



April, 13th

ATHLETE'S GUIDE



Last Update: April 11th, 2025 | *All information provided can be changed until the Athlete's Briefing

WELCOME

Hello triathletes!

The 2025 season is poised to make history! We begin in Brasília, the host city of the first-ever IRONMAN 70.3 in Brazil. The Federal capital, strategically located in the heart of the nation, Brasília returns to the calendar with sky-high expectations. This edition promises elite-level competition and marks the long-awaited return of professional athletes to every IRONMAN race in Brazil. With 1,500 athletes on the start line—a record for this event—and registrations selling out in less than three days, the excitement surrounding the race reaffirms the undeniable strength of triathlon in the country.

Wishing all participants an incredible race and a 2025 filled with achievements!



CARLOS GALVÃO - CEO

VENUE

TRANSIÇÃO / TRANSITION



SAÍDA NATAÇÃO / SWIM EXIT



INÍCIO CORRIDA / RUN START



INÍCIO BIKE / BIKE START



IRONMAN VILLAGE

• SAC / ATHLETE'S SERVICE BOOTH



ÁREA DE RECUPERAÇÃO / RECOVERY ZONE

• ÁREA MÉDICA / MEDICAL CENTER
• ALIMENTAÇÃO / FOOD
• PREMIAÇÃO / AWARDS
• ROLAGEM DE VAGAS / SLOTS ALLOCATION CEREMONY



ENTRADA / ENTRANCE
PONTÃO DO LAGO SUL

• SHIS QI 10, 1/30 - Lago Sul
• Brasília - DF



LARGADA NATAÇÃO / SWIM START



CHEGADA / FINISH LINE

• ÁREA VIP / VIP AREA
• IMPRENSA / PRESS



ESTACIONAMENTO NO DOMINGO - A PARTIR DAS 04HRS

PARKING ON THE RACE DAY - FROM 4AM

• Local: ARIE do Bosque



From Thursday (10) to Saturday (12), parking at Pontão is free, but parking spaces are limited.

On Sunday, parking inside Pontão will be STRICTLY PROHIBITED until 8:00 AM. Parking until 8:00 AM is ONLY allowed at ARIE do Bosque, in front of Pontão's Entrance. There are no alternative parking locations nearby. Pedestrian entry to Pontão do Lago Sul will be permitted from 4:30 AM.

The use of taxis and ride-hailing services to access Pontão is recommended.

SCHEDULE

THURSDAY 10

02 PM – 07 PM	IRONMAN Village	Pontão do Lago Sul
02 PM – 06 PM	Athlete's Check-In	IRONMAN Village

FRIDAY 11

09 AM – 07 PM	IRONMAN Village	Pontão do Lago Sul
09 AM – 06 PM	Athlete's Check-In	IRONMAN Village
04 PM – 05 PM	Q&A Session Meeting	Athlete's Service Booth (SAC) – IRONMAN Village

SATURDAY 12

08 AM	IRONKIDS	Pontão do Lago Sul
08:30 AM – 07 PM	IRONMAN Village	Pontão do Lago Sul
09 AM – 12 PM	Athlete's Check-In	IRONMAN Village
09:30 AM	Mandatory and Exclusive Q&A Session with Race Directors for PRO	Awards Stage – Pontão do Lago Sul
10:30 AM	Press Conference with the PROs	Awards Stage – Pontão do Lago Sul
12 PM – 01 PM	Q&A Session Meeting (Age Group)	Athlete's Service Booth (SAC) – IRONMAN Village
01 PM – 06 PM	Bike Check-In – According to BIB	Transition – Pontão do Lago Sul

Address: Pontão do Lago Sul – SHIS QI 10, 1/30 – Lago Sul, Brasília – DF

SCHEDULE – RACE DAY

SUNDAY 13

05 AM – 06:25 AM	Access to Transition Area	Transition – Pontão do Lago Sul
06:30 AM	Swim Start PRO - Male	Pontão do Lago Sul
06:35 AM	Swim Start PRO - Female	Pontão do Lago Sul
06:45 AM – 07:15 AM	Swim Start Age Group	Pontão do Lago Sul
07:30 AM – 05 PM	IRONMAN Village	Pontão do Lago Sul
11:00 AM	Top 3 Awards	Finish Line – Pontão do Lago Sul
12:30 PM – 03:30 PM	Bike Check-Out / Lost & Found	Transition – Pontão do Lago Sul
05 PM – 05:30 PM	Official Results / Appeals	Awards – Pontão do Lago Sul
06 PM	Age Group Awards Ceremony	Awards – Pontão do Lago Sul
07 PM	Slots Allocation Ceremony – 2025 IRONMAN 70.3 WC	Awards – Pontão do Lago Sul

