

# IRONMAN<sup>®</sup>

## 70.3<sup>®</sup> ARACAJU SERGIPE

NOVEMBER 30<sup>th</sup>

## ATHLETES`S GUIDE



# WELCOME!

Hello, triathletes!

After the success of its inaugural edition, the IRONMAN 70.3 Aracaju - Sergipe once again closes a highly competitive season on a high note. In this second edition, the big news is the debut of professional athletes on the course, which features a swim in the mouth of the Vaza Barris River, a flat bike ride, and a run through the beautiful Atalaia Beach waterfront.

Expectations couldn't be higher. In 2024, the event attracted around 1,200 athletes from 20 Brazilian states and 11 other countries, reaching an impressive satisfaction rate of 91.19% among participants, according to a survey conducted by the World Triathlon Corporation (WTC).

We wish everyone an excellent race and look forward to being moved by the warm local support and the natural beauty of the Northeast's remarkable city.



CARLOS GALVÃO - CEO

# MAPA DE ARENA

## VENUE MAP

- AZUL: CICLISMO | BIKE COURSE
- AMARELO: CORRIDA | RUN COURSE
- VERDE: ACESSO TORCIDA | SPECTATORS ACCESS



TRANSFERS PARA LARGADA (ATLETAS)  
SHUTTLES TO THE SWIM START (ATHLETES)

Praça  
Laudelino Graciliano Mateus

ASSESSORIAS  
TRICLUBS

IRONKIDS

PENALT BOX

CENTRO DE ARTE E CULTURA

TRANSIÇÃO 2  
TRANSITION 2



IRONMAN VILLAGE

CHEGADA | FINISH LINE

- ÁREA VIP | VIP AREA
- IMPRENSA | PRESS

ÁREA DE RECUPERAÇÃO | RECOVERY ZONE

ÁREA MÉDICA | MEDICAL CENTER

- PREMIAÇÃO | AWARDS

Farol de  
Aracaju

PRAIA DOS  
ARTISTAS

# SCHEDULE

## THURSDAY - 27

02 PM – 07 PM	IRONMAN Village	Atalaia Beach
02 PM – 06 PM	Athlete`s Check-in	IRONMAN Village

## FRIDAY - 28

09 AM – 07 PM	IRONMAN Village	Atalaia Beach
09 AM – 06 PM	Athlete`s Check-in	IRONMAN Village
04 PM – 05 PM	Q&A Session Meeting (Age Group) - Optional	Athlete`s Service Booth – IRONMAN Village

## SATURDAY - 29

08 AM	IRONKIDS	Atalaia Beach
08:30 AM – 07 PM	IRONMAN Village	Atalaia Beach
08:30 AM – 12 PM	Athlete`s Check-in	IRONMAN Village
10 AM – 06 PM	Red Bags Check-In (Run Gear)	Transition 2 – Atalaia Beach
10 AM	Mandatory and exclusive Q&A session with race directors for PRO athletes	Awards Location – Atalaia Beach
10:30 AM	Press conference with the PROS	Awards Location – Atalaia Beach
12 PM – 01 PM	Q&A Session Meeting (Age Group) - Optional	Athlete`s Service Booth – IRONMAN Village
02 PM – 06 PM	Bike Check-In – According to BIB	Transition 1 – Foz Vaza Barris

Swim Start/T1 - Foz Vaza Barris – Mosqueiro – Joel Silveira Bridge SE-100 (next to Rua Jose Francisco Matias, 2412)

IRONMAN Village/T2 - Atalaia Beach – Avenida Santos Dumont, S/N Coroa do Meio (Next to Centro de Arte e Cultura)

