Welcome to the Baker Institute IRONMAN 70.3 Geelong and to the spectacular Geelong region, an outstanding event destination and a favourite of the IRONMAN Oceania team. We thank the City of Greater Geelong for their continued support of this great event that allows us to return to this spectacular location each year.

The 2020 event will again partner with the Baker Heart and Diabetes Institute who are the title partners for the event. On behalf of IRONMAN Oceania we thank them for supporting the event and look forward to building upon a strong relationship with a great organisation. Keep your eye out for them at the Event Expo in Steampacket Gardens.

The Race Start will be a Rolling Wave Start, following the success of this at other IRONMAN events within the region. The ROKA Swim Course remains unchanged for 2020, with the course taking athletes out and back in the beautiful Corio Bay. The Ventum Bike Course is also unchanged, heading out through Eastern Gardens and along the Bellarine Peninsula. The Hoka Run is one of the most scenic courses within Australia, taking athletes along Corio Bay.

We have altered the aid station locations along the Run Course to remove the irregularities in distance between each aid station. This change came as a result of athlete feedback through our post event survey in 2019. We always endeavor to improve our events, so we thank everyone who completed last years survey and highlighted the need for the change to run aid stations.

We are excited to also announce that the Baker Institute IRONMAN 70.3 Geelong will be the Triathlon Australia National Long Course Championships, and the Triathlon Victoria Long Course Championships. This means athletes have the chance to walk away from the event as National Champion and State Champion respectively. These titles will only be relevant to athletes who hold a current annual membership of Triathlon Australia and Triathlon Victoria.

As many of our athletes will be aware, the 2020 IRONMAN 70.3 World Championships are set to take place in our region with Taupo, New Zealand playing host to athletes from around the world. The Baker Institute IRONMAN 70.3 Geelong is a great opportunity for athletes to qualify, with an incredible 80 slots up for grabs. In addition, we are pleased to announce another 25 Women For Tri slots. These will be awarded to the next most qualified women after the standard Roll Down Ceremony concludes. Make sure you attend the Roll Down Ceremony to claim your spot on the start line in Taupo!

The IRONMAN Oceania team work hard to make this event happen, and we are lucky to have the support of over 600 Volunteers. They provide amazing support in not only helping to deliver the event, but also cheering on each athlete out on the course. Please make sure to take the chance to thank as many WorkSafe volunteers as you can throughout the event.

I wish you all the best of luck with your final training and preparation, and please feel free to stop me for a chat during race weekend, any feedback athletes can give regarding the race is most welcome. Enjoy your race day, and I look forward to seeing you down in Geelong to cross that finish line.

Cheers,
Josh Rabjones,
Race Director
The Baker Heart and Diabetes Institute has proudly partnered with IRONMAN Australia at the Geelong 70.3 event as the official charity partner.

As part of this partnership, we have an amazing group of triathletes who have joined our ‘Team to Beat’. These amazing superstars are raising vital funds for medical research into heart disease and diabetes at the Baker Institute. We are encouraging everyone to get involved and join the Team to Beat and take part in an IRONMAN in 2020 — individually or in a relay team.

Are you up for the ultimate challenge?

baker.edu.au/team

Our research spans the health spectrum from patients with severe heart disease, children with diabetes, through to the most elite athletes, where world leading sports cardiologist Associate Professor Andre La Gerche conducts research on the effect of exercise on cardiovascular health.

Team to Beat

As part of this partnership, we have an amazing group of triathletes who have joined our ‘Team to Beat’. These superstars are raising vital funds for medical research into heart disease and diabetes at the Baker Institute. We are encouraging everyone to get involved and join the Team to Beat and take part in an IRONMAN in 2020 — individually or in a relay team.

Did you know?

Heart disease kills one Australian every 12 minutes!

We care about your Ticker and so should you.

Ticker Test

Take this 3-minute Ticker Test to learn more about your heart health.

baker.edu.au/heart
The Baker Heart and Diabetes Institute is proud to be the official charity partner for the IRONMAN 70.3 Geelong event, aiming to promote healthy lifestyles.

The Baker Institute’s goal is to provide athletes with the best athlete experience possible and to assist them to achieve their personal goals and reach their full potential. This includes not only their race performance but their general health and wellbeing.

Our commitment to driving better health through research aligns with IRONMAN Oceania’s Commitment to sustaining a healthy lifestyle.

The unwavering commitment by IRONMAN competitors to building and maintaining their core fitness and strength, adhering to good nutrition and living a lifestyle that promotes a healthy mind and body is key to preventing disease.

We can learn a lot from endurance athletes and equally, we are building a sound body of evidence to assist these athletes in terms of health education and prevention, particularly with regards to cardiovascular health.

Just as triathlon involves pushing the mind and body to its limits, the Institute is also engaged in examining the physiological impact of exercise on metabolic health – including that of endurance athletes – to advance prevention, diagnosis and treatment.

Researchers at the Baker Institute are global leaders in examining the effect of exercise on cardiovascular health using exercise testing and specialised heart imagine to measure the heart’s ability to respond to the haemodynamic challenge of exercise.

Experts like Sports Cardiologist, Associate Professor Andre La Gerche also wants to understand what the long-term health benefits of endurance exercise are, the causes of sudden cardiac death and the effect of exercise on heart rhythm disorders.

Wishing all the competitors a happy and healthy race.

Andre La Gerche
Associate Professor
The Baker Heart and Diabetes Institute

There are a few events in the world that push competitors to the limits of endurance in quite the same way as IRONMAN.

The City of Greater Geelong is proud to be supporting IRONMAN 70.3 Geelong again in 2020, giving our community and visitors another change to see incredible athletes in action.

The Geelong course is designed to make the most of our beautiful natural scenery and waterfront, creating the best possible experience for participants and spectators.

We were thrilled to be voted by the athletes as the top event among more than 100 other host venues around the world in 2018.

To all competitors, including our very own councillor Eddy Kontelj: best of luck. Whether you’re racing for a spot on the podium or to test yourself, you are an inspiration.

CR Stephanie Asher
Mayor, City of greater Geelong
On behalf of the Andrews Labor Government, welcome to Victoria – the premier sporting and events state and proud host of the 2020 IRONMAN 70.3 Geelong.

From AFL to Kardinia Park to the Festival of Sails on Corio Bay, Geelong is a city synonymous with big sporting events and we are delighted that the IRONMAN 70.3 returns for another year to feature in a standout summer calendar.

Geelong’s stunning foreshore will be the stage of battle for more than 1,250, from boys and girls through to elite senior competitors drawn from around the globe.

Part of the prestigious global IRONMAN 70.3 series, elite performers have the added incentive of chasing qualification for the 2020 IRONMAN 70.3 World Championship.

There are also opportunities for newcomers to try triathlon, with every child aged 5 – 13 receiving a medal for their efforts through the IRONKIDS event.