Address: Pontão do Lago Sul – SHIS QI 10, 1/30 – Lago Sul, Brasília – DF

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 – Pontão do Lago Sul

THURSDAY 10 – 02 PM to 06 PM

FRIDAY 11 – 09 AM to 06 PM

SATURDAY 12 - 09 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](#)

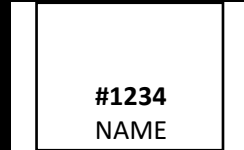


RACE PACKET



WRISTBAND

To be worn until the Slot Allocation and Rolldown Ceremony



BIB

To be worn on the run



SWIM CAP

For the swim portion



TATTOO

Must be applied before the race start



HELMET STICKER

To be applied on the front of the helmet



BIKE STICKER

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



ORANGE BAG

For your bike and run gear



WHITE BAG (dry clothes)

For dry clothes, items you will remove prior to the swim start or items you may need at the finish line.



EXTRAS STICKERS

To label your belongings



BIKE CHECK-OUT TICKET

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

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.

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



ATHLETE'S BRIEFING



[UNLIMITED SPORTS BRASIL](#)

The video will be published by THURSDAY 10

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

Q&A Session Meetings

Athlete's Service Booth (SAC)
IRONMAN Village

FRIDAY 11 – from 04 PM to 05 PM

SATURDAY 12 – from 12 PM to 01 PM

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

Awards Stage – Pontão do Lago Sul
SATURDAY 12 - 09:30 AM

BIKE CHECK-IN

SATURDAY 12 – TRANSITION AREA
Pontão do Lago Sul

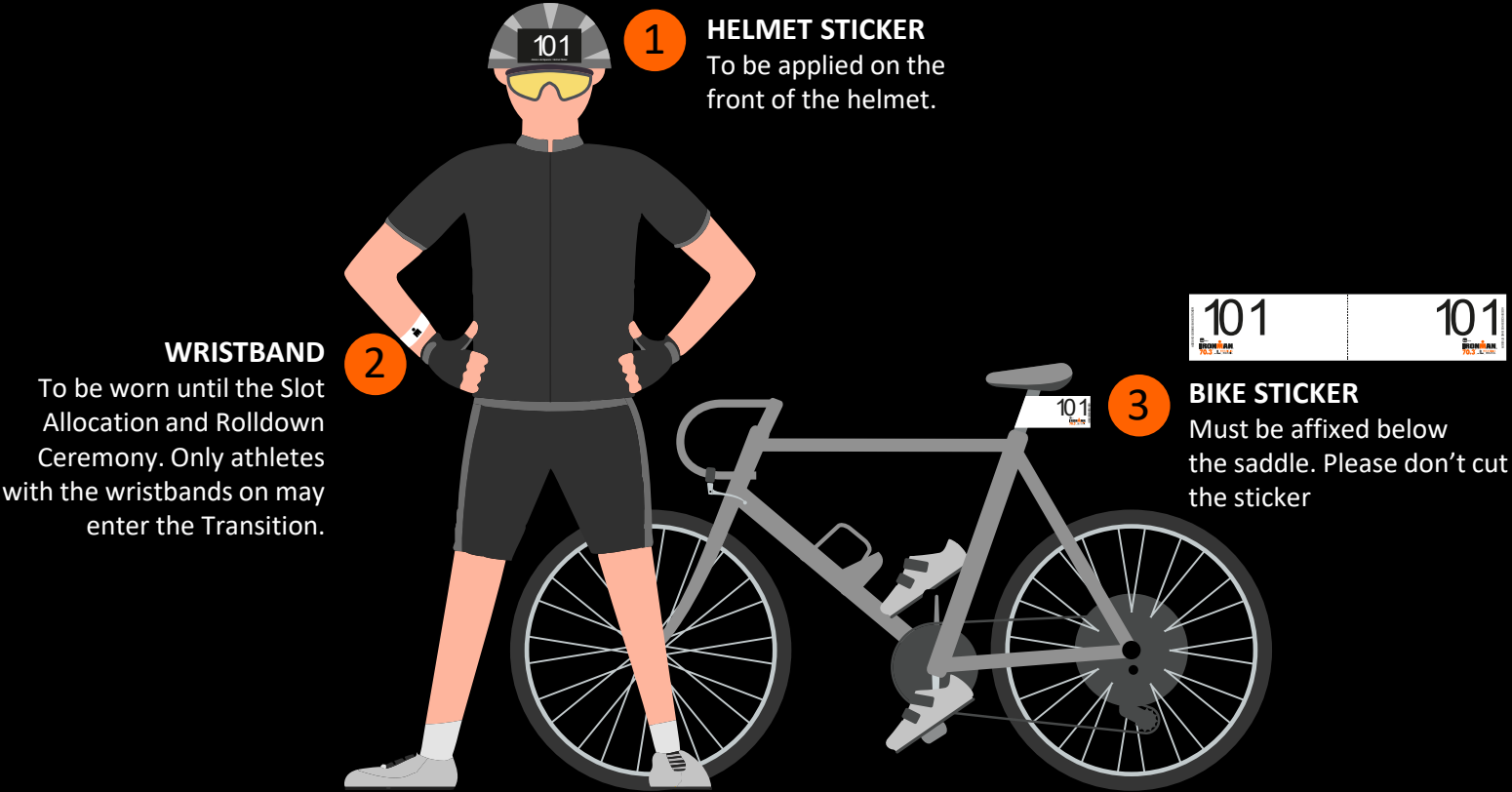
According to BIB

01 PM – 02 PM	0001 – 0350
02 PM – 03 PM	0351 – 0700