# SCHEDULE

## SUNDAY - 30

03 AM – 04:30 AM	Transport from IRONMAN Village to Swim Start	Atalaia Beach
03:30 AM – 05 AM	Access to Transition Area	Transition 1 – Foz Vaza Barris
05 AM	PRO Men Swim Start	Foz Vaza Barris
05:05 AM	PRO Women Swim Start	Foz Vaza Barris
05:15 AM – 05:35 AM	Age Group Swim Start	Foz Vaza Barris
07:30 AM – 04 PM	IRONMAN Village	Atalaia Beach
10 AM	Podium Ceremony for PRO	Finish Line – Atalaia Beach
12 PM – 03 PM	Bike Check-Out / Lost & Found	Transition 2 – Atalaia Beach
04 PM – 05 PM	Official Results / Appeals	Awards – Atalaia Beach
05:30 PM	Awards Ceremony	Awards – Atalaia Beach
06:30 PM	Slot Allocation/Rolldown Ceremony - 2026 IRONMAN 70.3 WC	Awards – Atalaia Beach

Swim Start/T1 - Foz Vaza Barris – Mosqueiro – Joel Silveira Bridge SE-100 (next to Rua Jose Francisco Matias, 2412)

IRONMAN Village/T2 - Atalaia Beach – Avenida Santos Dumont, S/N Coroa do Meio (Next to Centro de Arte e Cultura)

## Important Medical and Health Information

Your safety is our primary concern. The medical team will be staffing the medical facilities at 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. You must not make forward progress in the water while grabbing onto a kayak, paddle board or nearby boat. Making forward progress will result in a Disqualification (DQ).

**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.

# ATHLETE'S CHECK-IN

IRONMAN Village – Atalaia Beach

THURSDAY 27<sup>th</sup> - from 02 PM to 06 PM

FRIDAY 28<sup>th</sup> – from 09 AM to 06 PM

SATURDAY 29<sup>th</sup> – from 08:30 AM to 12 PM

## IT'S MANDATORY TO

- ✓ Do it in person
- ✓ Present an official document with photo (passport or ID)
- ✓ Schedule the Athlete's Check-In Time - [CLICK HERE](#)

*PRO Athletes and AWA athletes are allowed at anytime.*

*The AWA certificate will be requested*

- ✓ Pay the Local Federation Day Use Tax - [PAY HERE](#)
- ✓ Have signed the online Medical Waiver
  - ✓ [Link for BRAZILIANS](#)
  - ✓ [Link for FOREIGNERS](#)



RACE PACKET	
 <b>WRISTBAND</b> To be worn until the Slot Allocation and Rolldown Ceremony	 <b>BIB</b> To be worn on the run
 <b>SWIM CAP</b> For the swim portion	 <b>TATTOO</b> Must be applied before the race start
 <b>STICKERS</b> To label your bags	 <b>BIKE STICKER</b> Must be affixed below the saddle. Please don't cut the sticker
 <b>TRANSITION BAGS</b> BLUE (bike gear) and RED (run gear)	 <b>WHITE BAG (morning clothes bag)</b> For dry clothes, items you will remove prior to the swim start or items you may need at the finish line.
 <b>BIKE CHECK-OUT TICKET</b> In case you are unable to personally claim your bike and gear at the Bike Check-out	 <b>SHUTTLE TICKET</b> For transportation from T2 to the race start

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

### IMPORTANT NOTES

*As stated in the regulations, the check-in is an in-person procedure. Therefore, if you intend to participate in the event, please note that race packets will not be delivered to third parties under any circumstances.*

*The athlete who does not get the race packet according to this schedule will be disqualified.*

*Athlete who gives his/her race packet 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.*



## ATHLETE'S BRIEFING



[UNLIMITED SPORTS BRASIL](#)

The video will be published on THURSDAY 27<sup>th</sup>

Watching the Athlete's Briefing is mandatory to all registered athletes

### Q&A Session Meetings (Age Group) - Optional

Athlete's Service Booth (SAC)  
IRONMAN Village

FRIDAY 28<sup>th</sup> – 04 PM to 05 PM

SATURDAY 29<sup>th</sup> – 12 PM to 01 PM

### Mandatory and Exclusive Q&A Session with Race Directors for PRO Athletes

Awards Location – Atalaia Beach  
SATURDAY 29<sup>th</sup> – 10 AM

# BIKE AND BAGS CHECK-IN

SATURDAY 29<sup>th</sup> – TRANSITION 1  
Foz Vaza Barris

### According to BIB

14:00 – 15:00		1001 – 1450
15:00 – 16:00		651 – 1000
16:00 – 17:00		301 – 650
17:00 – 18:00		101 – 300

PC, PRO Athletes and AWA Athletes are allowed at any time.  
The AWA certificate will be requested

You will pick up your timing chip on  
your way out of the Bike Check-in



### WRISTBAND

Only athletes with the wristbands on may enter the Transition. To be worn until the Slot Allocation and Rolldown Ceremony.



