

itaú BBA

**IRONMAN**<sup>®</sup>  
**70.3**<sup>®</sup> RIO DE JANEIRO  
BRASIL

# ATHLETE'S GUIDE

June, 23rd | 2024

Last Update: June, 13th - 2024 | \*All information provided can be changed until the Athlete's Briefing.



• CARLOS GALVÃO - CEO •

# WELCOME!

Hello, athletes,

The time has come for one of the most awaited races on the Itaú BBA IRONMAN 70.3 circuit in Brazil. The 8th edition of Itaú BBA IRONMAN 70.3 Rio de Janeiro promises excitement with a beautiful and challenging route amid the main tourist attractions of this wonderful city!

In 2023, the running route, held near the edge of Botafogo Beach and along the famous Aterro do Flamengo, was ranked as the 4th best in the world and considered the best race in Latin America according to the Athletes' Choice Awards. This annual survey, conducted by WTC, gathers feedback from athletes who participated in more than 170 IRONMAN and IRONMAN 70.3 races globally. This recognition fills us with pride!

For the first time, the race in Rio de Janeiro will offer 15 extra slots only for women for the IRONMAN 70.3 2024 World Championship in Taupo, New Zealand, in addition to the 30 qualifying spots for men and women already available for the event in Oceania.

We wish everyone an excellent race and see you at the finish line!





# SCHEDULE



## Thursday – June, 20th

Time	Event	Location
02 PM – 07 PM	IRONMAN Village	Marina da Glória
02 PM – 06 PM	Athlete's Check-In (designated times only)	Marina da Glória

## Friday – June, 21st

Time	Event	Location
09 AM – 07 PM	IRONMAN Village	Marina da Glória
09 AM – 06 PM	Athlete's Check-In (designated times only)	Marina da Glória
04 PM – 05 PM	Q&A session with race directors	Athlete's Service Booth

## Saturday – June, 22nd

Time	Event	Location
08 AM	IRONKIDS	Marina da Glória
08:30 AM – 07 PM	IRONMAN Village	Marina da Glória
09 AM – 12 PM	Athlete's Check-In (designated times only)	Marina da Glória
10:30AM - 11:30AM	Q&A session with race directors	Athlete's Service Booth
02 PM – 07 PM	Bike and bags Check-In (according to BIB)	Transition 1 – Copacabana Fort

## Sunday – June, 23rd

Time	Event	Location
08 AM – 07 PM	IRONMAN Village	Marina da Glória
05 AM – 06:25 AM	Transition Area Opening	Transition 1 – Copacabana Fort
06:30 AM – 06:50 AM	Swim Start (Rolling Start)	Copacabana Beach
11 AM	Awards – Top 3	Finish Line – Marina da Glória
01 PM – 04 PM	Bike and bags Check-Out/ Lost & Found	Transition 2 – Marina da Glória
05 PM – 05:30 PM	Official Results and Appeals	Athlete's Service Booth
07 PM	Awards (Age Group e Triclub)	Marina da Glória
08 PM	Slot Allocation Ceremony – IRONMAN 70.3 WC 2024	Marina da Glória





## Important Medical and Health Information

- Your safety is our primary concern. The medical team will be staffing the medical facilities at Marina da Glória – 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.

[CLICK HERE](#) 



# VENUES



## COPACABANA BEACH

Swim Start

Transition 1 (T1) – Copacabana Fort (Cel. Eugênio Franco Plaza)



## MARINA DA GLÓRIA

IRONMAN Village / Transition 2 (T2)

Finish Line / Awards and Slot Allocation Ceremony



WARNING



On Sunday, the race day, Avenida Atlântica will be blocked in both directions for the bike course. Please note that public parking spaces in this area are limited, and nearby parking lots will have restricted availability at the swim start time. Therefore, we suggest using mobility apps or taxis for greater convenience. Nearby reference streets include Joaquim Nabuco Street, Rainha Elizabeth Avenue, and Julio de Castilho Street.

