMAN 70.3 Tallinn Start – Teams (Lake “Harku” Beach)
7:30  IRONMAN Tallinn Start – Age Group (Lake “Harku” Beach)
8:00  IRONMAN Tallinn Start – Teams (Lake “Harku” Beach)
9:00  1:00  IRONMAN Expo (Noblessner Shipyard)
9:00  1:00  Info Booth / Lost and Found (Noblessner Shipyard)
9:30  IRONMAN 70.3 Tallinn Finish Line Party (Noblessner Shipyard)
9:45  First finisher of IRONMAN 70.3 Tallinn (Noblessner Shipyard)
10:30  Flowers Ceremony of IRONMAN 70.3 Tallinn (Noblessner Shipyard)
12:30  16:00  IRONMAN 70.3 Tallinn Bike Check-Out (Seaplane Harbour)
15:30  Last finisher of IRONMAN 70.3 Tallinn (Noblessner Shipyard)
20:00  IRONMAN 70.3 Tallinn Award Ceremony (Krusenstern Square)

Sunday, September 6, 2020

9:00  10:45  Issuing of ŠKODA LAAGRI 4:18:4 Race Materials (Tallinna Veemotoklubi, Lake Harku)
10:00  15:00  IRONMAN Expo (Noblessner Shipyard)
10:00  15:00  Info Booth / Lost and Found (Noblessner Shipyard)
11:00  ŠKODA LAAGRI 4:18:4 Start (Tallinna Veemotoklubi, Lake Harku)
13:00  ŠKODA LAAGRI 4:18:4 Prize Raffle (Tallinna Veemotoklubi, Lake Harku)
Athlete Check-In

IMPORTANT: Onsite registration is not available. Only athletes registered online via Active can take part of the competition.

All athletes will have personal timeslot to pick up the race material. If you come to Noblessner Shipyard to pick up your race materials, then first your personal QR-code will be scanned to check whether you came on time. QR-code was sent to you after completing the health questionnaire. If you have failed to complete the questionnaire and you do not have the QR-code, the security guard will escort you to info booth to complete the necessary forms.

Then you will be screened and if it is passed you can proceed to license check and athlete service area. During the screening you will receive a face mask that must be worn when entering the athlete service area.

When registering, you need the following:
- Your personal QR-code
- Official ID with photo (passport, ID-card, driver’s license)
- Triathlon license from Your national federation. You need to buy one-day license (10 EUR) in case of having no triathlon license. Only debit or credit card payments are accepted.

IMPORTANT: Team biker must also have a license. Unlike previous years, agreeing with waiver is indicated when completing the questionnaire and no onsite paper waivers are available.

Please adhere to your athlete check-in time otherwise we cannot guarantee that you are able to obtain race materials before bike check-in closes on Friday, September 4 evening meaning that you will not be able to compete on Saturday, September 5.

IMPORTANT: Only athlete in person can pick up the race package after passing medical screening. The race package will not be given to a third person, not even with authorization.

At the athlete check-in you will receive the following items:
- IRONMAN 70.3 Otepää 2020 backpack - because we care about the enviroment.
- Athlete’s wristband – must always be worn. In case it is lost or damaged, the new wristband may be obtained from the info booth either in Noblessner Shipyard or Lake Harku race center.
- Race number (Teams have 2 race numbers) – please fill in the emergency contact on the back of your race bib
- Safety pins
- Timing chip with strap
- BLUE bike bag
- RED run bag
- WHITE street wear bag
- Colored swim cap
- 1 number sticker for helmet
- 1 number sticker for bike
- 3 number stickers for BLUE, RED and WHITE bags
- 1 additional sticker that can be used for floor pump
- Welcome Pasta dish

IMPORTANT: ALL team members must pass medical screening. If a team member has not passed medical screening, he/she will not be allowed to enter transition area on race day. Screening can be done in Harku on Friday during team bike check-in time.

Each team member will receive an athlete wrist-band and timing chip.
IRONMAN Expo takes place in Noblessner race center.