2

### BIKE STICKER

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

This line marks where to fold the sticker.



- You MUST BRING THE BIKE.
- The blue bag, with the cycling items, helmet and bike shoes, should only be brought on Sunday, the race day.
- All bikes must be placed in the appropriate numbered spot on the bike racks. Athletes must position their own bikes; help from staff will not be allowed.
- Full bike covers are not allowed and will be removed from any bikes left in transition once Bike Check-In is over.

SATURDAY 29<sup>th</sup> – TRANSITION 2  
Next to Centro de Arte e Cultura

ANYTIME BETWEEN  
10 AM and 06 PM

MUST BRING  
RED BAG  
RUN GEAR



The Bike and Bags Check-In is an in-person procedure.  
**All bikes must be checked in on Saturday.** Bikes will not be permitted to enter transition on race morning.

## TRANSPORT: departing from IRONMAN Village to the race start

Atalaia Beach

Sunday 30<sup>th</sup>

From 03 AM to 04:30 AM

The organization will provide free and exclusive transportation for athletes, departing from T2 to the race start;

- If you choose to use this service, you must have completed the Athlete's Check-In form in advance.
- Departures will be every 15 minutes, and the time chosen by the athlete will be offered according to availability.
- **Access to the bus is limited to athletes with a wristband; companions will not be allowed.**

If the athlete prefers to drive their own car

We recommend parking it on the streets near the Federal Highway Police Station (BPRF). The distance to the race start is approximately 1km. Since this is a public place, we emphasize that the availability of parking spaces is limited, so try to arrive early to avoid inconvenience;



*For greater convenience, we suggest using ride-sharing apps (like Uber or similar) or taxis (reference Ponte Joel Silveira SE-100).*

## PRE-RACE T1 - FOZ VAZA BARRIS

SUNDAY 30<sup>th</sup>  
from 03:30 AM to 05 AM

- **Remember to bring your timing chip, event swim cap, goggles and wetsuit;**
- Only athletes with the wristbands on may enter the Transition.
- Athletes will have full access to their bikes; Helmets, bike shoes and nutrition items can be attached to the bike;
- No bags, backpacks or suitcases will be allowed at the Transition Area;
- **After the swim portion, your wetsuit must be placed inside the BLUE BAG;**

### In the transition area you will find

Bike Mechanics • Bike Pumps • Port-o-lets  
Water • Vaseline • Sunblock

**You MUST BRING your BLUE BAG and your WHITE BAG**



- For bike gear. Athletes can put the bag and their personal belongings next to the bike. Be careful not to interfere or blend your stuffs with others.
- **After the swim portion, ALL YOU BELONGINGS MUST BE INSIDE THE BAGS.** The organization is not responsible for items that may be forgotten or left at Transition 1.



- For dry clothes or any items you may need after finishing the race. *Please don't leave any electronic items, such as your mobile phone or car keys, in this bag.*
- **Leave the bag in the transfer inside the Transition Area;**

**IMPORTANT!** The bags will be taken by the Organization to Transition 2 for the Finish Line and Bike and Bags Check-Out

# SWIM START | SUNDAY 30<sup>th</sup>

## Foz Vaza Barris

Mosqueiro – Joel Silveira Bridge SE-100

**05 AM** PRO - Male

**05:05 AM** PRO - Female

**05:15 – 05:35 AM** Age group

### ROLLING START FORMAT

Athletes will line up according to their realistically predicted swim times. We will have staff and wind flags with the times indicated below.

< 30

MINUTES

31 - 35

MINUTES

36 - 40

MINUTES

41 - 45

MINUTES

> 45

MINUTES

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

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



Wetsuits are permitted if the water temperature is up to **24,5°C** for Age Group and **21,9 °C** for PRO Athletes.