The Government is proud to support this fantastic festival of endurance through the Significant Sporting Events Program and Regional Events Fund.

More than 650 events have been funded through the Sporting Events Program and Regional Events Program and more than half of those events have been held in regional Victoria, boosting local jobs and economies.

The Regional Events Fund has supported more than 200 events, bringing competitors, officials and supporters to our communities and inspiring more people to stay active and healthy through sport.

While in Geelong I encourage you to take in some of the great attractions that the region has to offer, from the renowned waterfront and pier district to the Bellarine Peninsula, Surf Coast and beyond.

Foodies can also enjoy top-quality produce in the many quality cafes and restaurants to be found in the charming streets and laneways of the city.

I wish all competitors the best of luck and hope that everyone enjoys the 2020 IRONMAN 70.3 Geelong.

The Hon Martin Pakula
MP

Minister for Tourism, Sport and Major Events
FOR GREAT WEEKENDS ON THE WATERFRONT!

WWW.EVTENTS.GEELONG.COM.AU

Geelong’s best destination for event information.
On behalf of Triathlon Australia, welcome to all athletes to IRONMAN 70.3 Geelong. The event will be conducted under the **IRONMAN Competition Rules** and this is a "NON Drafting Event".

Please note that IRONMAN rules vary slightly to Triathlon Australia’s Race Competition Rules, so be sure to familiarise yourself with the differences by studying these IRONMAN rules.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. If you have committed an infringement a Technical Official will advise you of the infringement by calling your number, advising you of the nature of the infringement and showing you a coloured card. It will be then your responsibility to follow the instructions of the Technical Official.

Of particular note for this event are the rules relating to penalties for Yellow cards. If you are presented with a Yellow card you are required to serve a 30 second time penalty, typically at the next Penalty Box. The most common Yellow card infringements are:

- **BLOCKING** – Impeding the forward progress of a competitor behind you, and
- **OVERTAKING INFRINGEMENT** – Immediately re-passing a competitor without initially dropping back out of their draft zone.

The most common Blue rule infringements are:

- **DRAFTING** – Following a leading cyclist closer than 12 metres and failing to pass within 25 seconds. Please watch this [Drafting Video](#) for a further explanation
- **ILLEGAL PASS** – Passing on the left
- **LITTERING** – Intentionally discarding items, such as tyres, bidons, gel wrappers etc., on any part of the course except at a designated Aid Station

A Technical Official’s ruling is final in the case of Drafting, Illegal Pass, Blocking and Overtaking infringements (Judgment Calls) and these are not subject to either protest or appeal.

The most common Red card infringements (which may result in Disqualification) include:

- failure to follow the instructions from a Technical Official
- offensive or unsportsmanlike behaviour,
- outside assistance (from anyone other than a race official), and
- using a distractive device such as a telephone or a headset.

To help avoid a visit to the Penalty Box or a possible Disqualification please observe the following:

- Ride on the left side of the bike lane, except when passing another competitor
- Maintain at least 12 metres between your front wheel and the front wheel of the cyclist in front of you, except when you are passing them
- Pass on the right side of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, immediately commence to drop back at least 12 metres before you attempt to re-pass

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

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

Dave Williams  
Race Referee  
IRONMAN 70.3 Geelong
Whether you are returning, or it is your first time at IRONMAN 70.3 Geelong, we have provided the below checklist for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
- Familiarise yourself with the Event Schedule
- Book flights and accommodation ensuring you arrive in time for Athlete Check-In from:
  - Friday 21 Feb 2:30pm – 6:30pm
  - Saturday 22 Feb 10:00am – 4:00pm
  You will only need to attend Check-In once.
- Ensure you have photo identification (driver’s licence, passport etc) and bring to Athlete Check-In. You will not be able to Check-In without photo ID.
- Check the athlete list online (available from Wednesday 29 Jan) and ensure your name, country, TriClub and age group are correct (if incorrect please contact geelong@ironman.com)
- Confirm that your Emergency Contact person will be contactable on race day and ensure that the full number including area / country code is provided
- Confirm your Medicare/health insurance details are current
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the venue and race day road closures
- Familiarise yourself with the course – it is your responsibility to know this on race day
- In case you are successful in securing a World Championship slot, ensure you have the following items ready for the 2020 IRONMAN 70.3 World Championship in Taupo, New Zealand Rolldown:
  - Bring photo identification
  - Bring valid credit card (Visa & MasterCard). Diners Club, AMEX & cash are not accepted for payments.

WE LOVE WHAT YOU LOVE. #WeAreACTIVE

Find your next race
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30pm - 6:30pm</td>
<td>IRONMAN 70.3 Official Merchandise Store &amp; Expo Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>2:30pm - 6:30pm</td>
<td>Information Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>2:30pm - 6:30pm</td>
<td>IRONKIDS Check-In</td>
<td>Information, Steampacket Gardens</td>
</tr>
<tr>
<td>2:30pm - 6:30pm</td>
<td>Athlete Check-In Open</td>
<td>Steampacket Gardens</td>
</tr>
</tbody>
</table>

**Saturday 22 February**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30am - 7:45am</td>
<td>IRONKIDS Check-In and Bike Racking Open</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>8:00am</td>
<td>IRONKIDS Race START</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>Approx: 9:00am</td>
<td>IRONKIDS Random Prize Draw Presentation</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>9:30am - 4:00pm</td>
<td>IRONMAN 70.3 Official Merchandise Store Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>10:00am - 4:00pm</td>
<td>IRONMAN 70.3 Expo Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>10:00am - 4:00pm</td>
<td>Information &amp; Drop Out Clerk Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>10:00am - 4:00pm</td>
<td>Athlete Check-In Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>Note: Last chance to check in - you must check in by 4.00pm TODAY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30am - 4:30pm</td>
<td>Compulsory Overnight Bike Racking Open</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Information Session and Q &amp; A with your Race Director</td>
<td>Stage - Steampacket Gardens</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Pro Panel</td>
<td>Stage - Steampacket Gardens</td>
</tr>
<tr>
<td>2:30pm</td>
<td>Pro Briefing</td>
<td>Novotel Geelong</td>
</tr>
<tr>
<td>Transition Tour Times:</td>
<td>IRONMAN 70.3 Geelong Transition Tour</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>11:30am, 1:30pm, 3:30pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Sunday 23 February**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:45am - 12:00pm</td>
<td>Information &amp; Drop Out Clerk Open</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>5:45am - 6:00am</td>
<td>Transition Open</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>5:45am - 7:00am</td>
<td>Street Gear Drop Off</td>
<td>Swim Start, Eastern Beach</td>
</tr>
<tr>
<td>7:00am</td>
<td>IRONMAN 70.3 Geelong Race Start Pro Male</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>7:02am</td>
<td>IRONMAN 70.3 Geelong Pro Female Start</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>7:10am - 7:46am</td>
<td>IRONMAN 70.3 Geelong Rolling Wave Starts</td>
<td>Eastern Beach</td>
</tr>
<tr>
<td>8:00am - 2:00pm</td>
<td>IRONMAN 70.3 Official Merchandise Store Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>8:00am - 3:00pm</td>
<td>IRONMAN 70.3 Expo Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>8:00am - 4:00pm</td>
<td>Information &amp; Drop Out Clerk Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>10:30am - 4:00pm</td>
<td>Street Gear Tent Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>10:50am</td>
<td>First 70.3 Male Finisher Expected</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>11:15am</td>
<td>First 70.3 Female Finisher Expected</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>1:15pm - 4:30pm</td>
<td>Bike Check-Out Open</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>3:45pm Approx</td>
<td>Expected Last Finisher / Race Closes</td>
<td>Steampacket Gardens</td>
</tr>
<tr>
<td>4:00pm</td>
<td>IRONMAN 70.3 Geelong Athlete Presentations</td>
<td>Stage - Steampacket Gardens</td>
</tr>
<tr>
<td>4:30pm</td>
<td>2020 IRONMAN 70.3 World Championship Rollout Ceremony</td>
<td>Stage - Steampacket Gardens</td>
</tr>
</tbody>
</table>