Opening hours:
Wednesday, September 2  10:00 to 20:00
Thursday, September 3   10:00 to 21:00
Friday, September 4      10:00 to 20:00
Saturday, September 5    09:00 to 01:00
Sunday, September 6      10:00 to 15:00

At the IRONMAN Expo you will have a perfect opportunity to see the latest racing apparel and buy last-minute race essential equipment. Besides our race sponsors, you will meet manufactures of sports equipment, accessories, nutrition, services for athletes and general sport shops.
Bike Check-in procedures

Please note that only athletes can enter to the race center at Lake Harku either on Friday or on Saturday.

IRONMAN 70.3 Tallinn bike check-in takes place in Transition Area 1 on Friday, September 4 during the designated timeslot. Athletes must have the following items with them:

- Bike
- Bike helmet
- Blue bike bag
- Race number
- Wristband

Red run bag must be checked in to Transition Area 2.

There are transfer buses between Noblessner and Harku. All athletes receive an SMS of when their bus leaves from Noblessner to Harku and when the bus leaves from Harku back to Noblessner.

If you choose to use official transfer bus, a face mask must be worn during the bus ride. Facemasks are provided in the bus stop.

After checking in the bike gear and getting back to Noblessner an athlete must check in the red run bag in the Transition Area 2 at Seaplane Harbour.

Before you can enter Transition Area 1, your QR-code is scanned to check that you have arrived at the right time, then you will proceed to medical screening.

Be ready before you get to the entrance of the Transition Area. You must have your helmet on with strap fastened and wearing your race number. Your race number stickers on the bike and helmet, Blue bike bag and your wristband will be checked as you enter the Transition Area. Without all these items you will not be able to enter the Transition Area.

Only athletes and race officials can enter Transition Area.

The sticker on the bike and on the helmet must be placed in one of the following ways:

The bike number must always be visible during the bike ride.
Bike bag is for the bike equipment and run bag is for the running equipment. Helmet must be placed in the Bike bag and is NOT allowed on the bike. After check-in you must place the bike bag next to your bike within 0,5 m from the bike. Run bag must be placed next to your bike number within 0,5 m from this in the Transition Area 2 at the Seaplane Harbour.

The following items are allowed on the bike:
- Bike shoes secured to pedals
- Gels and bars attached securely to the bike
- Bottles secured in bottle cages

Please note that it is not allowed to mark your bike nor bags in any way. The race officials will remove such markings. Cameras are not allowed in IRONMAN 70.3 Tallinn, please remove them before you check in your bike.

Due to the risk of windy conditions, you are only permitted to cover handlebars, seat and pedals but not the entire bike.

During check-in, there will be technical support in the Transition Area 1 to offer last minute adjustments and service to bikes. Overnight security is provided in the Transition Areas. Bikes, bike bags and run bags are not allowed to be removed from Transition Area once they are checked in. Athletes will have access to their bikes and bike bag on race day morning. Run bag cannot be checked on race day morning, so make sure to have all your run gear in the bag while the check-in on Friday, September 4.

Teams’ cyclists have to check-in the bike on Friday, on their dedicated time. Teams’ cyclists must have helmet on with strap fastened and wearing his/her race number. Race number stickers on the bike and helmet and wristband will be checked as teams’ cyclists enter the Transition Area. Without all these items it is not possible to enter Transition Area.

If Team’s swimmer and cyclist is the same person, he/she needs to check in his/her bike bag in Transition Area 1.

If Team’s cyclist and runner is the same person, he/she needs to check in his/her run bag in Transition Area 2.

**IMPORTANT: It will not be possible to check-in or register on race day morning.**

When racking your bike at Lake Harku and run bag at the Seaplane Harbour take your time to familiarize yourself with Transition Area (entry, exit, flow, key areas etc).
Race day **last minute gear check**

**Saturday, September 5 at the dedicated time.**

On race day morning you can make last minute adjustments in the Transition Area 1 at Lake Harku – pump the tires, bring the drinks and food to your bike and bag etc. Only athletes and race officials can enter the Transition Area.

Please be sure to take your colored swim cap, timing chip and race number with you. If you have lost or forgotten your timing chip on race day morning, please contact race officials in Starting Area to receive a new one.