The organization will inform the athletes about the temperature on race morning through email and social media.

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

# SWIM COURSE

1,90 KM | 1 Lap



## CUT OFF TIME - 1 hour and 10 minutes

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete will have 1 hour and 10 minutes to complete the swim regardless of when they start the swim. Any athlete that takes longer than 1 hour and 10 minutes to complete the swim and does not finish before the swim course closure will be removed from the race and receive a DNF. Any athlete who takes longer than 1 hour and 10 minutes to complete the swim but is ahead of the final swim course closure and continues to the finish line will receive a NC (Not Classified).

- ORANGE BUOYS – ON THE LEFT
- YELLOW BUOYS – BOTH SIDES
- PINK BUOY - ON THE RIGHT

There won't be wetsuit peelers available.



# BIKE COURSE

90 KM | 1 Lap

## AID STATIONS

Each 15km  $\cong$

P1: KM 20,5

P2: KM 37,5

P3: KM 52,8 | 85

P4: KM 61,7 | 73,3



CUT OFF TIME – 5 hours



INTERMEDIATE CUT OFF – Km 74,4 | 10:37 AM

The bike course will close 5 hours after the final athlete starts the swim. Each athlete will have 5 hours to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours to complete the swim, T1 and bike course and does not make the final bike course closure will be removed from the race and will receive a DNF. Any athlete that takes longer than 5 hours to complete the swim, T1 and bike course but is ahead of the final bike course closure and continues to make it to the finish line will receive a NC (Not Classified). Additional intermediate cut-offs are determined by race management and are as follows: km 74,4 at 10:37 AM. Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

At all stations

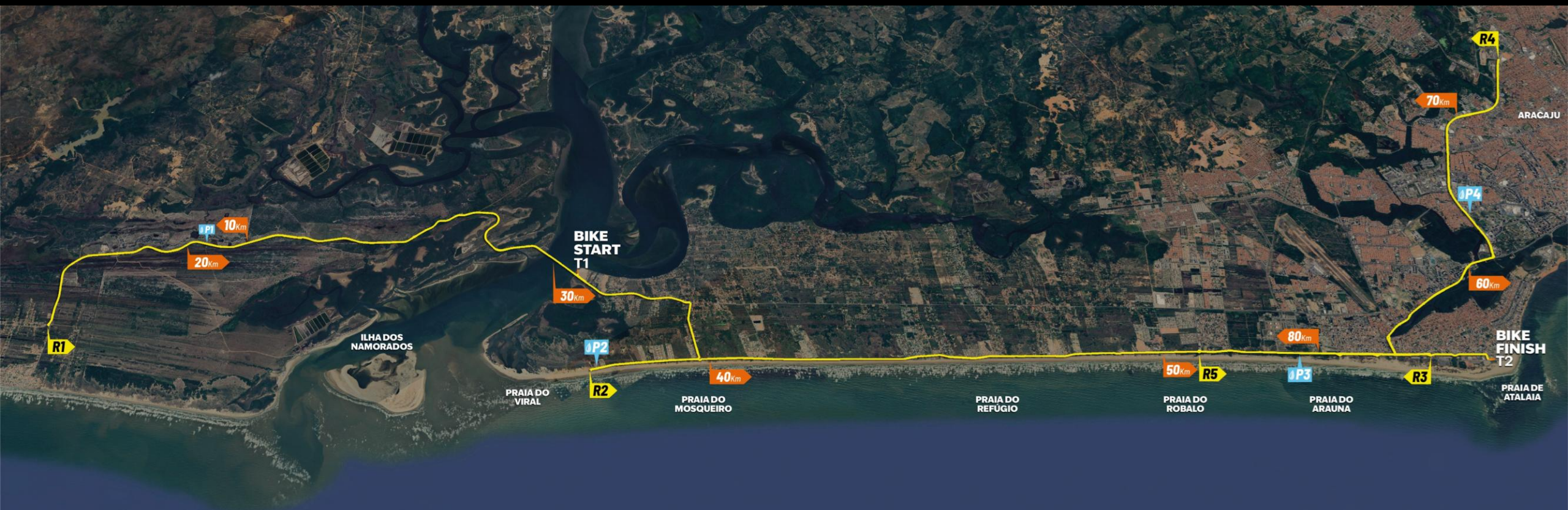
Water (white squeeze)

