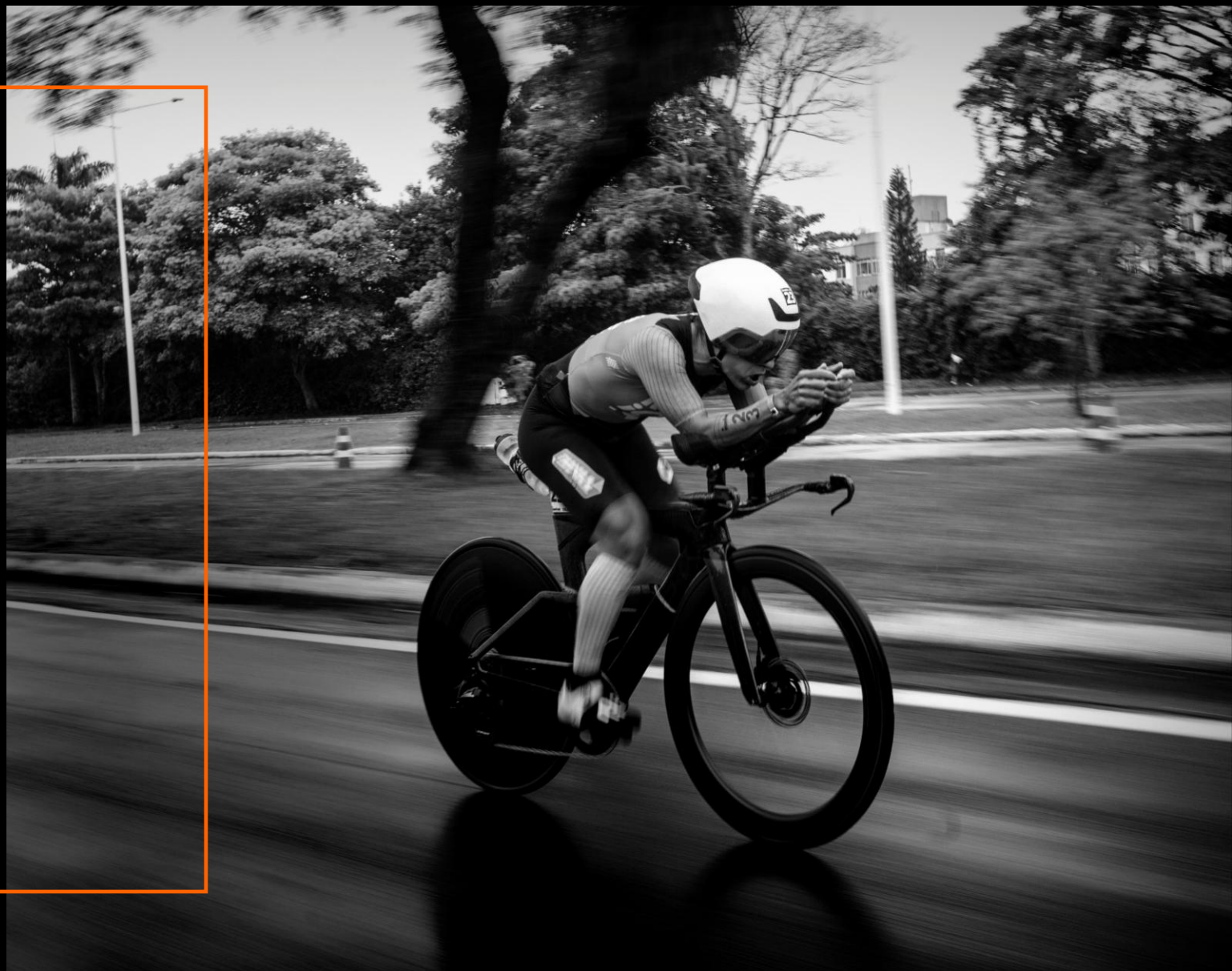




June 1st

ATHLETE'S GUIDE



WELCOME

Hello, triathletes!

Welcome to another edition of the IRONMAN Brazil — a globally renowned event, celebrated for its outstanding level of excellence. We are proud to share that earlier this year, we were honored with the award for the Best Swim Course among more than 170 races worldwide, according to the WTC's 2024 annual survey. Beyond being a great physical and mental challenge, our mission is to deliver unforgettable, unique moments for each of you. We are committed to making this race an incredible experience at one of the largest endurance events on the planet.

We wish you a fantastic race and see you at the finish line!