During race day morning gear check, technical support will be provided at the Transition Area to offer last minute adjustments and service to bikes. Bike mechanics with tire pumps are available in the Transition Area. But it is encouraged to bring your own floor pump. Please mark it with the additional sticker and leave it to the designated area at the start area. It is not allowed to store it in any of the race bags. You can get your floor pump back from the finish area.

Race **start**

Please note that only athletes are allowed to enter start area.

<table>
<thead>
<tr>
<th>Saturday, September 5</th>
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</thead>
<tbody>
<tr>
<td><strong>PRO Men</strong></td>
<td>6:24</td>
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<tr>
<td><strong>PRO Women</strong></td>
<td>6:25</td>
</tr>
<tr>
<td><strong>Age Group</strong></td>
<td>6:30 to 6:55</td>
</tr>
<tr>
<td><strong>Teams</strong></td>
<td>6:55 to 7:00</td>
</tr>
</tbody>
</table>

Swim warm up is not possible.

Only PRO Men and PRO Women have mass start. Age Group athletes and teams have rolling start (5 athletes together after every 10 seconds) from the shore and their race time will start when crossing the timing mat just before entering the water. Your QR-code will be scanned when entering the starting chute.
Swim Cap Color:

PRO Men – Red  
PRO Women – White  
AWA – Gold  
Age Group – Orange  
Teams – Pink

The official swim cap must be visible and “clean”. Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

You have received a WHITE streetwear bag at the registration. You can leave the WHITE streetwear bag with your personal clothes to the designated area at the start area.

Please note that the changing tents or areas are not provided due to COVID-19.
Swimming will take place at Lake Harku. The start will be on a sandy beach and athletes make one lap of 1.9 km. The swim cap provided at the registration must be worn throughout the swim. When entering the water, please make sure your timing chip is securely fastened. If the chip is lost during the swim, you will be able to receive a new one in the Transition Area. Be sure that the wetsuit does not cover the timing chip.

The water temperature in Lake Harku is usually about 18°C at this time of year.

Information about wetsuit allowance will be announced 1 hour before the start.

Wetsuits are not allowed if water temperature is 24,6°C or higher for Age-Group athletes and 22,0°C or higher for PRO athletes. Wetsuits are mandatory if water temperature is 15,9°C or lower.

The swim course will close 1 hour and 10 minutes after the last Teams start. Each athlete and team member will get 1 hour and 10 minutes to complete the swim course. Individual athletes and team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DSQ and are not allowed to continue the race. Race officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

Should you need any kind of assistance, lifeguards will be on the water to help you. Swim course will be shortened or cancelled according to the following table:

<table>
<thead>
<tr>
<th>Water temperature</th>
<th>Swim distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.0°C and above</td>
<td>1900m</td>
</tr>
<tr>
<td>13.0°C – 13.9°C</td>
<td>1500m</td>
</tr>
<tr>
<td>12.0°C – 12.9°C</td>
<td>750m</td>
</tr>
<tr>
<td>11.9°C and below</td>
<td>Cancel</td>
</tr>
</tbody>
</table>

**IMPORTANT**

Neoprene swim caps are allowed in any water temperature.

Neoprene or any other booties are allowed if the water temperature is 18,3°C or lower.

Snorkels, fins, gloves, paddles and any kind of floating devices are not allowed.

If the wetsuit is allowed, you may wear your race number under wetsuit.

If the wetsuit is not allowed, swimwear must not extend past the elbow and past the knees.

It is not allowed to discard any swim equipment (goggles, caps etc) on the ground.

The IRONMAN 2020 Competition Rules are in force for IRONMAN 70.3 Tallinn. For information regarding rules, please visit the following website: https://www.ironman.com/competition-rules

For Common Competition Rules and Penalties, please read the section under the paragraph “Rules and Regulations” in this Athlete Guide.
Right after the swim you enter the Transition Area and run up to your bike and bike gear bag. Everything must be changed next to your bike.

**IMPORTANT:** Please note that there are no changing tents nor areas in the transition area and public nudity is not allowed.

After completing your change, please make sure your bike bag is placed within 0.5 m from your bike number.