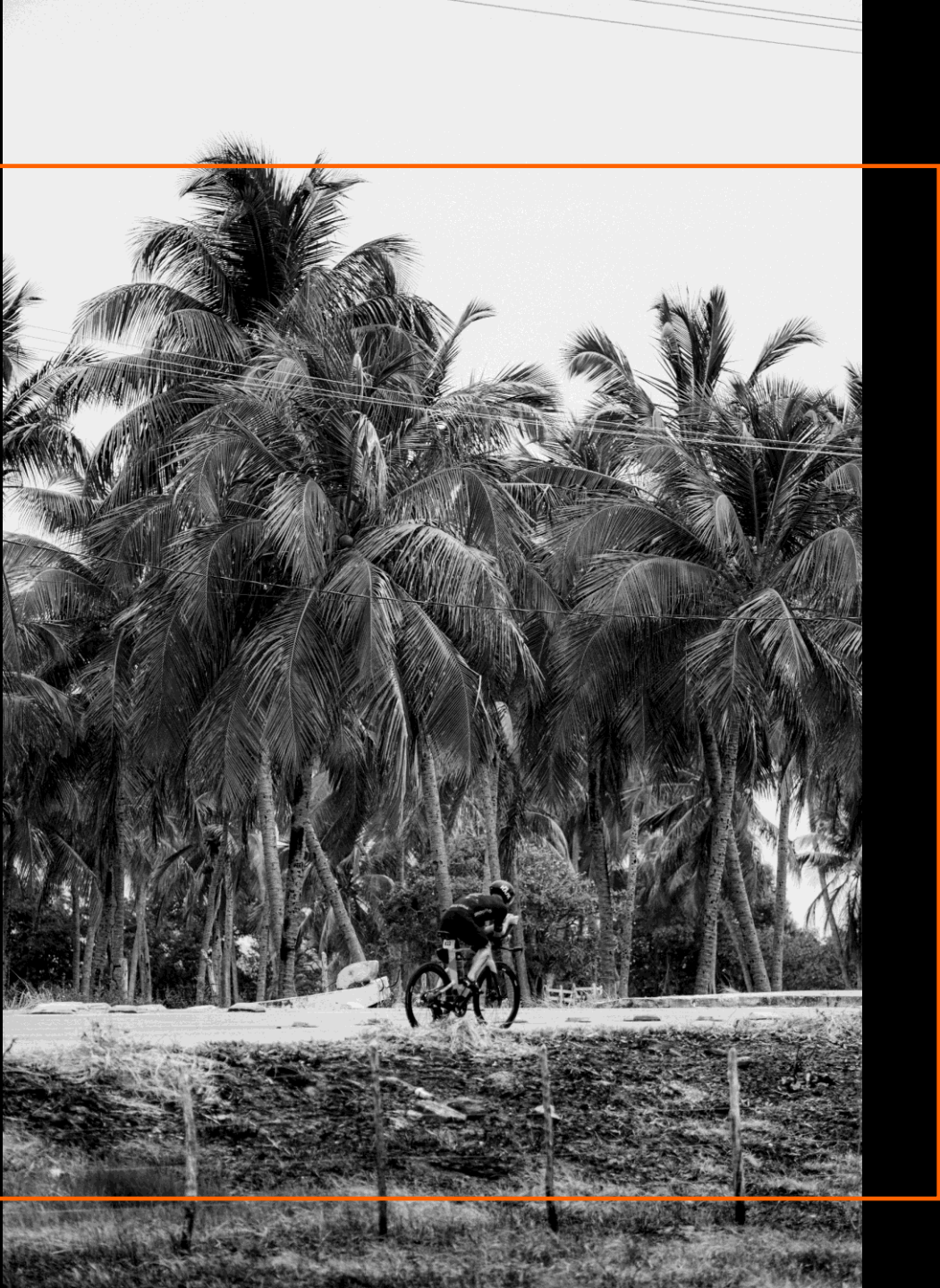
Hydrolite DUX Sports Drink (Orange squeeze)

