



Welcome!

Hello Athletes,

We are very happy to start another season of Itaú BBA IRONMAN and IRONMAN 70.3 Series in Brazil. To open this high-level competition, we will have the 5th edition of the Itaú BBA IRONMAN 70.3 Florianópolis, a fast race in Ingleses Beach. The event has practically established itself as one of the most wanted races on the calendar, and those who said this were the triathletes themselves.

The Itaú BBA IRONMAN 70.3 Florianópolis guaranteed excellent results at the 2023 Athlete's Choice Awards, which recognizes events with the highest global scores in several categories. The award is based on post-race surveys conducted with athletes who participated in more than 170 races worldwide in 2023. The Itaú BBA IRONMAN 70.3 Florianópolis won 3 awards: Best Race, Best Cycling, and Most Recommended Race in Latin America. With 93.69% approval from triathletes, the event stood out in the global average.

This award only reinforces our commitment and dedication to ensuring that participants have the best possible experience during the race.

We hope everyone starts the year on the right foot.

Good training and see you in Floripa!





SCHEDULE

Thursday – Abril,	11th	
Time	Event	Location
02 PM - 07PM 02PM - 06PM	IRONMAN Village Athlete's Check-In (designated times only)	Oceania Park Oceania Park
Friday – April 12th	٦	
Horário	Event	Location
09AM - 07PM 09AM - 06PM 04PM - 05PM	IRONMAN Village Athlete's Check-In (designated times only) Q&A Session with Race Directors	Oceania Park Oceania Park Athletes' Service Booth
Saturday – April	13th	
Time	Event	Location
08 AM 08:30 AM – 07 PM 09 AM – 12 PM 10:30AM -11:30AM	IRONKIDS IRONMAN Village Athlete's Check-In (designated times only) Q&A Session with Race Directors	Transition (Oceania Park) Oceania Park Oceania Park Athletes' Service Booth

Sunday – April 14th

Bike Check-In

01:30PM - 06:30PM

Time	Event	Location
07:30 AM - 06 PM 05 AM - 06:30 AM 06:30 AM - 07 AM 11 AM 01 PM - 04 PM 05 PM - 05:30 PM 07 PM 08 PM	IRONMAN Village Transition Area Opening Swim Start – Rolling Start format Awards – Top 3 Bike Check-Out Official Results and Appeals Awards – Age Group and Triclubs Slot Allocation Cerimony – 2024 IRONMAN 70.3 WC	Oceania Park Transition (Oceania Park) Ingleses Beach Finish Line (Oceania Park) Transition (Oceania Park) Athletes' Service Booth Food Park (Oceania Park) Food Park (Oceania Park)

Transition (Oceania Park)

Important Medical and Health Information

- Your safety is our primary concern. The medical team will be staffing the medical facilities at Oceania Park – IRONMAN Village. Medical resources will also be available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you
 not to start the event. If you decide to not start the event, you
 must inform a race official so we can officially withdraw you from
 the event.
- If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP

If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention.

You will not receive a penalty or be disqualified for receiving a medical evaluation or for having someone help you in getting medical assistance. A medical evaluation does not constitute outside assistance.

During the swim: raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.

During the bike: If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. *Make sure you provide your bib number to initiate your care.*

During the run: same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. *Make sure you provide your bib number to initiate your care.*

Helping another athlete: if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. *You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need.* On the bike and run course, make sure to provide the bib number of the athlete in need of help.

After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

Manage your Health and Safety on Race Day — Race Healthy, Race Smart

Please visit our Athlete Smart web page for more information regarding your health pre-race and during competition.



VENUE



- 1. OCEANIA PARK HOTEL
- 2. Transition Area
- 3. Finish Line
- 4. Food Park
 - Awards
 - Slot Allocation Ceremony
- 5. Convention Center
 - IRONMAN Village
 - Medical Area
 - Massage
- A. Swim Start/Finish
- B. Bike Mount/Dismount
- C. Run Start



WARNING



On the race day (Sunday), Gaivotas Street will be closed. If you want to park your car, we suggest use the streets next to Dante de Patta Street, Mariscos Street and Lordes Street.

RACE PACKET



WRISTBAND

• to be worn until the Slot Allocation and Rolldown Ceremony.



EXTRAS STICKERS

• to label your belongings.