03 PM – 04 PM	0701 – 1050
04 PM – 05 PM	1051 – 1400
05 PM – 06 PM	1401 - 1800

*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**

The Bike 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.



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.

No gear bags or any other materials, except the bike itself and bike shoes clipped to the pedals, will be allowed.

PRE-RACE

SUNDAY 13 - from 05 AM to 06:25 AM
Pontão do Lago Sul

Remember to bring your timing chip, event swim cap, goggles and wetsuit;

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.

This bag will be returned to the athlete at the bike check-out.



WHITE BAG (Dry Clothes) Post Race Belongings

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 designated drop area in Transition;

You will receive your bag back after finishing the race, when you leave the Recovery Area. If you abandon the race, you will find your bag at the exit of the Recovery Area.



In the Transition Area you will find:



BIKE
MECHANICS



BIKE PUMPS



PORT-O-LETS



WATER



SUNSCREEN and
VASELINE

SWIM START | SUNDAY 13

06:30 AM PRO - MALE

06:35 AM PRO - FEMALE

06:45 AM – 07:15 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 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



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 course 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

There won't be wetsuit peelers available.



BIKE COURSE

90 KM | 2 LAPS



CUT OFF TIME – 5 hours



INTERMEDIATE CUT OFF – Km 76 | 11:56 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 76 at 11:56 am. Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