You must cross the bike mount line before mounting your bike and after cycling you must dismount your bike before dismount line. The line will be clearly marked and is located at the exit of Transition Area. There will be race officials with red flags at the mount/dismount line. The helmet must be securely fastened at all times when the athlete is in possession of the bike. Failure to do so may cause a penalty.
After you have racked your bike once cycling is done, change must be done next to the bike. You need to put all your bike gear into the run bag, including your bike helmet. Bike shoes must either stay on the bike pedals or be placed in the run bag. After completing your change, please make sure your run bag is placed within 0.5 m from the bike. When ready, you head out of the Transition Area and start the half marathon.

**IMPORTANT:** Please note that there are no changing tents nor areas in the transition area and public nudity is not allowed.
For teams there will be a designated area in Transition Area for passing relay. The passing is contact free. Each team member will have their own personal timing chip. There will be changeover box in the transition areas. If a team swimmer enters to the changeover box, biker is good to go and if the team’s biker has entered to the changeover box the runner is allowed to proceed. Please see the figure below.

If the same team member is swimming and cycling, then the changing procedure is the same as for individual participants.

After cycling the cyclist will rack her/his bike to her/his numbered place and goes to the relay exchange zone. Entering this zone is the sign for the runner to go. Runner is ready by wearing the race number. If the same team member is cycling and running, then the changing procedure is the same as for individual participants.
The bike check-out is from 12:30 to 16:00. Check-out works like wardrobe. You enter the transition area from smaller passage of bike-in, volunteer will get your bike and gear, you walk up to the referee and get your bike and gear from the referee. Please see the scheme below.

In case you withdraw from the race or were disqualified, you can pick up your bike and bags in Transition Area 2 at 12:30–16:00.
The bike course is unique, with a nice mix of city and countryside. Starting at Lake Harku, you must cycle one loop in the southern cities and villages, before heading back to Tallinn and ending at Seaplane Harbour. Bike course is closed for traffic.

**IMPORTANT:** Make sure your supporters know that they are not allowed to use spray paint for cheering phrases. Please use asphalt chalks instead. Otherwise the invoice for cleaning the pavement will be sent to you to pay.

Please remember that you have the full responsibility of your bike’s performance and safe conditions on race day. Please make sure that all mechanical parts are fully functional and that all equipment on the bike are tightened properly.

Police/marshals will be at all crossings during race day. In dangerous sections (downhill, narrow roads, etc.) there will be “!!!” signs installed. Be especially careful of narrow roads in the last 7 km.

There will be 3 sluices in the last 7 km to allow public transport cross the bike course. Note the volunteer guiding you whether to continue straight or turn left. Please see the scheme below.

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**Bike Technical Support and Bike Medical**

There will be bike technical support roaming the course which is able to assist you with your most basic mechanical needs. In case you need bike technical support, approach to race officials and they will call the assistance for you. In both two Aid Stations you will find pumps, tubes, and some basic tools. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race.

The bike technicians and the tools at the Aid Stations are only there as an extra service and is based on a first come first serve basis. Athlete is not allowed to be assisted or helped by anyone else than the official bike mechanic.

If you need medical assistance on the bike course, medical staff on motorcycles will be able to assist you. Contact race official in case you require medical assistance.
BIKE Course - Rules and Cut-off times

During the bike you must always wear the race number visible on the back. Torso must always be covered during the bike. Number stickers on the bike and helmet are mandatory. It is not allowed to cross the center line (except turn-around points).

You must follow directions and instructions from race officials and police. Failure to do so may cause disqualification from the race.

Please keep in mind that any kind of drafting is forbidden. The minimum distance between two athletes is 12 meters, measured from the leading edge of the front wheel. 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 12 meters within 25 seconds. Athlete cannot block another athlete from passing.

Please note that headsets and electronic entertainment devices are strictly forbidden on the courses. The cameras are also forbidden on the courses - athletes not obeying this will be disqualified.

If you are involved in an accident with other persons, e.g. other athletes, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of police is present. Please inform your family, friends, coach and supporters that they are not allowed to accompany you on bikes, cars etc. If this is not respected, you will be disqualified.