Event Schedule updated as of 22/01/2020: Please refer to the website for most up to date schedule.
Change Our Game

Working to level the playing field for women and girls in sport and recreation

Follow us @ChangeOurGame

www.ChangeOurGame.vic.gov.au
STEAMPACKET GARDENS

- Expo Village
- Official IRONMAN Merchandise
- Athlete Check-In
- IRONKIDS Check-In (Friday)
- Information
- Street Gear Bag Collection
- Stage
- Volunteer Tent
- Medical Tent
- Finish Line
- Recovery
- Athlete Presentations
- IRONMAN 70.3 World Championships Rolldown Ceremony

VENUE MAP
Click here to view map larger
EASTERN BEACH

- IRONKIDS Check-In (Saturday)
- IRONKIDS Start
- Transition (Bike Check-In/Bike Check-Out)
- Transition Tours
- Swim Start/Swim Exit
- Information (Sunday Morning Only)
- Street Gear Drop Off (at Swim Start)

TRANSITION MAP

Click here to view map larger
CHECK–IN

When
Friday 21 February  2:30pm – 6:30pm
Saturday 22 February  10:00am – 4:00pm

All Race Kits must be picked up by 4:00pm Saturday 22 February. If you do not Check-In during these times you will not be eligible to race. Allow extra time when making travel arrangements. Geelong is a 1-hour drive from Melbourne (Tullamarine Airport) and a 30 minute drive from Avalon Airport.

Where
Steampacket Gardens, Geelong. Please do NOT bring your bike into the Check-In queue. Bike racks will be available within Steampacket Gardens.

What you will need
Photo Identification (Driver’s Licence or Passport). You will not be able to pick up your race pack without ID.

Only the person registered can pick up their Race Kit at Check-In. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else’s name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

RELAY TEAM CHECK–IN

Same Check-In and location will apply to Relay Teams.

All Relay Team members will be required to Check-In during Check-In hours. Its preferable that all members check-in at once, however if unable can check-in separately.

INDIVIDUAL RACE KIT

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number</td>
<td><img src="image1.png" alt="Race Bib Number" /></td>
</tr>
<tr>
<td>Male Pro Number (Black)</td>
<td><img src="image2.png" alt="Male Pro Number (Black)" /></td>
</tr>
<tr>
<td>Female Pro Number (Silver)</td>
<td><img src="image3.png" alt="Female Pro Number (Silver)" /></td>
</tr>
<tr>
<td>Sticker Sheet</td>
<td><img src="image4.png" alt="Sticker Sheet" /></td>
</tr>
<tr>
<td>Bike Seat Post Number Sticker</td>
<td><img src="image5.png" alt="Bike Seat Post Number Sticker" /></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td><img src="image6.png" alt="Bike Pump Sticker" /></td>
</tr>
<tr>
<td>Street Gear Bag Sticker</td>
<td><img src="image7.png" alt="Street Gear Bag Sticker" /></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td><img src="image8.png" alt="Helmet Sticker" /></td>
</tr>
<tr>
<td>Tattoos</td>
<td><img src="image9.png" alt="Tattoos" /></td>
</tr>
<tr>
<td>Race Number Tattoo (right arm), Category Tattoo (left leg)</td>
<td><img src="image10.png" alt="Race Number Tattoo (right arm), Category Tattoo (left leg)" /></td>
</tr>
<tr>
<td>ID Wristband</td>
<td><img src="image11.png" alt="ID Wristband" /></td>
</tr>
<tr>
<td>Bike Collection Card</td>
<td><img src="image12.png" alt="Bike Collection Card" /></td>
</tr>
<tr>
<td>Coloured Swim Cap</td>
<td><img src="image13.png" alt="Coloured Swim Cap" /></td>
</tr>
<tr>
<td>Street Gear Bag (w39cm x h49cm)</td>
<td><img src="image14.png" alt="Street Gear Bag (w39cm x h49cm)" /></td>
</tr>
<tr>
<td>Athlete T-Shirt</td>
<td><img src="image15.png" alt="Athlete T-Shirt" /> We didn’t want to ruin your surprise.</td>
</tr>
</tbody>
</table>
**RELAY TEAM RACE KIT**

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number x 1 (Runner only)</td>
<td><img src="image" alt="Race Bib" /></td>
</tr>
<tr>
<td>Sticker Sheet x 1 (One sticker sheet for team)</td>
<td><img src="image" alt="Sticker Sheet" /></td>
</tr>
<tr>
<td>Bike Seat Post Number Sticker</td>
<td><img src="image" alt="Bike Seat Post Number" /></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td><img src="image" alt="Bike Pump Sticker" /></td>
</tr>
<tr>
<td>Street Gear Bag Sticker</td>
<td><img src="image" alt="Street Gear Bag Sticker" /></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td><img src="image" alt="Helmet Sticker" /></td>
</tr>
<tr>
<td>Tattoos</td>
<td><img src="image" alt="Tattoos" /></td>
</tr>
<tr>
<td>Race Number Tattoo (right arm), Category Tattoo (left leg) (runner to wear tattoos)</td>
<td><img src="image" alt="Tattoos" /></td>
</tr>
<tr>
<td>ID Wristband x 3 (one per team member)</td>
<td><img src="image" alt="ID Wristband" /></td>
</tr>
<tr>
<td>Bike Collection Card x 1 (for cyclist only)</td>
<td><img src="image" alt="Bike Collection Card" /></td>
</tr>
<tr>
<td>Coloured Swim Cap x 1 (for swimmer only)</td>
<td><img src="image" alt="Coloured Swim Cap" /></td>
</tr>
<tr>
<td>Street Gear Bag x 3 (one per team member) (w39cm x h49cm)</td>
<td><img src="image" alt="Street Gear Bag" /></td>
</tr>
<tr>
<td>Athlete T-Shirt x 3 (one per team member)</td>
<td><img src="image" alt="Athlete T-Shirt" /></td>
</tr>
</tbody>
</table>

**ID Wristband**

Your ID wristband must be worn at all times as this will be your entry to ‘athlete only restricted areas.’ Your ID wristband will be secured to your wrist prior to leaving Check-In. This is your only means of entry to Transition to rack your bike pre-race and to collect your bike after the race. IRONMAN will not allow access into these areas without athletes wearing their wristband.