AID STATIONS each 15km \cong

P1 = Km 15 | 59,5

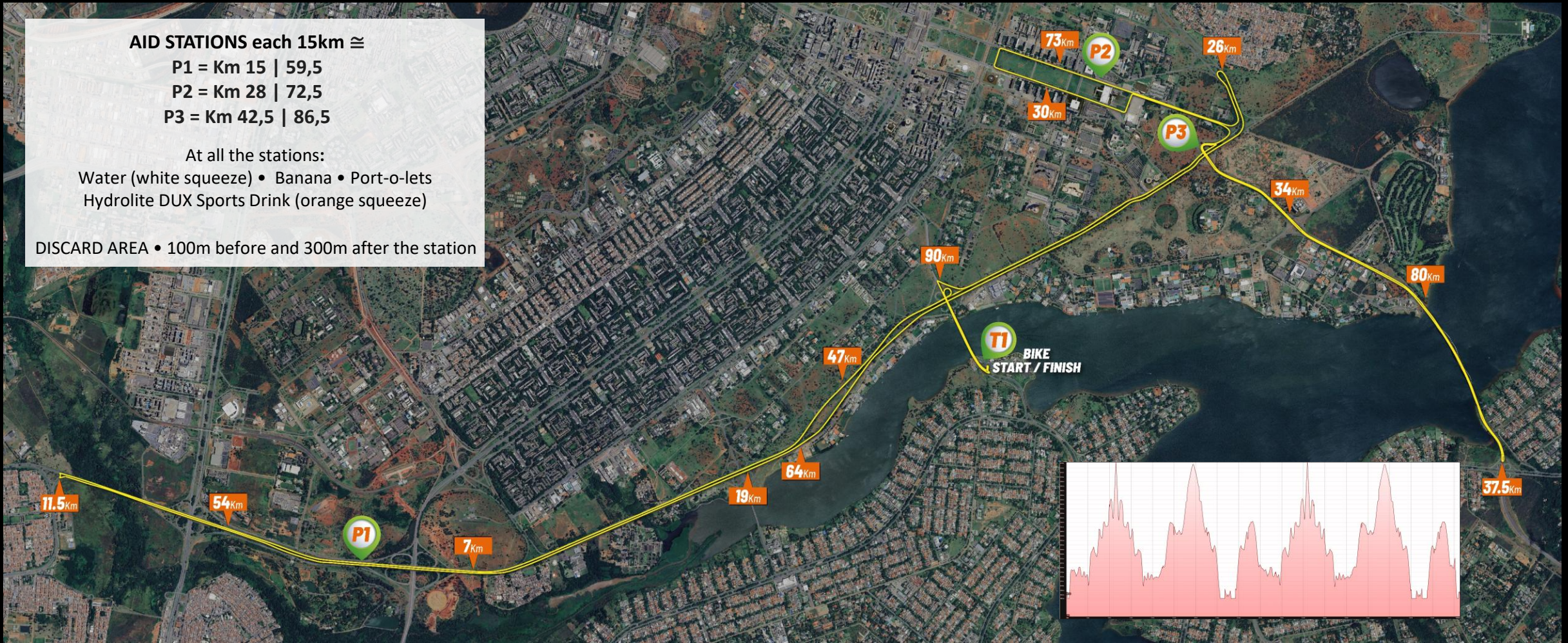
P2 = Km 28 | 72,5

P3 = Km 42,5 | 86,5

At all the stations:

Water (white squeeze) • Banana • Port-o-lets
Hydrolite DUX Sports Drink (orange squeeze)

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



ATHLETES, PAY ATTENTION!



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

DRAFTING IS NOT ALLOWED



Keep 12 meters 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 at the dismount.**