Banana | Bike Pumps | Port-o-lets

DISCARD AREA

100m before and 300m after the station





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

## DRAFTING IS NOT ALLOWED



Keep six bike lengths of clear space.  
Complete your pass within 25 seconds



## BIKE MECHANICS

Inside the Transition Area  
and along the course

Waiting time for support may vary depending on demand.  
Mechanical assistance is offered but is not the Organization's  
responsibility to make any type of repair to athletes' equipment.  
All athletes must be self-sufficient and able to repair minor  
problems on their own.

**Athletes are responsible for placing the bikes back on the rack, in the  
corresponding number. There will be no staff in transition to rack your bike.**

# RUN COURSE

21,1 KM | 3 Laps

LAP CONTROL : 3 wristbands



CUT OFF TIME - 8 hours and 30 minutes

The run course will close 8 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete that takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

## AID STATIONS - Each 1,2 km $\cong$

P1 – KM 1 | 1,9 | 7,9 | 8,9 | 14,9 | 15,8 (Peanut Candy Paçoquita)

P2 – KM 3 | 6,8 | 10 | 13,8 | 16,9 | 20,7 (DUX Gel)

P3 - 4 | 5,8 | 11 | 12,7 | 18 | 19,7 (Banana Candy Bananinha Tachão)

Push & Pow (cup) – KM 0,3 | 7,3 | 14,2 - For nutritional information [click here](#)

At all stations:

Water • Hydrolite DUX Sports Drink • Soft Drink • Banana • Salt Biscuit  
Port-o-lets

DISCARD AREA • 20m before and 70m after the station



# PENALTIES

## Blue Card

- Drafting
- Littering

**2 MINUTES** AT THE PENALTY BOX

## Yellow Card

- Blocking
- Ride/Run without a shirt
- Outside Assistance
- Sound devices
- Being followed by a non-accredited photo and video team

**30 SECONDS** AT PENALTY BOX

## Red Card

- Unsportsmanlike conduct
- 3 blue cards
- Reporting a Yellow card instead of a Blue card
- Being followed by a non-accredited photo and video team - twice
- *Failing on reporting a card at Penalty Box*

**DISQUALIFICATION**

**Bike-course time penalties will be served at the Penalty Box tent**

**The penalty box will be located approximately 300 meters before the bike dismount**

*It is the athlete's responsibility to report to the Penalty Box (PB). Referees do not notify or direct athletes to PB, they only monitor compliance of the penalty. Failing on that will result in disqualification.*

*The use of the toilet and equipment adjustments are not allowed while inside the Penalty Box.*

**Run-course time penalties will be served at the run course**

After receiving the card, the penalized athlete must immediately stop and serve their penalty alongside the referee who issued it. Once the penalty is completed, the athlete may continue running.

### **Prohibited Running Shoes**

In IRONMAN races, shoes are prohibited if their sole thickness (stack height) exceeds 40 mm or if they contain more than one rigid, embedded plate.

For more specifications, visit the official IRONMAN website –

[Running Shoes FAQ's | IRONMAN](#)

### **Finish Line**

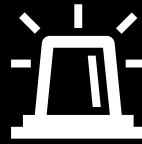
Friends, family members, pets, and/or other spectators are not permitted to cross the finish line with participating athletes.

Athletes who choose not to respect the policy will be disqualified.

### **Cut Off Time**

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





## ATHLETES AND CONTENT CREATORS

The presence of unaccredited photographers, videomakers, drones, and any unauthorized vehicles—including skateboards, scooters, unicycles, bicycles, motorcycles, roller skates, and cars—on the course is **STRICTLY PROHIBITED**.

This measure reinforces our commitment to providing safety and a unique experience for all registered participants.