No Wristband = No Access.

Individuals – Blue  
Teams – Light Blue  
Male Pro – Black  
Female Pro – Silver

**BIKE COLLECTION CARD**

The Bike Collection Card is located within your race pack. This card can be used for a friend or family member to collect your Bike and Gear Bags from Transition during Bike/Bag collection times, should you not want to do so yourself. Please ensure you sign the card prior.

**INDIVIDUAL & RELAY TEAM CHANGES**

All changes to Individual’s registrations will need to be made prior to 5pm, 19 Feb. Please ensure that when the athlete list becomes available online several weeks prior, if any details are incorrect to contact the race office geelong@ironman.com or 1300 761 384. After this time all changes can be made onsite at the Help Desk located within Athlete Check-In.

**BIKE RACKING**

**When:** Saturday 22 February  
**Time:** 10.30am – 4.30pm  
**Where:** Transition, Eastern Beach

You must have already Checked-In and picked up your Race Kit prior to racking your bike.

No bikes will be able to be Checked-In after 4.30pm on Saturday 22 February. Please ensure you plan your travel to pick up your Race Kit prior to 4pm and Check-In your bike prior to 4:30pm.

**What you will need**

**Bike Racking**

You must have your bike seat post sticker attached to your bike and be wearing corresponding numbered ID wristband to enter Transition. Your bike seat post sticker will be found in your Race Kit. Please note that there will be no bags or bike covers allowed in transition.

Competitors are responsible for ensuring that their bike is in a safe working order, prior to presenting the bike at Bike Check-In. See the IRONMAN Competition Rules for equipment standards at IRONMAN Competition Rules.
TIMING
You will collect your Timing Chip and confirm your identity with the timing personnel at the exit of Bike Check-in. At this stage you will re-confirm your information and ensure that your race number matches your timing chip. Please ensure you put your Timing Chip in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle.
- On race morning, your timing chip must be on to enter Transition. Officials will be checking this.
- If you do not start the race or pull out of the race for any reason you are to return the Timing Chip to one of the Drop Out Clerks located at Information or if unable to reach this location to Event Personnel.
- If your Timing Chip is not returned or is lost you will be charged $150AUD for a replacement.
- Timing results will include swim split, bike split, run split and finish time – overall and category results.

If Timing Chips are not worn throughout the duration of the race, race results will not be available to that athlete.

If a timing chip is lost during the race, you will need to inform Event Personnel in transition, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the Timing Chip, using an alternative puts you at risk of losing the chip during the race. Lack of timing data may affect validity of category results & World Championship qualifications.

BIKE MECHANIC
On Saturday and Sunday, the Bike Mechanics will be located at Transition, Eastern Beach.
Saturday – 10:00am – 4:30pm (paid service)
Sunday – 5:45am – 6:45am (and then available on course).

TRANSITION TOURS
When: Saturday 22 February
Where: Transition, Eastern Beach
Time:
- Transition Tour 1: 11:30am
- Transition Tour 2: 1:30pm
- Transition Tour 3: 3:30pm

Tours will take approximately 30 minutes and will cover the flow of Transition including the start and finish points of the swim/bike and run functionality. These tours are also a great opportunity to clarify any Transition specific questions.

RACE DIRECTOR Q&A
Date: Saturday 22 February
Time: 12:30pm
Location: Steampacket Gardens

There is no onsite Video Race Briefings.

Instead your official Race Director update will be available online or come along to the Race Director Q&A. Pete Murray and your Race Director Josh Rabjones will be there to provide you an overview and also answer any questions you may have.

PRE-RACE TRAINING
All roads will remain open until Race Day, therefore, remember: obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists.

Wearing your helmet whilst cycling is compulsory in Victoria and Police can issue on the spot fines for breach of this law.

Make sure you lock your bike whenever you leave it.
FUELLING CLEAN PERFORMANCE
High quality natural sports nutrition // puresportsnutrition.com.au

OFFICIAL ELECTROLYTE PARTNER
TRANSITION AREA

Time:
Transition will be open from 5:45am – 6:45am.

Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:45am.

RELAY TEAM TRANSITION

All Relay Team members must exit Transition by 6:45am. At the discretion of the Transition Manager, cyclists will be able to re-enter Transition (approx. 7:15am) via the Team Entry (Southern end of Transition).

Relay Team Members (cyclist and runner) will be required to stand at their numbered transition rack and await their team member. Your timing chip is your relay baton which you will be required to take off and pass onto your team member prior to starting their designated relay leg.

RACE DAY HELMET CHECKS

Triathlon Australia officials will be conducting your compulsory helmet and bike checks as you enter the Transition area on Race Morning, Sunday 23 Feb - please ensure you have your helmet on (with your helmet sticker on the front of your helmet) prior to entering Transition.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition Opening (Sunday). See the IRONMAN competition Rules for equipment standards at IRONMAN Competition Rules.

BIKE PUMPS

Bike Pump Drop Off will be available on Race Morning within Transition (located at the Beach House end) and can be collected post event during Bike Check-Out.

All bike pumps which aren’t collected during Bike Check-Out times will be donated.

STREET GEAR BAG DROP

Location: Street Gear Truck is located near swim start. All bags will then be transported to Street Gear Tent located at the Finish Line.
Time: 5:45am – 7:00am sharp

What to include in your Street Gear Bag?
Your Street Gear Bag will consist of any clothes you require post-race.

Important: Only the Black Street Gear Bag provided will be accepted. No bike pumps will be accepted in the Street Gear Truck.

Please ensure that you have the gear bag sticker (located in your Race Kit) clearly stuck to the bottom of the handle.

RACE DAY SERVICES

Medical
Basic first aid is available throughout event week. If you require medical attention, we recommend that you visit Information or seek the assistance of event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:
- Swim Start
- Swim Exit
- Transition
- Roaming Bike & Run Course
- Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are an Australian resident or from overseas. We highly recommend that Australian residents hold valid private health insurance and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for.

Under Australian legislation, all non-Australian residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport. Hence it is recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.

Sag Wagon

The Sag Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported close to the Finish Line. Continued >
Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for Sag Wagon deployment. Alternatively advise volunteers at the nearest Aid Station.

Please note delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a Sag Wagon has been requested as this could affect their ability to locate and transport you.