RUN COURSE

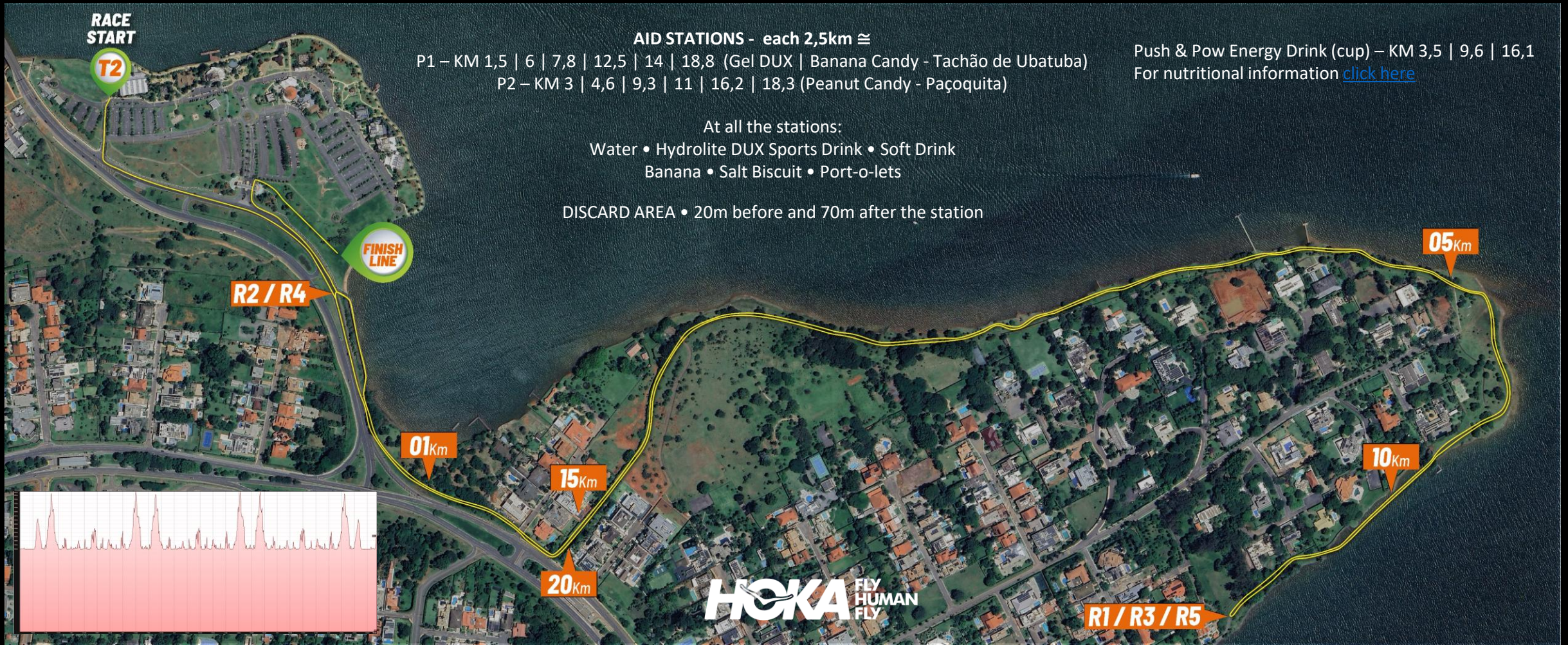
21,1 KM | 3 LAPS

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.



PENALTIES

Blue Card

- Drafting
- Littering

2 MINUTES AT THE PENALTY BOX

Yellow Card

- Blocking
- Ride/Run without a shirt
- Outside Assistance
- Sound devices

30 SECONDS AT PENALTY BOX

Red Card

DISQUALIFICATION

- Unsportsmanlike conduct
- 3 blue cards
- The athlete who reports a Yellow card instead of a Blue card will be disqualified.

Bike-course time penalties will be served at the Penalty Box tent – Before the Transition Area Entrance