Any athlete caught by race officials being accompanied, filmed, or photographed by non-accredited professionals, using any type of vehicle and at any point on or near the course, will be immediately **penalized with a yellow card** and may also **be disqualified** from the event in the case of a repeated infraction.

## BIKE CHECK-OUT

**SUNDAY 30<sup>th</sup> - from 12 PM to 03 PM**

**TRANSITION 2 – Atalaia Beach**

Only athletes with the wristbands on may enter the Transition Area, companions will not be permitted;

You must have your timing chip on in order to enter and claim your bike and gear.

If you cannot personally claim your bike and gear bag, a family member or friend may do so on your behalf. They will need to present the Bike Check-Out ticket, which is included in your race packet, as well as 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 after the race.

**Failure to return the chip will result in a replacement fee of 350 Brazilian Reais, which will be charged before bike check-out.**

### **IMPORTANT! – Lost & Found**

Lost and Found will be located at the Transition Area during bike check-out and at the IRONMAN Village during the Awards Ceremony.



## OFFICIAL RESULTS SUNDAY 30<sup>th</sup> – 04 PM

Official results will be updated and confirmed on Sunday, at 04 PM in the **IRONMAN TRACKER app**.

Until 04 PM, the results available in the IRONMAN Tracker app will be reviewed and confirmed by the Race Referees.

## APPEALS

If there are any disputes about the results after they are finalized, athletes should approach the competition jury on the Awards Location between 04 PM and 05 PM. After this period, no changes to the overall classification will be accepted.



## AWARDS SUNDAY 30<sup>th</sup> – 05:30 PM Atalaia Beach

Top 5 PRO, Top 5 finishers in each Age Group category and the Top 5 Triclubs will receive a trophy.

## QUALIFYING FOR



Nice - France  
September, 12<sup>th</sup> and 13<sup>th</sup>

Each race will be allocated a number of age group qualification slots, with men and women allocated an equal number of age group qualification slots. A portion of these slots will be **“Automatic Qualifying Slots.”** The remaining age group slots will be **“Performance Pool Slots.”**

Athletes may claim their slot only IN PERSON and only at the 2026 IRONMAN 70.3 World Championship Slot Allocation/Rolldown Ceremony on Sunday immediately following Awards. Awards will start at 05:30 PM so please be present no later than 06:30 PM for slot allocation.

For the most up to date information and qualifying slot numbers, please [CLICK HERE](#)

### Payment and Registration Information

Please be prepared to pay the entry fee with CREDIT CARD ONLY; no check or cash accepted. Credit card only (no Debit, Diners or cash payment).

Your physical credit card including full credit card number, expiry date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted).

Athletes will also need their IRONMAN Profile login information to accept a slot. If you do not remember your login information, please [CLICK HERE](#) and follow the instructions to reset your password prior to the Slot Allocation ceremony.

Photo ID is also required at time of payment.

# SLOT ALLOCATION/ROLLDOWN CEREMONY

## SUNDAY 30<sup>th</sup> – 06:30 PM – Awards - Atalaia Beach



Nice - France  
September, 12<sup>th</sup> – 13<sup>th</sup>

### BEFORE RACE DAY

Each qualifying event is allocated a number of age-group qualification slots for men and, the same number for women.

From this allocation, each Male & Female Age Group is allocated one slot to be awarded to the Age Group winner. This is referred to as the **“Automatic Qualifying Slot.”**

All other slots available for the race are attributed to the Performance Pool, to be offered after the race is complete. These slots are referred to as the **“Performance Pool Slots.”**

A separate Performance Pool of slots is maintained for men and for women so that slots remain equally split between genders.

### ON RACE DAY

The winner of each Male & Female Age Group will automatically earn a qualifying slot, (**“Automatic Qualifying Slot”**).

If that slot is not taken, it will roll to the second-place finisher, and then to the third-place finisher if not taken by the second-place finisher.

If the automatic qualifying slot for a specific age group is not taken by one of the top three finishers, that slot is allocated to that gender’s ‘Performance Pool’ of qualifying slots that will then be offered to the next-most competitive athletes at the same event.