CARLOS GALVÃO - CEO

VENUE

SAÍDA NATAÇÃO / SWIM EXIT



P12 - IRONMAN VILLAGE

• SAC / ATHLETE'S SERVICE BOOTH



ENTRADA / ENTRANCE
IRONMAN VILLAGE



INÍCIO CORRIDA / RUN START



TRANSIÇÃO / TRANSITION



INÍCIO BIKE / BIKE START



CHEGADA / FINISH LINE

• ÁREA VIP / VIP AREA
• IMPRENSA / PRESS
• ARQUIBANCADA / BLEACHERS



ARQUIBANCADA / BLEACHERS

• ÚNICO ACESSO / ONLY ACCESS



ENTRADA / ENTRANCE
CLUBE 12 DE AGOSTO



ENTRADA / ENTRANCE
ÁREA VIP / VIP AREA
• IMPRENSA / PRESS



ÁREA DE RECUPERAÇÃO / RECOVERY ZONE

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



LARGADA NATAÇÃO / SWIM START



AMMO BEACH •

1km de distância do Clube 12 de Agosto
(aprox. 15 minutos a pé)
1km away from Clube 12 de Agosto
(about a 15-minute walk)

P12 e Clube 12 de Agosto

Avenida Serv. José Cardoso de Oliveira, 668
– Jurerê Internacional, Santa Catarina (SC)

SCHEDULE

WEDNESDAY 28

02 PM – 07 PM	IRONMAN Village	P12
02 PM – 06 PM	Athlete's Check-In	IRONMAN Village

THURSDAY 29

09 AM – 07 PM	IRONMAN Village	P12
09 AM – 06 PM	Athlete's Check-In	IRONMAN Village

FRIDAY 30

09 AM – 07 PM	IRONMAN Village	P12
09 AM – 06 PM	Athlete's Check-In	IRONMAN Village
11 AM – 12 PM	Q&A Session Meeting (Age Group)	Athlete's Service Booth (SAC) – IRONMAN Village

SATURDAY 31

08 AM	IRONKIDS	Clube 12 de Agosto
08:30 AM – 07 PM	IRONMAN Village	P12
08:30 AM – 12 PM	Athlete's Check-In	IRONMAN Village
10 AM	Mandatory and Exclusive Q&A Session with Race Directors for PRO	Awards - Clube 12 de Agosto
10:30 AM	Press Conference with the PRO	Awards – Clube 12 de Agosto
12 PM – 01 PM	Q&A Session Meeting (Age Group)	Athlete's Service Booth (SAC) – IRONMAN Village
01:30 PM – 06:30 PM	Bike Check-In – According to BIB	Transition Area – Clube 12 de Agosto

SCHEDULE

SUNDAY 01

04:30 AM – 06:30 AM	Access to Transition Area	Transition Area – Clube 12 de Agosto
06:45 AM	Swim Start PRO - Male	Jurerê Beach - Ammo Beach
06:50 AM	Swim Start PRO - Female	Jurerê Beach - Ammo Beach
07 AM – 07:30 AM	Swim Start Age Group	Jurerê Beach - Ammo Beach
07:30 AM – 08 PM	IRONMAN Village	P12
03 PM	Podium Ceremony for PRO	Finish Line – Clube 12 de Agosto
06:30 PM – 01 AM	Bike and Bags Check-Out / Lost & Found	Transition Area – Clube 12 de Agosto

MONDAY 02

09 AM – 02 PM	IRONMAN Village	P12
09:30 AM – 12 PM	Lost & Found	Clube 12 de Agosto
09:30 AM	Awards Ceremony	Clube 12 de Agosto
11 AM	Slots Allocation Ceremony – 2025 IRONMAN WC (Female)	Clube 12 de Agosto
12 PM	Slots Allocation Ceremony – 2025 IRONMAN WC (Male)	Clube 12 de Agosto

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 – P12

WEDNESDAY 28 – 02 PM to 06 PM

THURSDAY 29 – 09 AM to 06 PM

FRIDAY 30 – 09 AM to 06 PM

SATURDAY 31 – 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



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



TRANSITION BAGS AND PERSONAL NEEDS

For your bike and run gear



WHITE BAG

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



STICKERS

To label your bags



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 WEDNESDAY 28

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

Q&A Session Meetings (Age Group)

Athlete's Service Booth (SAC)