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

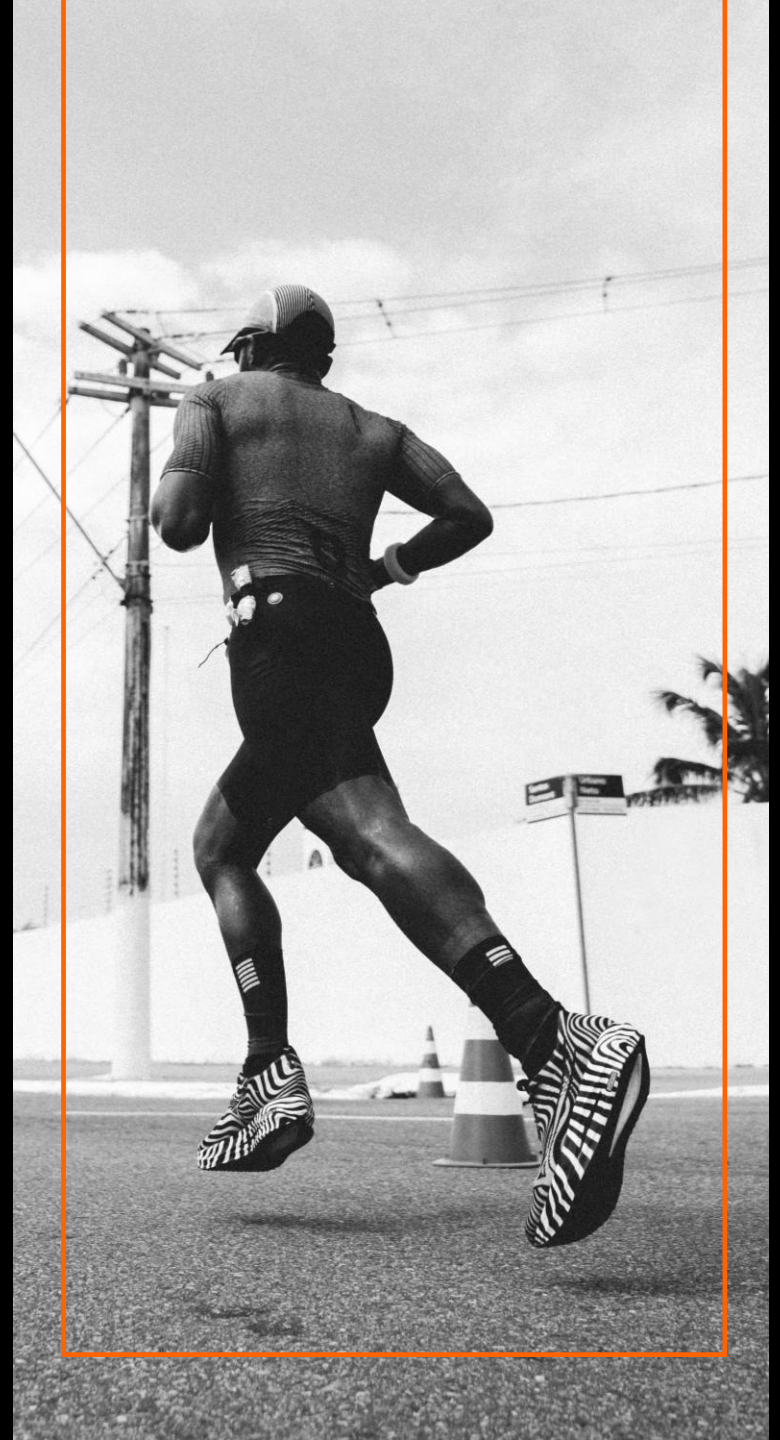
Certain running shoes are prohibited in accordance with global WTC policy. This restriction applies to both professional and amateur athletes. Competitors who complete the race wearing these shoes will be disqualified. For access the list of restricted models, please visit the following link:
[Prohibited Running Shoes \(ironman.com\)](https://www.ironman.com/prohibited-running-shoes)

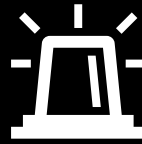
Finish Line

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.
Failure to comply may result in the athlete's disqualification.

BIKE CHECK-OUT

SUNDAY 13 - from 12:30 PM to 03:30 PM

Transition – Pontão do Lago Sul

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 13 – 05 PM

Official results will be updated and confirmed on Sunday, at 05 PM in the **IRONMAN TRACKER app**.

Until 05 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 next to the Awards Stage at Atalaia Beach between 05 and 05:30 PM. After this period, no changes to the overall classification will be accepted.



AWARDS SUNDAY 13 – 06 PM Pontão do Lago Sul

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

SLOTS ALLOCATION CEREMONY

SUNDAY 13 – 07 PM

Pontão do Lago Sul

45 Slots – Male and Female
+ 25 slots Female Only

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

REGISTRATION FEE: 771,79 € (including of all fees & taxes)

Payment must be made at the ceremony and by credit card only.