ATHLETE RACE BIB NUMBER

Wearing your race number bib is compulsory for the Run Leg only. Your number must be clearly visible.

Upon entering the finish line, turn your bib to the front. This will ensure manual timers at the Finish Line can clearly see your number. You must not fold, cut or manipulate your race number in any way.

ATHLETE TATTOOS

Race Number Tattoo

Wearing your race number tattoo is compulsory.

- Where: Your race number must be displayed on your right bicep with the MDot logo at the top.
- If you are wearing a long sleeve or short sleeve Tri-Suit, place the race number tattoo on your right forearm.

Category Letter Tattoo

- Your category letter tattoo must be displayed on your left calf.

Best way to apply your tattoos

The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

I still managed to ‘mangle’ my tattoo

In the case your tattoo becomes faulty please see the Information staff who will be able to assist by writing your number/letter on with a permanent marker.

Any athlete who registers online after 11:59pm, 27 January unfortunately will not receive a Category Letter in their Race Kit. Please see Information on Race Morning as we can write the Category Letter on with a permanent marker.

RELAY TEAM TATTOOS

Relay Teams will receive one Race Number Tattoo and one Category Tattoo. The Run Leg athlete will be required to wear the Tattoos. Other Relay Team Members can write the Race Number and Category Letter on with a permanent marker if they wish or see one of our Information staff as we will have permanent markers available.

CUT OFF TIMES

Swim – At Swim Exit; 1 Hours 10 Minutes from Athlete’s Individual Start Time
Bike – At Bike Exit; 5 Hours from Athlete’s Individual Start Time
Run – Finish Line; 8 Hours from Athlete’s Individual Start Time

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

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

All cut off times for the Rolling Wave Start are measured off each individual’s starting time. All times listed here are measured from the last swimmer in the water.

If you believe these cut off times may be a problem, please call us on 1300 761 384 to discuss.

CONTINGENCY PLAN

If/when a contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the Event App or by the commentator.
FINISH LINE

Friends and family members, including children are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes’ finish line experience.

As you cross the line, volunteer catchers will be there to escort you to the secured recovery area. You will be presented with your Finishers Medal and Towel and your Timing Chip will be removed. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical tent for treatment. If you do not require any treatment you will be able to proceed to the Recovery facilities.

Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember the volunteers and the medical team are there to help you at any time should you require.

RECOVERY AREA

Recovery & Medical

After you have finished, you will be escorted into the Post Finish area to take advantage of the post finish facilities available. This area is an athlete only area. Located within the Post Finish area will be:
- The Post Finish Recovery Area
- Access to your Street Gear Bags
- Toilets
- Medical & Massage support
- Official Finisher Photo by FinisherPix

Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

The Post Finish Recovery area will offer:
- Water
- PURE Electrolyte Hydration – Superfruits
- Red Bull
- Coca Cola
- Ice Cream
- Banana, Oranges and Watermelon

MASSAGE

Sports Chiropractic Australia is available for massage services pre (paid service) and post event (free of charge) within the event village.

STREET GEAR CHECK-OUT

Black Street Gear Bags will be available from the Recovery Area on Sunday till 4:00pm. In the case that you are unable to collect your Street Gear Bag on Sunday, it will be back to our Office in Melbourne.

RESULTS

All results will be available online at https://www.ironman.com/im703-geelong-results

BIKE CHECK-OUT

Date: Sunday 23 February
Location: Transition, Eastern Beach
Time: 1:15pm to 4:30pm

It is the responsibility of the athlete to collect, hand in and pick up their bike and bike pump from the appropriate locations and times, as well as ensure they are marked correctly.
FINISH LINE PHOTO

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at IRONMAN 70.3 Geelong. Your personal race photos will be available at www.finisherpix.com. Your personal race photos will be available within 24-48 hours after the race.

How to get your best photos:

- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Please be sure you have your helmet sticker visible on the FRONT of your bike helmet, so we can identify your biking photos.
- Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos.
- 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 http://www.finisherpix.com/ within 24-48 hours after the race to view, order, and share your photos from your IRONMAN 70.3 Geelong event!

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to Information. Please view the times and locations Information will be open on the Event Schedule. Please note that no responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or geelong@ironman.com.

ZERO TO HERO

FULL TASTE. NO ALCOHOL. ONLY 40 CALORIES.

Available at Dan Murphy’s

Tri something different. Recovering after a race or relaxing with mates, Holsten 0.0 is the ideal way to enjoy a great beer without hampering your training. Its full German Pilsener flavour and zero alcohol lets you stay refreshed, stay social, and stay on track as you go from zero to hero.

holstenzero.com | ‼️ HolstenZeroBeer
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
#finisherpix
COURSE SUMMARY

<table>
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<th>Notes</th>
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START TIME

- **Pro Male** – 7:00am
- **Pro Female** – 7:02am
- **Paratriathletes** – 7:03am
- **Age Group Rolling Wave Start from** – 7:10am

LOCATION

Eastern Beach (same as 2019).

SWIM SAFETY

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Surf Skis, Jet Skis and IRBs. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification.

Should at any point an athlete decides to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete’s responsibility to walk back to the Information located near Transition and hand in their timing chip to the Drop Out Clerk.

WETSUITS

For Age Group Athletes wetsuits will be optional if the water temperature is below 24.5 degrees Celsius and mandatory if the water temperature is below 16 degrees Celsius.

The wetsuit thickness must not exceed 5mm for all competitors.

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

If you have any questions around your wetsuit please visit [IRONMAN Competition Rules](#) or speak with a Technical Official at the event.

WARM UP SWIM

Unfortunately, no Athlete will be offered a practice swim due to there being no safe entry outside of the official swim start area.

Water Safety personnel will not be in the water before the race start.

**Please Note:** Sea Urchins are known to inhabit the area around swim start throughout the summer period. Please take caution if attempting a practice swim in this area. We recommend the Eastern Beach Swim Enclosure as a safe swimming environment outside of race day.
ROLLING WAVE START

The Swim Start will be a Rolling Wave Start format. Within each wave athletes will seed themselves based upon their own projected swim times. Self-seeding will be based on your individual abilities according to your expected finish time.

Within each Rolling Wave Start there will be 4 Start Zones. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability level.

The four Start Zones are:

Zone 1. Under 33 minutes
Zone 2. 33 minutes - 38 minutes
Zone 3. 38 minutes - 43 minutes
Zone 4. Over 43 minutes

The Rolling Wave Start will continue from Zone 1 to Zone 4 until all athletes in that Rolling Wave Start have crossed the timing mat and commenced the swim.

The next Wave Start will then self-seed into the 4 Start Zones and this process will be repeated until all Wave Starts have commenced the swim.

Athletes will be released at intervals, in pairs, across the start line and timing mat. Athletes official individual race time will start when they cross the clearly marked start line/timing mat on the beach.