# SLOT ALLOCATION/ROLLDOWN CEREMONY

## SUNDAY 30<sup>th</sup> – 06:30 PM – Awards - Atalaia Beach



Nice - France  
September, 12<sup>th</sup> – 13<sup>th</sup>

### ON RACE DAY

Once Age Group Winners have been offered slots following the process above, we move on to the allocation of slots via the **“Performance Pool Slots”**:

The finish times of all remaining athletes at the event will be compared to a benchmark (IRONMAN 70.3 Standard) that is created by averaging the top 20% of IRONMAN 70.3 World Championship finish times over the past 5 years for each age group (i.e., a global age-group standard for each gender and age group). By comparing each finish time to its age-group standard, we create an age-graded finish time for each athlete.

To read more about the IRONMAN 70.3 Standard, [click here](#).

Athletes are then ranked within their gender, based on their age-graded finish times (i.e., their performance in the race relative to their own age-group standard); the athletes who are most competitive on race day relative to their age-group standard will rank highest.

Using this ranking of the most competitive athletes, slots will then be offered and allocated using a ‘first to accept’ roll-down process. This roll-down process will continue until all qualifying slots for the women’s race are allocated, and then for the men’s race (or vice versa).

### Other Information

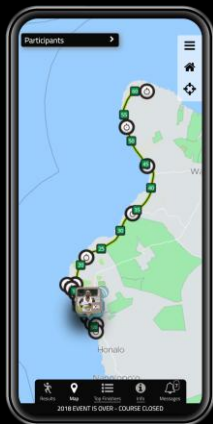
Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international 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 IRONMAN World Championship event 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 IRONMAN (World Triathlon Corporation, WTC) immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

## GOLDEN TIPS

### [SPECTATORS GUIDE - CLICK HERE](#)

Check out information about schedules, locations, and access so your fans can follow the best moments of the race.



#### **IRONMAN Tracker**

On race day, spectators can track the status of participants in real time using the Live Tracker and Leaderboard.



To make it easier for athletes as well as their families and friends, we recommend using the WAZE – GPS and Live Traffic app. All traffic restrictions related to the race will be available to users during race week.



Optimize your time and avoid delays following the highlighted points

- ✓ IRONMAN Village
- ✓ Centro de Arte e Cultura
- ✓ Foz Vaza Barris

## The official race photos are provided by FinisherPix

If you purchased the package in advance, the photos will be sent to your email within 72 hours after the race.

If you haven't purchased the package yet, you can buy it directly on the company's website, either during race week or after the event.

KEEP THE BEST MOMENTS FOREVER

[www.finisherpix.com](http://www.finisherpix.com)  
@finisherpix #finisherpix



# NEVER FORGET YOUR RACE



ORDER YOUR RACE PHOTOS HERE:

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# CHECK LIST

## ITEMS

- ☐ Official document with photo (ID or Passport)
- ☐ Receipt
- ☐ Day Use receipt
- ☐ Boarding pass
- ☐ Hotel address and voucher

## RACE DAY - SWIM

- ☐ Racesuit
- ☐ Swimsuit
- ☐ Goggles (consider a spare pair as well)
- ☐ Swim cap
- ☐ Timing chip (delivered at bike check-in)
- ☐ Wetsuit (check if it is allowed)
- ☐ Towel
- ☐ Vaseline and Sunscreen
- ☐ Ear plugs/Noise plugs (optional)

## RACE DAY - BIKE

- ☐ Helmet
- ☐ Bike Shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Water bottle
- ☐ Bike Repair Kit
- ☐ Extra bike tubes
- ☐ Nutrition
- ☐ Sunscreen

## MISCELLANEOUS

- ☐ Bike services
- ☐ Transfer to swim start (if is necessary)
- ☐ Bike Check-In Schedule and the personal belongings
- ☐ GPS watch

## RACE DAY - RUN

- ☐ Running shoes
- ☐ Socks
- ☐ Hat/Visor
- ☐ Sunglasses
- ☐ Race belt or safety pins
- ☐ Nutrition
- ☐ Sunscreen
- ☐ Post Race Clothing



GOOD LUCK

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