IRONMAN Village

FRIDAY 30 – 11 AM to 12 PM

SATURDAY 31 – 12 PM to 01 PM

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

Awards – Clube 12 de Agosto

SATURDAY 31 – 10 AM

BIKE AND BAGS CHECK-IN

SATURDAY 31 – Transition Area – Clube 12 de Agosto

According to BIB

01:30 – 02:30 PM	2100 – 1601
02:30 – 03:30 PM	1600 – 1201
03:30 – 04:30 PM	1200 – 801
04:30 – 05:30 PM	800 – 401
05:30 – 06:30 PM	400 – 001

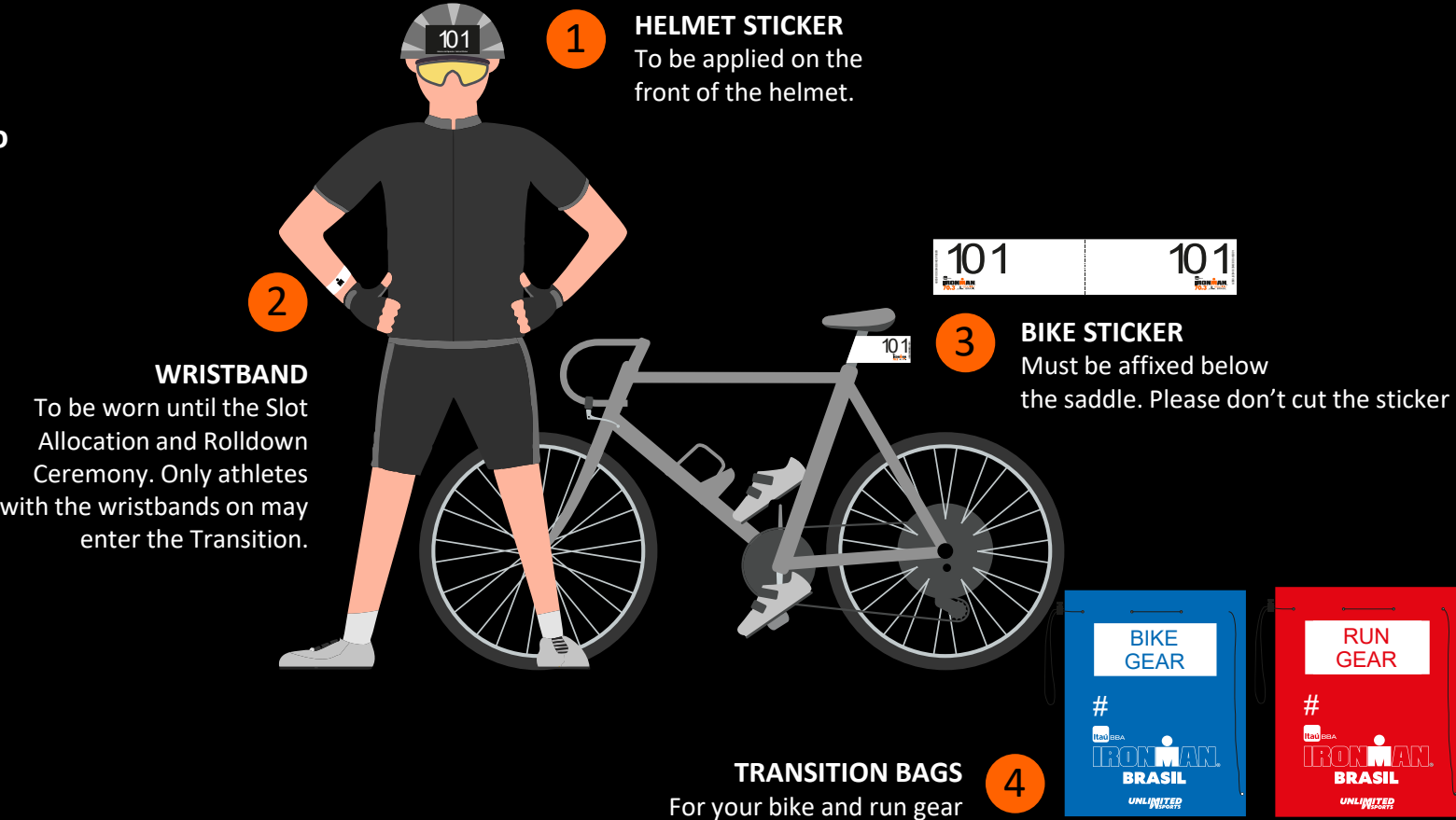
PRO Athletes and AWA Athletes are allowed at any time.
The AWA certificate will be requested

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



- 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 at the bike rack

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.