Penalties will be issued by race officials on the bike course using the card system below:

- YELLOW CARD - 30 Second time penalty
- BLUE CARD - 5 Minute time penalty
- RED CARD - Disqualification

All time penalties given on the bike course will be added to your bike time. Due to COVID-19 there will be no Penalty Tents on the course.
You are only allowed to deposit bottles and garbage in the designated areas, which are clearly marked at the Aid Stations. If you litter outside of Aid Station areas, you will receive 5 minutes time penalty (Blue card).

The IRONMAN 2020 Competition Rules are in force for IRONMAN 70.3 Tallinn. For information regarding rules, please visit the following website: https://www.ironman.com/competition-rules

For Common Competition Rules and Penalties, please read the section under the paragraph “Rules and Regulations” in this Athlete Guide.

BIKE Course Aid Stations

Due to COVID-19 we have reduced to number of aid stations on the bike course as well as eliminated all unpacked products.

You will pass two Aid Stations on the bike course. They are placed at the following locations:
- Vääna-Jõesuu (approx. 35km)
- Instituudi (approx. 65km)

In both Aid Stations you can find food and drinks as follows:

<table>
<thead>
<tr>
<th>Bike Course Aid Stations</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sports drink</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Energy gel/bar</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

When going into an Aid Station please follow the flow and remember that other athletes will follow right after you. Prepare yourself for the Aid Station in advance and reduce your speed. Volunteers will hand you supplies when you pass them by. There will be signs along the Aid Station listing what is on offer. Please discard any unwanted items after the “Trash Zone Start” sign and before “Trash Zone End” sign. If you litter outside these areas, you will be penalized.
JOIN THE PROGRAM
RACE FOR YOUR CLUB

At IRONMAN, being a loyal and valued member of the TriClub Program means you get access to some premium and exclusive athlete benefits*.

- Early Entry
- On-Site Competition
- TriClub Village
- TriClub Swim Caps
- TriClub Bib List
- Priority Bike Racks
- Priority Bib Numbers
- Race Entries

*Benefits offered may vary and may not be offered at all races. Club membership and athletes must be affiliated to receive benefits.

BECOME A MEMBER
Register your club membership
Sign up for an event near you
Race together to win

IRONMAN®
TRICLUB PROGRAM
IRONMAN 70.3 Tallinn run course is challenging and has picturesque views to Tallinn Bay. It takes you from Seaplane Harbour to Old Town. The 21.1 km course is a 2-lap run and has 9 Aid Stations. The finish is at the Noblessner area.

After finishing each lap, a lap band will be fitted to your arm, in order to tell the race officials which lap you are on. You must wear two (2) bands on your wrist(s) when finishing the race.

Run Course Medical Assistance

If you need medical assistance on the run course, medical staff on bikes will be able to assist you. Contact race official in case you require medical assistance.

Rules on the run course

It is the athlete’s responsibility to know the course on race day. During the run you must always wear the race number visible on the front. Running with a bare torso is prohibited.

Remember that IRONMAN 70.3 race is an individual performance. Please inform your family, friends, coach and supporters that they are not allowed to accompany you and that you are not allowed to receive any outside assistance. If this is not respected, you will be disqualified.

Please note that headsets and electronic entertainment devices are strictly forbidden on the courses. The cameras are also forbidden on the courses - athletes not obeying this will be disqualified.

The IRONMAN 2020 Competition Rules are in force for IRONMAN 70.3 Tallinn. For information regarding rules, please visit the following website: https://www.ironman.com/competition-rules

For Common Competition Rules and Penalties, please read the section under the paragraph “Rules and Regulations” in this Athlete Guide.
RUN 21.1 km / 2 laps
You will pass five Aid Stations on one lap. They are located approximately after every 1.8-2.5km. They are placed at the following locations:

1. Noblessner (approx. 0.2 km, 10.6 km, 21 km)
2. Kalaranna (approx. 2 km, 12.4 km)
3. Kanuti (approx. 4.1 km, 14.5 km)
4. Kanuti (approx. 6.2 km, 16.6 km)
5. Kalaranna (approx. 8.4 km, 18.8 km)

Please keep in mind that you are only allowed to grab food and drinks from your left to prevent from pumping into an athlete running on the other side.