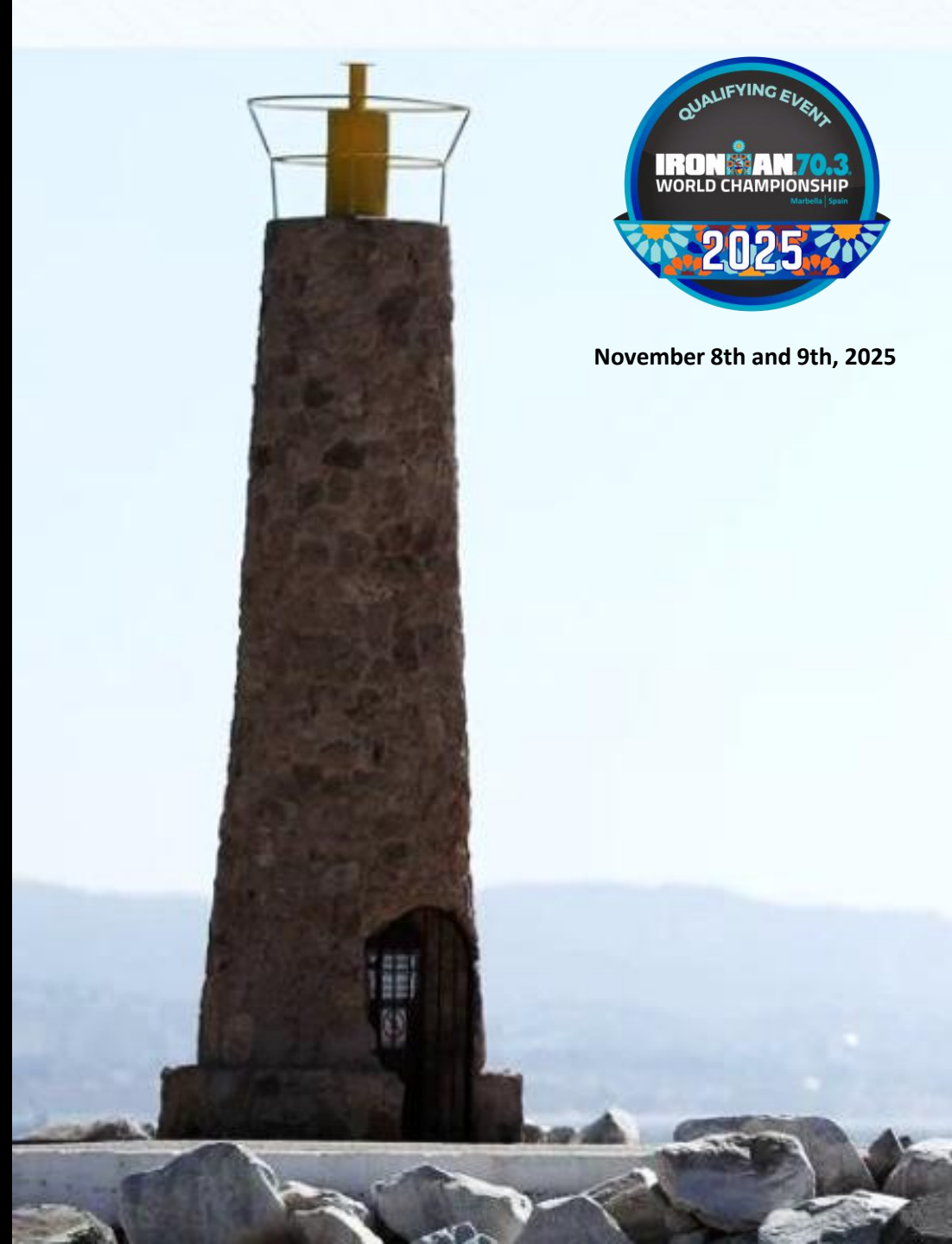
The registration fee will be charged in Euros. Therefore, we recommend that interested parties contact their bank in advance to inform them about the upcoming INTERNATIONAL ONLINE PURCHASE. This will help speed up the registration process. Paypal, debit cards or cash will not be accepted

IMPORTANT!

Anyone who wishes to claim a slot must attend the IRONMAN 70.3 World Championship Slots Allocation 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 slots allocation.



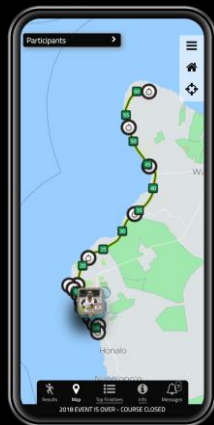
November 8th and 9th, 2025



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.





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CHECK LIST

ITEMS

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

RACE DAY - SWIM

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

RACE DAY - BIKE

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

MISCELLANGELOUS

- ☐ 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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