PRE RACE

SUNDAY 01 - 04:30 AM to 06:25 AM – Clube 12 de Agosto

In the Transition Area you will find:



BIKE
MECHANICS



BIKE PUMPS



PORT-O-LETS



WATER



SUNSCREEN and
VASELINE

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 and bags. Helmet, bike shoes and nutritions can be attached on your bike.

ATHLETES MAY ALSO BRING ON SUNDAY



WHITE BAG

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

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.

ATTENTION! Please, don't leave any electronic items, like your mobile phone or car key, or any valuables items inside the bags

PERSONAL NEEDS (Optional Use)

Extra nutrition or items like jacket or lip balm you may need on course (disposable items)

Deliver to staffs at transition area entrance

Available on:

Via Expressa Sul
1st lap – km 56
2nd lap – km 142



Km
8, 18, 28 and 38

The athlete is the only one in charge of getting his/her own bag in pre-determined spots.

Please, don't leave any electronic items, like your mobile phone or car key, or any valuables items inside the bags. After the Awards Ceremony, the Personal Needs bags will be discarded.

SWIM START | SUNDAY 01

Jurerê Beach – Ammo Beach

06:45 AM PRO - MALE

06:50 AM PRO - FEMALE

07:00 – 07:30 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.

< 01 Hour

01:00 – 01:10

01:11 – 01:20

01:21 – 01:30

> 01:30 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 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 BLUE bag before leaving the transition area for the bike course.

SWIM COURSE

3,8 KM | 1 lap



CUT OFF TIME - 2 hours and 20 minutes

The swim course will close 2 hours and 20 minutes after the final athlete starts the swim. Each athlete will have 2 hours and 20 minutes to complete the swim course regardless of when they start the swim. Any athlete that takes longer than 2 hours and 20 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 2 hours and 20 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).

If athletes wish to change completely after the swim, they can use the on-site change tents. There will be one change tent for men and one for women.
Public nudity is NOT allowed.



SWIM START (Ammo Beach) - 1 km away from Clube 12 de Agosto or about a 15-minute walk

A **AID STATION - WATER** (Donna Restaurante)

SWIM EXIT (Clube 12 de Agosto)

BIKE COURSE

180 KM | 2 laps



CUT OFF TIME – 10 hours and 30 minutes



INTERMEDIATE CUT OFF – Km 130 | 15:40 PM

The bike course will close 10 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 10 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 10 hours and 30 minutes 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 10 hours and 30 minutes 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 130 at 15:40 PM. Any athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.



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 6 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.

There will be staffs at the dismount area to pick up the bikes and only the bike.
No other race material can be handed to the staffs.



RUN COURSE

42,2 KM | 4 laps

LAP CONTROL : 4 wristbands



CUT OFF TIME – 17 hours

The run course will close 17 hours after the final athlete starts the swim. Each athlete will have 17 hours to complete the entire course. Any athlete that takes longer than 17 hours 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 17 hours 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 2,5km ≅

At all stations

- WATER
- SOFT DRINK - Coke
- SPORTS DRINK - HYDROLITE DUX
- BREAD
- SALT BISCUIT
- BANANA
- SALT
- HOLYFOODS SOUP (after 5 PM)
- PORT-O-LETS

DISCARD • 20m before e 70m after aid station

P1. Km 2|12|22|32 BANANA CANDY TACHÃO DE UBATUBA
P2. Km 4,2|14,2|24,2|34,2 PEANUT CANDY-PAÇOQUITA/GEL DUX
P3. Km 6,8|16,8|26,8|36,8 BANANA CANDY TACHÃO DE UBATUBA
P4. Km 8,7|18,7|28,7|38,7 PEANUT CANDY-PAÇOQUITA/GEL DUX
Push & Pow Green Energy Drink (cup) – KM 1,6|11,5|21,4|31,4
For nutritional information [click here](#)



PENALTIES

Blue Card

- Drafting
- Littering

3 MINUTES AT THE PENALTY BOX

Yellow Card

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

60 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

Tent #1 – Via Expressa Sul (km 56,8 and 143) | Tent #2 – Close to Toll Plaza (km 18 e 110)

Tent #3 – At Transition Area Entrance (before the dismount)

If you receive a penalty on the bike course but do not report to the Penalty Box tent to serve your penalty, you will be Disqualified (DQ); no exceptions. 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 while inside the Penalty Box.