BIB

• to be worn on the run



TATTOO

• must be applied before the race start.



SWIM CAP

• For swim portion.



BIKE CHECK-OUT TICKET

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



BIKE STICKER

• Must be affixed below the saddle. Please don't cut the sticker.



WHITE BAG

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



HELMET STICKER

• To be applied on the front of the helmet



ORANGE BAG

• For your bike and run gear

The timing chip will be handled on Bike Check-in.



IRONMAN Village – Oceania Park

- April 11th (thursday) from 02 PM to 06 PM
- April 12th (friday) from 09 AM to 06 PM
- April 13th (saturday) from 09 AM to 12 PM

AWA athletes are allowed at any time. The AWA certificate will be requested.

IT'S MANDATORY TO

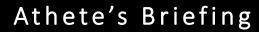
- Do it in person;
- Present an official document with photo;
- Have signed the online Medical Waiver:

Link: <u>BRAZILIANS</u>Link: FOREIGNERS

- Schedule the time window for checking in HERE
- Pay the Local Triathlon Federation Day Use tax HERE

IMPORTANT!

The athlete who does not get the race packet according to this schedule will be disqualified. Athlete who gives his/her race kit to someone else, as well as the athlete who receives it, will immediately be disqualified from the event and suspended, as mentioned in the regulation.





UNLIMITED SPORTS BRASIL



The vídeo will be published by April 11th (thursday)



It is mandatory watch the Athete's Briefing

Q&A SESSION WITH RACE DIRECTORS

Athlete Service Booth – IRONMAN Village

- April 12th (Friday) from 04 to 05 PM
- April 13th (Saturday) from 10:30 to 11:30 AM

BIKE CHECK-IN

April 13th (saturday) Transition - Oceania Park

ACCORDING TO BIB

01:30 - 02:30 PM	# 101 – 450
02:31 - 03:30 PM	# 451 - 800
03:31 - 04:30 PM	# 801 - 1150
04:31 - 05:00 PM	# 1151 – 1500
05:31 - 06:30 PM	# 1501 – 1920

AWA athletes are allowed at any time. The AWA certificate will be requested.

- All bikes must be placed in the appropriate numbered spot on the bike racks. The athlete must position their own bike, help from staff will not be allowed.
- The bike sticker must be placed below the bike saddle before the Bike Check-In. The bike sticker can't be cut.
- Full bike covers are not allowed and will be removed from any bikes left in transition once Bike Check-In is over.
- No Gear bags or any other material, except the bike itself and bike shoes, will be allowed. it's not necessary bring your helmet this time.

You will pick up your timing chip on your way out at Bike Check in.

IMPORTANTE!

- Only athletes with the wristbands on may enter the Transition;
- All bikes must be checked in on Saturday. Bikes will not be permitted to enter transition on race morning.



PRE RACE

April 14th (sunday) • Transition opening from 05 AM to 6:30 AM

ORANGE BAG – Bike and Run Gear

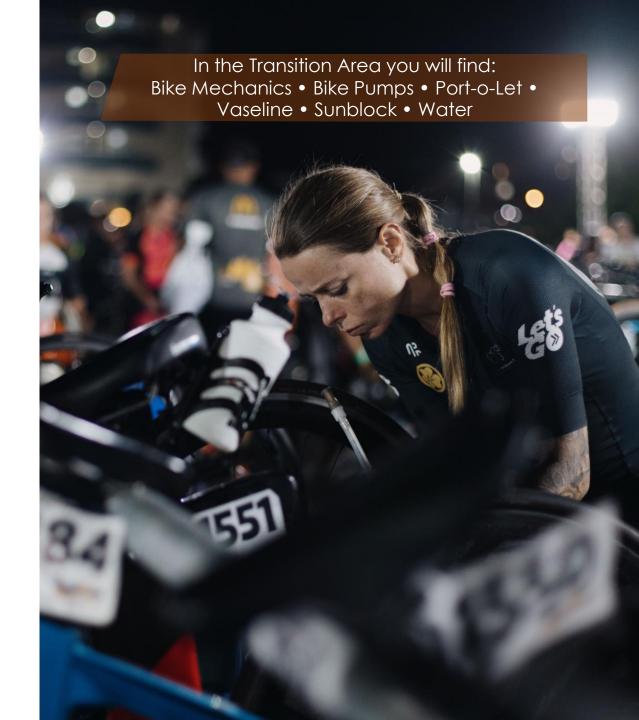


- Use your Transition Bag to place all your items next to your bike;
- Running gear can be placed next to your Transition Bag. It doesn't need to be inside the bag;
- Helmets, cycling shoes and nutrition items can be attached to the bike;
- After the swim portion, your swimsuit must be placed inside this bag;
- No bags, backpacks or suitcases will be allowed at the Transition Area.