SWIM CAP COLOURS

All ROKA swim caps provided will be a latex based swim cap. In the case you are allergic, please contact us via email geelong@ironman.com or via phone 1300 761 384.
THE WORLD’S MOST LOVED WETSUIT

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

- Paul, Seattle, WA

PATENTED
PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
SWIM RULES SUMMARY

- All competitors must wear official ROKA swim cap provided
- The use of snorkels, fins, gloves, paddles, or flotation devices of any kind are prohibited

Full rules at IRONMAN Competition Rules.

TRANSITION AID STATION (SWIM TO BIKE)

Transition Aid Stations will offer:

- Water
- Vaseline
- Sunscreen
- Toilets

COURSE MAP

Click here to view map larger
Cut off time – 5 hours after individual start time.

COURSE SUMMARY

<table>
<thead>
<tr>
<th>Notes</th>
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<td>Straight</td>
<td>Ritchie Blvd</td>
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<td>Bellerine St</td>
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<td>Eastern Beach Rd</td>
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<td>1.1</td>
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<td>Podbury Crescent</td>
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<td>1.3</td>
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<td>Eastern Pk Cct</td>
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<td>2.9</td>
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<td>Holt Rd</td>
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<td>Ryrie St</td>
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<td>16.9</td>
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<td>Portarlington Rd</td>
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<td>27.1</td>
<td>U Turn</td>
<td>Portarlington Rd</td>
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<td>37.0</td>
<td>Straight</td>
<td>Pass Pt. Henry Rd</td>
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<td>41.4</td>
<td>U Turn</td>
<td>Ryrie St</td>
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<td>41.9</td>
<td>Left</td>
<td>Holt St</td>
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<td>42.2</td>
<td>Right</td>
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<td>43.9</td>
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<td>Podbury Cres.</td>
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<td>44.0</td>
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<td>44.5</td>
<td>Right</td>
<td>Bellerine St</td>
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<td>44.6</td>
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<td>X 2</td>
<td>Total distance course leg = 90.0km</td>
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AID STATIONS

Bike Aid Stations
The Bike course has 2 Aid Stations on the Ventum Bike Course

Bike Aid Stations Locations:
- B1 – Wilsons Rd Outbound 5km/50km
- B2 – Hermsley Rd Outbound 26km/70km

Bike Aid Stations will offer:
- Water
- PURE Electrolyte Hydration – Superfruits
- Winners Energy Gels – Lemon Lime & Berry Burst
- Winners Energy Bars – Mountain Mix & Apple Berry Crumble
- Vaseline
- Sunscreen
- Insect repellent
- Toilets

Bike Aid Station Layout

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Bike Aid Station, please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the Volunteers help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will result in a penalty.

BIKE RULES SUMMARY

- It is the sole responsibility of each athlete to know and follow the prescribed cycling course.
- All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority.
- Athletes must wear a bike helmet number on the front of their helmet.
- The athlete’s bike frame sticker must be securely attached to the bike and must be visible from both sides.
- Headsets or headphones are prohibited during the Race.
- For disc wheel policy head to Race Competition Rules.
If you do receive a penalty, the officials will:

- show you a blue, yellow or red card and advise you of your infringement
- tell you to stop at the next Penalty Tent if applicable
- note your athlete number and other information

Penalty Box locations:

- Intersection of Eastern Park Circuit and Botanic Place, Inbound

Full rules at IRONMAN Competition Rules.

Transition Aid Stations will offer:

- Water
- Vaseline
- Sunscreen
- Toilets

COURSE MAP
Click here to view map larger
Ventum is the Official Global Bike Partner of IRONMAN®

2020 OFFICIAL BIKE PARTNER
GLOBAL SERIES
ventumracing.com
Cut off time – 8 hours after individual’s start time.

### COURSE SUMMARY

<table>
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<td>Glenleith Ave</td>
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<td>Western Foreshore Rd</td>
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<td>Right</td>
<td>Cunningham Pier</td>
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<td>Straight</td>
<td>Transition</td>
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<td>7.7</td>
<td>Straight</td>
<td>Lower eastern Beach coastal path</td>
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<tr>
<td>7.8</td>
<td>Straight</td>
<td>Hearne Pde</td>
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<td>8.3</td>
<td>Right</td>
<td>Limeburners Rd</td>
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<tr>
<td>8.5</td>
<td>U Turn</td>
<td>Limeburners Rd</td>
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<td>8.7</td>
<td>Left</td>
<td>Hearne Pde</td>
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<td>9.5</td>
<td>Right</td>
<td>Path to The Beach House</td>
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</tr>
<tr>
<td>9.7</td>
<td>Left</td>
<td>Transition</td>
<td></td>
</tr>
</tbody>
</table>

**2x Lap Course Route Notes**

**Last 4 lap**

| 20.8  | Right            | Cunningham Pier Entrance| |
| 20.9  | Right            | Cunningham Pier|       |
| 21.1  | Finish           | Steampacket Gardens|       |

Total distance course leg = 21.1kms

### Run Aid Stations will offer:
- Water
- Cola
- PURE Electrolyte Hydration – Superfruits
- Winners Energy Gels – Lemon Lime & Berry Burst
- Winners Energy Bars – Mountain Mix & Apple Berry Crumble
- Red Bull will be supplied on course at Aid Station 1 and 4 only and served in a diluted formula of 50% Red Bull and 50% water
- Watermelon and bananas
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Toilets

### Run Aid Station Layout

Same conditions as per the Bike Aid Stations apply when entering the Run Aid Stations.

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Run Aid Station, please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Volunteers will also be advising what they are holding. Please help the Volunteers, help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre Discard Zone Finish sign. Anything discarded outside this area will result in a penalty.

### Run Aid Stations
The Run Course has 5 Aid Stations; located approximately 2km apart.

### Run Aid Station Locations:
- **R1** – Richie Boulevard, Single Sided 0.2km/10km/20km
- **R2** – Western Beach Road, Single Sided 2km/12km
- **R3** – Rippleside Park Drive/Opposite Ripples on the Bay, Single Side 4km/14km
- **R4** – Geelong Skate Park, Single Sided 6km/16km
- **R5** – Hearne Parade, Single Sided 8km/18km
LAPBANDS

On each lap of the run course, athletes will be required to go through a “lap band collection point”.

At this point athletes will collect a different coloured lap band based on what number lap they are currently on. The colour of lap band you’re required to grab will be displayed on a sign. i.e. “First lap = Red”.

When you pass the finish line for the final time, you will need to have the required number of lap bands on to run down the finish chute.

RUN RULES SUMMARY

If an athlete is shown a Yellow Card they may be directed by the Technical Official to perform a stop/start penalty.

3 infringements = DQ

If you receive a Red Card from a Technical Official, you must report to the Race Referee once you have completed your race. Avoid all infringements by being fair and safe

Full rules at IRONMAN Competition Rules.