Run-course time penalties will be served on 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:

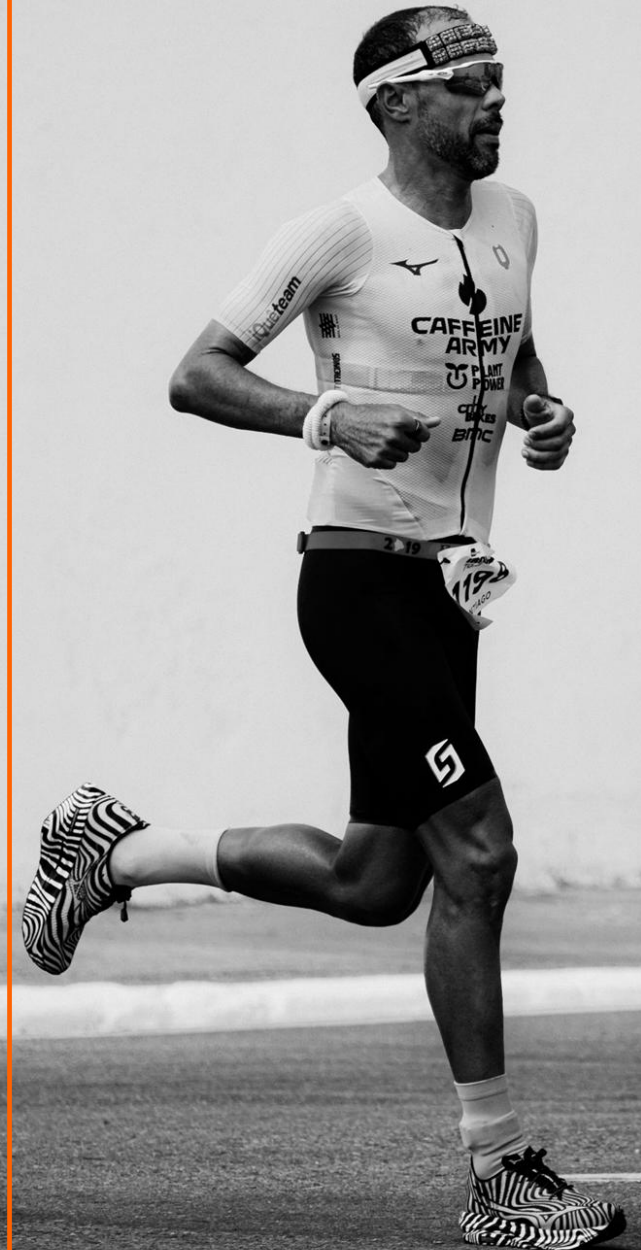
[Prohibited Running Shoes \(ironman.com\)](https://www.ironman.com/prohibited-running-shoes)

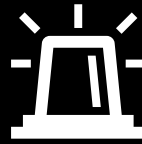
Finish Line

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, video makers, 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 AND BAGS CHECK-OUT

SUNDAY 01 - 06:30 PM to 01:00 AM

Transition Area – Clube 12 de Agosto

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

MONDAY 02 – 08:00 AM

Official results will be updated and confirmed on Monday, at 08 AM in the **IRONMAN TRACKER app**.

Until 08 AM, 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 Clube 12 between 08:00 AM and 08:30 AM. After this period, no changes to the overall classification will be accepted.



AWARDS

MONDAY 02 – 09:30 AM

Clube 12 de Agosto

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

SLOTS ALLOCATION CEREMONY

MONDAY 02 – 11 AM - Clube 12 de Agosto

65 slots – MALE
40 slots - FEMALE

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

REGISTRATION FEE:

Male/Nice: € 1,460.61 (inclusive of all fees & taxes)

Female/Kona: 1,654.18 USD (inclusive of all taxes & fees)

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 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.



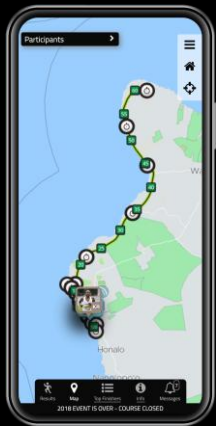
MALE
SEPTEMBER 14th – Nice (France)

FEMALE
OCTOBER 11th – Kona (Hawaii - USA)

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.



IRONMAN FIRST-TIMER'S BELL



IS IT YOUR FIRST IRONMAN?

Let's make this moment even more special

Inform us during the Athlete's Check In so we can identify your bib number and guide the announcer about your arrival. Additionally, we invite you to ring the bell before crossing the finish line and receive a warm applause from our fans!



FinisherPix | Powered by Smiles

NEVER FORGET **YOUR RACE**



KEEP THE BEST MOMENTS FOREVER

www.finisherpix.com

@finisherpix #finisherpix

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!

www.ironmanbrasil.com.br
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[#IMBRASIL](https://twitter.com/brasilironman)