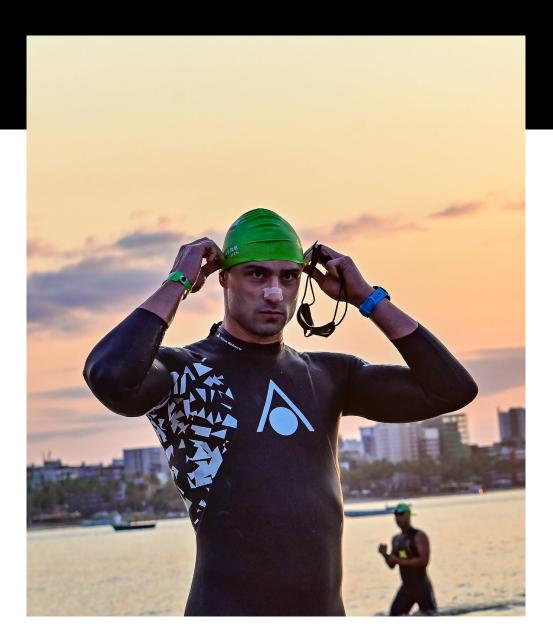
WHITE BAG – Post Race Belongings



- For morning clothes or any item, you may need after finishing the race. Please, don't left any electronic itens, like your mobile or car key, in this bag;
- Leave the bag in the designated drop area in Transition;
- You will get the bag back after finishing the race in the transition area.







April 14th (sunday) from 6:30 to 7:00

ROLLING START FORMAT

Athletes will line up according to their realistic predicted swim time. We'll have staffs and windflags with the times indicated below

< 30 MINUTES **31 - 35**MINUTES

36 - 40MINUTES

41 - 45MINUTES

> 45 MINUTES



Wetsuits are permitted if the water temperature is up to 24,5°C. The Organization will inform the athletes about the temperature on race morning through email and social medias.

The wetsuit must be placed inside the Orange bag before leaving the transition area for the bike course.

If for any reason the athlete decide not to start the race, he/she must communicate immediately the Organization (CONTATO@ULSP.COM.BR)

• PLAN B (in case the swim portion is cancelled) - Bike Time Trail Start at 7:00 AM

SWIM COURSE

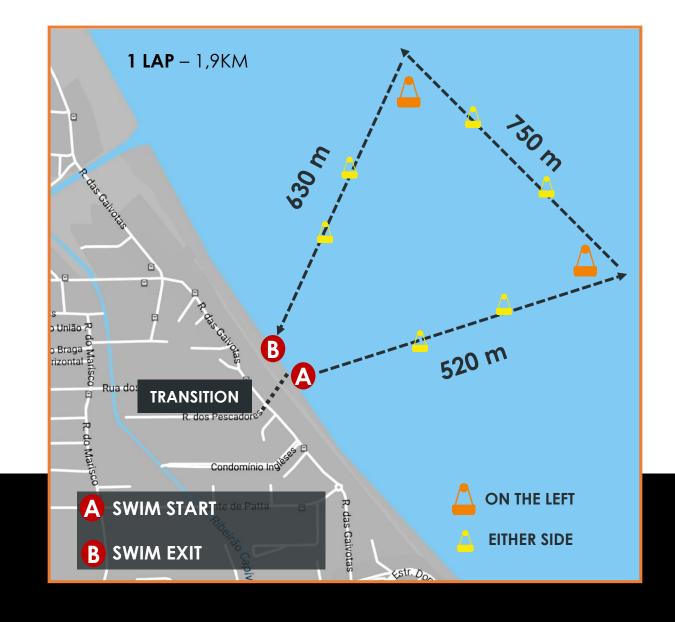
CUT OFF TIME • 1 hour and 10 minutes

Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut offs.