In all Aid Stations you can find food and drinks as follows:

<table>
<thead>
<tr>
<th>Run Course Aid Stations</th>
<th>1, 6, 11</th>
<th>2, 5, 7, 10</th>
<th>3, 4, 8, 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Sports drink</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Energy gel/bar</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Raisins &amp; Bananas</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

Toilets will be placed at all Aid Stations. There will be signs along the Aid Station listing what is on offer.

Please be aware that due to COVID-19 run aid stations are in self-serving format, so you have to grab everything you want from the table. Volunteers are there to prepare the food and drinks, but they are not allowed to hand them to you.

Please discard any unwanted items after the “Trash Zone Start” sign and before “Trash Zone End” sign. If you litter outside these areas, you will be penalized.
The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening’s television news or on the front cover of the race magazine next year!

IRONMAN rules state that spectators cannot cross the finish line with you. If an athlete crosses the finish line with a spectator, he/she will be disqualified! Please ensure your friends, family and supporters are aware of this – it is for safety as well as fairness to other athletes.

Also please note that team members are not allowed to finish together, only runner can cross the finish line. If this is not respected, the team will be disqualified! The team runner will pick up finish packages for his/her team.

After the race you are guided through the finish area. Along the way you will receive the finisher package, your streetwear bag, bike bag, floor pump.

The finisher package includes:

- Medal
- Finisher shirt
- Post-race food
- Post-race drinks

The following will be available:

- Toilets
- Medical personnel

Due to COVID-19 we cannot offer a traditional IRONMAN relax and post-race area.
Flower Ceremony for PRO athletes

Flowers Ceremony for PRO men and women will take place at 10:30 or after finish of third male or female athlete. Ceremony is held near finishline.

Award Ceremony and IRONMAN 70.3 World Championship slot allocation

Saturday, September 5 at 20:00 on Krusenstern Square

Please refrain from shaking hands and stay on your platform while you are photographed.

Estonian Championships award ceremony will be held for Estonian athletes after IRONMAN 70.3 Tallinn award ceremony.

IRONMAN 70.3 Tallinn 2020 will award 35 slots for the 2021 IRONMAN 70.3 World Championship in St. George, Utah.
Taasta jõuvarusid isotoonilise alkoholivaba nisuõllega

ISOTONIC NON-ALCOHOLIC WHEAT BEER HELPS ATHLETES RECOVER QUICKLY
Timing

Please read this section carefully - your race may depend on it!

IRONMAN 70.3 Tallinn timing company is OÜ Tolknet. You will receive your personal timing chip with strap at registration. Fasten it to your ankle with the velcro strap before the swim and leave it on until you finish the race. Please make sure that your timing chip is not covered by your wetsuit during the swim and by your socks during the bike and run.

If you lose your timing chip you can get new one in the Transition Area.

If you choose not to start the race, please bring your timing chip to registration or give to the race officials in the Transition Area.

If you choose to withdraw from the race, inform an official who will collect your timing chip.

After you have finished IRONMAN 70.3 Tallinn, you must return the timing chip in the finish area. If the chip is lost, the athlete must pay 70 EUR for it.

Cut-off Times

IRONMAN 70.3 Tallinn has the following cut-off times:

Swim: 1 hour 10 minutes  
Swim + Bike: 5 hours 30 minutes  
Swim + Bike + Run: 8 hours 30 minutes

Due to safety, cut-off times have to be respected. Race officials will tell you if you did not make it in time.
**Rules & Regulations**

IRONMAN 70.3 Tallinn will be sanctioned by the IRONMAN 2020 Competition Rules. For more information, please visit the following webpage: https://www.ironman.com/competition-rules

For safety reasons it is important that athletes who withdraw the race (especially before, during or after the swim) MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials and race management. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

You are not allowed to use alcohol or any illegal, detrimental, or dangerous drugs, stimulants, depressants or other substances or procedures with intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule results in immediate disqualification.