COURSE MAP

Click here to view map larger
ELEVON 2
THE ENERGY CUSHIONED ROAD WARRIOR

COME VISIT THE OFFICIAL HOKA ONE ONE STAND
EXPERIENCE OUR RANGE • MEET THE CREW • TRY ON A PAIR

HOKAONEONE.COM.AU
AWARDS PRESENTATIONS

Date: Sunday 23 February
Time: 4:00pm
Location: Steampacket Gardens

1st – 3rd will be awarded to the top Age Group Athletes and Relay Teams.

Tri Club Awards
1st in each division will be awarded a TriClub Trophy at the awards ceremony.

ROLLODOWN CEREMONY

Date: Sunday 23 February
Time: 4:30pm
Location: Steampacket Gardens

Eighty (80) Age Group qualifying slots for the 2020 IRONMAN 70.3 World Championship in Taupo, New Zealand on November 28-29, 2020 will be awarded to the top Age Group finishers. An additional twenty-five (25) slots will be awarded to female athletes as part of the Women for Tri Program.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on Sunday 23 February from 4:30pm. Please bring a valid form of Photo ID with you and be prepared to pay the full entry fee USD $550.00 (including processing fees) with Credit Card only (No AMEX or Diners). No cheque or cash payments will be accepted.

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

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

To ensure that you don’t miss out on your Qualifying Slot, please ensure are seated prior to 4:30pm as Rolldown will start on time.

Final Slot Allocation will be determined on race day based on the number of official starters.

Please see below 2019s slot allocation as a guide:

<table>
<thead>
<tr>
<th>Division</th>
<th>Starters</th>
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<tr>
<td>M18-24</td>
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<tr>
<td>M25-29</td>
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<td>M55-59</td>
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<tr>
<td>M85+</td>
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<tr>
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</tr>
<tr>
<td>F30-34</td>
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<td><strong>Sum</strong></td>
<td><strong>978</strong></td>
<td><strong>40</strong></td>
</tr>
</tbody>
</table>

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Final Slot Allocation will be determined on race day based on the number of official starters.
The 2020 Baker Institute IRONMAN 70.3 Geelong requires the support of over 600 volunteers in order to deliver the event.

Our dedicated team of Event WorkSafe Volunteers will contribute a combined total of 3000 hours to assist, support and motivate you from the start to the finish of your IRONMAN journey.

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

Steampacket Gardens
The main Information will be located at Steampacket Gardens and will be open during the following hours:

Friday 21 February 2:30pm – 6:30pm
Saturday 22 February 10:00am – 4:00pm
Sunday 23 February 8:00am – 4:00pm

Eastern Beach
Eastern Beach Information will be open during the following hours:

Sunday 23 February 5:45am – 12:30pm

Information will have maps, event schedule, app information, changed traffic condition information etc. It will also have all material regarding the medical tent on the day so if loved ones are concerned about a competitor, please have them check with Information – not the announcer or medical tent.

IRONMAN OFFICIAL MERCHANDISE & EXPO
Come and grab your IRONMAN Merchandise and take home a keepsake from your IRONMAN experience.

Merchandise Trading Hours:
Friday 21 February 2:30pm – 6:30pm
Saturday 22 February 9:30am – 4:00pm
Sunday 23 February 8:00am – 2:00pm

Expo Trading Hours:
Friday 21 February 2.30pm – 6.30pm
Saturday 22 February 10.00am – 4.00pm
Sunday 23 February 8.00am – 3.00pm

Be sure to check out the Expo stalls within Steampacket Gardens for some great tips and deals.

EVENT APP

The Baker Institute IRONMAN 70.3 Geelong is available on the Oceania App and has everything you need to know about the event as an Athlete or a spectator:

- Easy, intuitive searching to find and create your own list of your favourite athletes to follow.
- Check out the post-race final results.
- Always know where you are and where you want to be with interactive maps.
- Event info and clear schedules ensure you know what’s going on, where and when.

IRONMAN Oceania App is available for Apple and Android. Search for ‘IRONMAN Oceania’ in the Apple App or Google Play Stores.

GET SOCIAL
See, like and share all the excitement of IRONMAN 70.3 Geelong.
Facebook: Facebook.com/IM703Geelong/
Instagram: @IRONMANOceania

Don’t forget to tag us in your photos! #IM703Geelong

IRONMAN LIVE/ATHLETE TRACKING
IRONMAN Live will feature live and exclusive coverage of The Baker Institute IRONMAN 70.3 Geelong. With live race updates, photo, athlete tracking and video – IRONMAN Live will have the event covered. Tune into www.ironman.com or https://twitter.com/IRONMANLive on Sunday 23 February for all the latest.

You can find IRONMAN Live on the top left-hand corner of the webpage the event name will appear. Alternatively, you can visit Information onsite if you need assistance. Remember you can also track athletes through the Event App.

PARKING
Parking will be on surrounding local streets (please ensure that you are aware of the changed traffic conditions).