There will be no staff to assist in removing the wetsuit

The wetsuit must be placed inside the Orange bag before leaving the transition area for the bike course.





BIKE COURSE

CUT OFF TIME • 5 hours

Individual athletes who take longer than 5 hours to complete swim + T1 + bike will receive a DNF.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut offs.

INTERMEDIATE CUT OFF • km 71 • 11:11 AM

Regardless of the start time, if the athlete does not reach the 71 km mark of the bike course by 11:11 AM, he/she will be disqualified and must abandon the race.

BIKE MECHANICS • Km 36,5 / KM 52,2 and Transition

AID STATIONS each \cong 15km • WATER - WHITE SQUEEZE

BANANA

PORT-O-LET

DISCARD AREA • 100m before and 300m after the aid station

PENALTY BOX at the Transition Entrance

Bike-course penalties will be served at the Penalty Box. It is the athlete's responsibility to stop at the PB. Failure to stop at the PB will result in disqualification

• SPORTS DRINK (HYDROLITE DUX) - ORANGE SQUEEZE

Athletes are responsible for placing the bikes back at the rack, in the corresponding number. There will be no staff at the dismount.



RUN COURSE

CUT OFF TIME • 8 hours

Individual athletes who take longer than 8 hours to complete all the race will receive a DNF.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut offs.

3 WRISTBANDS WILL BE GIVEN TO ATHLETES FOR LAP CONTROL

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. Athletes who choose not to respect the foregoing finish line policy will be disqualified.

AID STATIONS P1 - Km 1.4 | 8 | 13.7 P2 - Km 3.8 | 10.4 | 17 P3 - Km 5.4 | 12 | 18.7

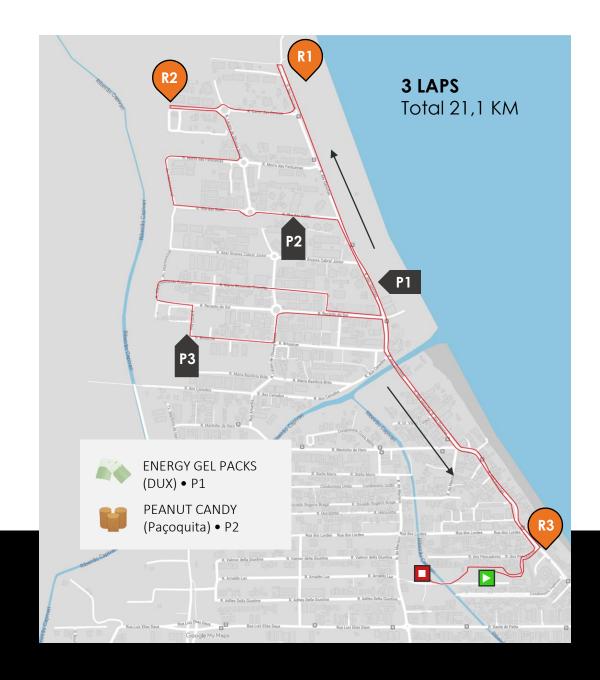
WATER • SPORTS DRINK (HYDROLITE DUX)

BANANA • SALT

PORT-O-LET

DISCARD AREA • 10m before and 50m after the aid station





GENERAL RULES

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



Keep 12 meters of clear space (6 bikes lengths) Complete your overtake within 25 seconds

PENALTIES

Blue Card

- Drafting
- Littering
 5 MINUTES AT THE PENALTY
 BOX

Yellow Card

- Blocking
- Ride/Run without a shirt
- Outside Assistance
- Sound devices30 SECONDS AT PENALTY BOX

Red Card

DISQUALIFICATION

- Sound devices if verified later
- Unsportsmanlike conduct
- 3 blue cards
- The athlete who fails to report to the next Penatly Box or fails to report the correct color of the card, will be disqualified.