Fraud, theft, abusive treatment of volunteers or other acts of unsportsmanlike behavior results in immediate disqualification and an athlete being suspended from any race in the IRONMAN series in the future.

IRONMAN 70.3 Tallinn reserves the right to make rule and course changes at any time if athletes are notified via email and/or at the pre-race briefings.

<table>
<thead>
<tr>
<th><strong>SUMMARY OF GENERAL COMPETITION RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Using unsportsmanlike behavior</td>
<td>DSQ</td>
</tr>
<tr>
<td>Failure to follow the prescribed course</td>
<td>DSQ</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike or run</td>
<td>30 second Time Penalty if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules</td>
<td>If it is possible to amend and return to the original situation then a 30 second Time Penalty will be assessed, if not: DSQ</td>
</tr>
<tr>
<td>Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race</td>
<td>DSQ of both athletes</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Not stopping in the next penalty tent after being obliged to do so</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner, during the Race</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>SUMMARY OF SWIM RULES</strong></th>
<th><strong>PENALTIES</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee</td>
<td>DSQ</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material</td>
<td>DSQ</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm thick</td>
<td>DSQ</td>
</tr>
<tr>
<td>Using a snorkel</td>
<td>DSQ</td>
</tr>
</tbody>
</table>
## SUMMARY OF BIKE RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike portion</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders</td>
<td>DSQ if not remedied promptly</td>
</tr>
<tr>
<td>During the bike segment, wearing the helmet unfastened or insecurely fastened</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Make forward progress without bike during the bike segment</td>
<td>DSQ if not remedied promptly</td>
</tr>
</tbody>
</table>

## SUMMARY OF RUN RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the run portion</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders</td>
<td>DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Crossing the finish line with a non-participating individual</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

## SUMMARY OF TRANSITION AREA RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking the progress of other athletes</td>
<td>30 Second Time Penalty</td>
</tr>
<tr>
<td>Interfering with another athlete’s equipment</td>
<td>30 Second Time Penalty</td>
</tr>
</tbody>
</table>
IRONMAN NUTRITION STRATEGY

Products distributed to athletes at aid stations:

- ENERVIT SPORT GEL
- ENERVIT SPORT COMPETITION BAR
- ENERVIT SPORT ISOTONIC DRINK

AT REGULAR INTERVALS

BEFORE

-45'...30'

T AREA 1

1900m

20

40

60

80

T AREA 2

90 km

6

12

18

within 30'

AFTER

21,1 km

Start

Finish
Anti-Doping

As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency’s anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

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

Medical

There will be medical assistance and facilities available from Wednesday to Sunday. You can contact IRONMAN 70.3 Tallinn medical director by phone: +372 58665939

24-hour COVID medic can be contacted by phone: +372 5866 9866

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race. Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don’t have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

Race week training

Lake Harku has public beach and athletes can swim whenever they like. It is your own risk and responsibility to train there.

IMPORTANT! It is not allowed to swim near Transition area 1, you are allowed to swim near the public beach

Kalev Spa Hotel (2km from Race center) has a 50 m pool if you prefer pool training.

Bike course is on public roads and open for training at any time. It is your own risk and responsibility to train there.

Run course is on public roads and open for training at any time. It is your own risk and responsibility to train there.

Lost & Found

Found items can be handed to race officials on the course or taken to the Info Booth. They must be collected from the Info Booth by Sunday, September 6 at 15:00 the latest. Found items that have not been picked up will be kept stored until Monday, September 21st, 2020 and can be returned by full payment of shipping costs and administration fee. After September 21st, 2020 lost and found items will be discarded.
NEW ŠKODA OCTAVIA
Price from 17 900 €
-
Monthly payment from 184 €

PUT THE NEW ŠKODA OCTAVIA TO THE TEST!

Visit ŠKODA Laagri for a test drive or send a query for an offer!
IRONMAN 70.3 Tallinn event cannot be complete without our amazing partners & sponsors

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- Tartu Mill

- Seve
- Värska Mineraal
- Proto Avastustenash

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- Paldiski 300
- Saku

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- HyperVSN
IRONMAN
70.3® TALLINN ESTONIA
5. 09. 2020