CHANGED TRAFFIC CONDITIONS
Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day. Changed Traffic Conditions
Adelaide Triathlon Club
Albury Wodonga Triathlon Club
Alice Springs Triathlon Club
ANZA Cycling - Triathlon
Arrivo Primo Singapura
Australian Chinese Triathlon Inc
Australian Defence Triathlon Club
Azure TNQ
Balance & UTS Triathlon Club
Ballarat Triathlon Club
Ballina Triathlon Club
Balmoral Triathlon Club
BASE Performance Team
Bass Coast Triathlon Club
Bathurst Wallabies Triathlon Club
Bayside Multisport
Bayside Triathlon Club
Be Energetic
Beckworth Racing
Benalla Triathlon Club
Bendigo Triathlon Club
Boidapchay.com
Bondi Running & Triathlon Club Inc (B.R.A.T)
Break Your Limits Triathlon Club
Break Your Limits Triathlon Club
Brisbane Triathlon Club
Bunbury Triathlon Club
C26 Triathlon Team
Cairns Crocs Triathlon Club
Caloundra Triathlon Club Inc
Central Coast Triathlon Club
Central Coast Triathlon Squad
CF Racing
Clapham Chasers
Club MSM (Multisport-Maniacs)
Complete Performance Coaching
Concept Sports Coaching
Conroe Triathletes
Coogee Triathlon Club
Coomaalla Tri Club
COS Coaching
Cowra Triathlon Club
Cradle Coast Triathlon
Multisport
Cronulla Triathlon Club
Darwin Triathlon Club
Dashing Iron Team
Davey Black Tri Club
Derby Triathlon Club
DGC Tweed Coast Multisport
Duisburger Schwimmverein von 1898 eV
Eastern Suburbs Triathlon Club
Echuca Moama Triathlon Club
Elite Triathlon Performance Australia
Eltham Tri And Open Water Club
Endurance Edge Multisport
Energy Lab Triathlon
Esperance Tri Club
EVO TRI CLUB
Evo Exceed
Exceed Endurance
Fast Lane Coaching
Females In Triathlon
Fortitude Performance Coaching
Free Radicals Tribe Triathlon Club
Fremantle Triathlon Club
Greensborough Triathlon Club
Hawthorn Triathlon Club
Highlands Triathlon Club
Hill Top Coaching
Hills Triathlon Club
Holistic Endurance
K Coaching
Illawarra Triathlon Club
IRONTEAM ARGENTINA
Jarsport
JET - Jamie Edwards Triathlon
JT Multisport
Kiama Triathlon Club
Knox Triathlon Club Inc.
Koa Sports
Lakers Triathlon Club
Launceston Triathlon Club
Leichhardt & Parramatta
Drummoyne Triathlon Club Inc (Lapd)
Logan Triathlon Club
Mackay Triathlon Club
Maitland Triathlon Club Inc
Manningham Triathlon Multisport Inc
Maryborough & District Triathlon Club Inc
Mavericks Coaching Alliance
Melbourne Triathlon Club Inc
MetaSport
Meteors Triathlon Club
Momentum Endurance Coaching
Moore Performance
Mornington Peninsula Triathlon Club
MPG Tri Team
MX Endurance
Newcastle Triathlon Club
No Limits Endurance Coaching
Noosa Tri Club
North Coast Triathlon Club
Northern Suburbs Triathlon Club
NQ Triathlon Academy
Nunawading Triathlon Club
On Course Triathlon
Orange Cycle And Triathlon Club
Panthers Triathlon Club
Performance Triathlon Coaching
Perth Triathlon Club (Aus)
Port Macquarie Triathlon Club
Port Adelaide Cycling Club
Practise Coaching
Ready2Tri
Red Dog Triathlon Training
Redcliffe Tri Club
Ringwood Triathlon Club
Rivera Triathlon Club Inc
Row Labels
SRB Triathlon
SEQUOIA
SEOUlTri
Sharks Triathlon Club
South Bank Triathlon Club
Southern Stars Triathlon Club
Stanley Triathlon Club
Starfish Tri-Athletic
Sunshine Coast Triathlon
Swimming Club
Surfers Paradise Triathlon Club
Sutherland Shire Triathlon Club
Swift multisport
Sydney Triathlon Group
T.T. CESENATICO ASD
T:Zero Multisport
Tadonamo Triathlete
Tamworth Triathlon Club Inc
Team Bintang
Team Norman - Intelligare
Team T Rex
TEAM Tri Coaching
Tempo Systems
The Cupcake Cartel
TITAN
Tomaree Triathlon Club
Toowoomba Triathlon Club Inc
Total Tri Training
Townsville Tri Club
TRG Triathlon and Multisport
Tri Alliance
Tri Fitness - Australia
Tri London
Trianorte
Triathlon Adventures Geelong
Triathlon and Multisport Coaching
Triathlon Club Colombo
Tri-Finisher Berlin e.V.
TriKings Triathlon Club
TriPaku
TriSpecific
TriVelo Coaching
Tweed Valley Triathletes Inc
University of Sheffield Triathlon Club
University of Western Australia Tri Club (UWA)
Victor Harbor Triathlon Club
Vietnam Triathlon Club
VM2MATT
Waaga Triathlon Club
Wakefield Triathlon Club
Warringah Triathlon Club
Warrnambool Tri Club
Western Suburbs Triathlon Club (WSTC)
WestLake TriClub
Whitsunday Triathlon Club
Wild Dog Tri Club
Willinga Park Triathlon Club
Wyn Republic
Yarra Tri Club
EVENT CONTACT DETAILS

Event Enquiries
Website: www.ironman.com/geelong70.3
Phone: 1300 761 384
E-mail: geelong@ironman.com

Police
110 Mercer St, Geelong
Phone: (03) 5225 3100

Hospital
Bellerine St, Geelong
Phone: (03) 4215 0000

Medical
St John of God Hospital
Cnr Rysie St & Bellerine St, Geelong
Phone: (03) 5226 8888

LOCAL SERVICES
Rescue & Road Services
RACV (24 Hours)
13 72 28

Geelong Taxis
131 008

GENERAL CONTACTS
Tourist Information
Visitor Information Centre
26 Mooraboll St, Geelong
(03) 5222 2900

Transport Services
MyBus Geelong
Phone: 1300 169 287

Post Offices
99 Moorabool St, Geelong
Phone: 13 13 18

Goodluck,
The Baker Institute IRONMAN 70.3 Geelong Team
#IM703Geelong
is a revolutionary hydration enhancer that will transform the way you train and compete. Backed by over 20 years of university research, is proven to boost hydration, helping you perform at your peak longer and recover sooner. 

FACT: A 2% drop in hydration can reduce performance by up to 30%

“I didn’t quite believe the improvement so I retested many times over two months until there could be no doubt whatsoever that the hydration enhancing effects of are very real and was absolutely improving my performance. I would highly recommend to any athlete looking to improve their endurance performance and recovery.”

TIM REED - PROFESSIONAL IRONMAN

PREPD is a revolutionary hydration enhancer that will transform the way you train and compete. Backed by over 20 years of university research, PREPD is proven to boost hydration, helping you perform at your peak longer and recover sooner.

For more information and Stockists visit www.prephydration.com.au
MX3 Diagnostics has developed a new system that can perform rapid, lab-quality hydration testing using only saliva.

The MX3 Hydration Testing System can measure hydration status in seconds with only a small saliva sample from the tip of the tongue. Designed for elite athletes and sports teams, the handheld LAB, test strips and intelligent App work together, allowing users the ability to assess and track hydration status quickly, accurately, and easily.

The MX3 Pro Edition available NOW.

Dispenser
Lightweight and portable, the dispenser stores strips and provides a hygienic, hands-free way to load the LAB.

MX3 Pro Dashboard & App
The comprehensive hydration management portal and App provides hydration tracking over time, with data analytics to help personalize your hydration strategy and improve performance.

The customizable user profiles suits the needs of all users including sports organizations, coaches, trainers, and athletes.

Test Strips (Qty: 120)
These disposable test strips utilize a micro-sample of saliva from the tip of the tongue. Strips are discarded after each use.

MX3 LAB
This lightweight, handheld device can go anywhere. Simply insert a test strip into the device for an immediate, lab-quality reading of hydration status. Data automatically pushes to the
10% OFF

COUPON CODE: GEELONG703

winnersbars.com
With IRONMAN Australia & Europcar

Book with Europcar to receive your exclusive rates. Whether you’re running, cycling, riding, swimming, planning a short break or hitting the open road, Europcar gives you access to the right vehicle at the best price.

With over 150 locations across Australia and New Zealand, Europcar offers a reliable service at competitive rates for all your sporting and travel needs.

Book now at europcar.com.au/ironman