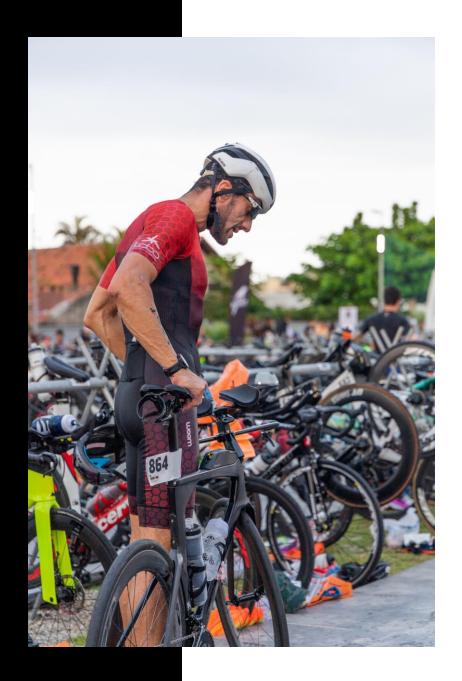
PENALTY BOX
At the Transition Entrance

It is the athlete's responsibility to report to the PB. Referees do not notify or direct athletes to PB, they only monitor compliance of the penalty.

The use of the toilet and equipment adjustments are not allowed.

Prohibited Running Shoes

- Adidas Adizero Prime X / Adizero Prime X Strung
- Asics SUPERBLAST
- New Balance FuelCell SuperComp Trainer



BIKE CHECK-OUT

April 14th (sunday) fom 01 PM to 04 PM Transition (Oceania Park)

- You must have your athlete wristband and timing chip on in order to enter and claim your bike and gear.
- If you are unable to personally claim your bike and gear bag, a family member or friend should have your Bike Check Out ticket provided in your race packet and your timing chip.

Please note that your race timing chip is being loaned to you. When you pick up your race number and timing chip, you are responsible for returning the chip to timing.

Failure to return the chip will result in a replacement fee of 300 REAIS, which will be charged before bike check out.

IMPORTANTE – Lost & Found

Lost&Found are will be located at the Transition Area during the bike check out time and during the Awards Ceremony, at Food Park.

AWARDS

OFFICIAL RESULTS

April 14th (sunday) at 05 PM Oceania Park (IRONMAN Village) – Athletes' Service Booth

IRONMAN Tracker results are not official

The punished athlete can appeal to the Competition Jury regarding the official results at the Athlete Service Booth, on IRONMAN Village, from 5:00PM to 05:30 PM, on race day. After that, no changes in the Race Results will be allowed.

AWARDS

14 de abril (domingo) às 07 PM Oceania Park (Food Park)

Age Groups (Top 5) and Triclubs



SLOT ALLOCATION CEREMONY

2024 IRONMAN 70.3 WORLD CHAMPIONSHIP Taupo – New Zealand December, 14th – 15th

April 14th (Sunday) at 08 PM Oceania Park (Food Park)

30 SLOTS • Male and Female + 15 SLOTS • Females only

The final slot allocation will be published on the official website after the race start.

• REGISTRATION FEE: € 650.00 + taxas

The payment must be with Credit Card only



Anyone who wishes to claim a Rolldown slot must attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person.

Once you accept the slot, it's not possible to give it up and return it for the rolldown ceremony.

IMPORTANTE!!

The registration fee will be charged in Euros. Therefore, we recommend that interested parties contact their bank in advance to inform them about the upcoming INTERNATIONAL ONLINE PURCHASE. This will help speed up the registration process. ATTENTION: Pix, debit cards or chash will not be accepted.



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IRONMAN Tracker

On race day, spectators can get the status of participants in real-time using the Live Tracker & Leaderboard

IMPORTANTE!

IRONMAN TRACKER RESULTS ARE NOT OFFICIAL

Please, check the Official Results in IRONMAN Village, at 5PM, on the race day.

CLICK HERE TO DOWNLOAD











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ANYTHING IS POSSIBLETM



Itaú BBA IRONMAN BRASIL FLORIANÓPOLIS May, 19th - 2024

Itaú BBA IRONMAN 70.3 Rio de Janeiro June, 23rd - 2024

Itaú BBA IRONMAN 70.3 Fortaleza * August, 25th - 2024

Itaú BBA IRONMAN 70.3 SÃO PAULO * September, 22nd -2024

*SOLO AND RELAY



1.9km SWIM • 90.1km BIKE • 21.1km RUN



3.8km SWIM • 180.2km BIKE • 42.2km RUN



1.9km SWIM • 90.1km BIKE • 21.1km RUN



1.9km SWIM • 90.1km BIKE • 21.1km RUN



1.9km SWIM • 90.1km BIKE • 21.1km RUN