There will also be access restrictions to Marina da Glória. Therefore, parking can be done next to the Monument to the Dead of the Second World War and at the Museum of Modern Art.

## RACE PACKET

 <p><b>WRISTBAND</b></p> <ul style="list-style-type: none"> <li>to be worn until the Slot Allocation and Rolldown Ceremony.</li> </ul>	 <p><b>EXTRAS STICKERS</b></p> <ul style="list-style-type: none"> <li>to label your belongings.</li> </ul>
 <p><b>BIB</b></p> <ul style="list-style-type: none"> <li>to be worn on the run</li> </ul>	 <p><b>TATTOO</b></p> <ul style="list-style-type: none"> <li>must be applied before the race start.</li> </ul>
 <p><b>SWIM CAP</b></p> <ul style="list-style-type: none"> <li>For swim portion.</li> </ul>	 <p><b>BIKE CHECK-OUT TICKET</b></p> <ul style="list-style-type: none"> <li>In case you are unable to personally claim your bike and gear at the Bike Check-out.</li> </ul>
 <p><b>BIKE STICKER</b></p> <ul style="list-style-type: none"> <li>Must be affixed below the saddle. Please don't cut the sticker.</li> </ul>	 <p><b>WHITE BAG</b></p> <ul style="list-style-type: none"> <li>For dry clothes or items you may need at the finish line.</li> </ul>
 <p><b>HELMET STICKER</b></p> <ul style="list-style-type: none"> <li>To be applied on the front of the helmet</li> </ul>	 <p><b>TRANSITION BAGS</b></p> <ul style="list-style-type: none"> <li>Blue Bag is for bike gear</li> <li>Red Bag is for run gear</li> </ul>

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



## ATHLETE'S CHECK-IN

IRONMAN Village – Marina da Glória

- June, 20th (thursday) from 02 PM to 06 PM
- June, 21st (friday) from 09 AM to 06 PM
- June, 22nd (saturday) from 09 AM to 12 PM

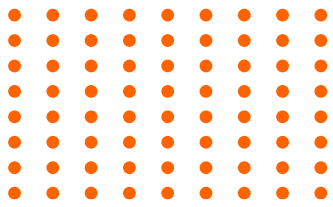
AWA athletes are allowed at any time. The AWA certificate will be requested.

### IT'S MANDATORY TO

- Do it in person
- Present an official document with photo
- **Have signed the online Medical Waiver**
  - [Link for BRAZILIANS](#)
  - [Link for 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.

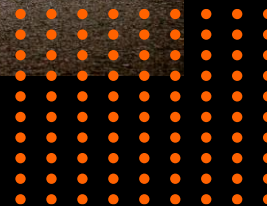


## ATHLETE'S BRIEFING



UNLIMITED SPORTS BRASIL

The vídeo will be published by June, 20th (thursday)



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

### Q&A SESSION WITH RACE DIRECTORS

Athlete's Service Booth – IRONMAN Village

- June, 21st (friday) from 04 to 05 PM
- June, 22nd (saturday) from 10:30 to 11:30 AM

# BIKE AND BAGS CHECK-IN SATURDAY – JUNE, 22<sup>nd</sup>

## Transition 1 – COPACABANA FORT • from 02 to 07 PM

02:00 - 03:00 PM	# 1501 - 1900
03:00 - 04:00 PM	# 1151 - 1500
04:00 - 05:00 PM	# 801 – 1150
05:00 - 06:00 PM	# 451 – 800
06:00 - 07:00 PM	# 101 – 450

### ACCORDING TO BIB

- 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.
- There will be 4 bike mechanics during Bike Check-in for assistance.

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

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

**Athletes can visit Transition 2 (T2) at Marina da Glória for site recognition during the entire check-in period (Thursday to Saturday). However, no materials can be left in the area.**

### IMPORTANT!

- 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.

## MUST BRING



### BLUE BAG BIKE GEAR

All your bike gear  
Helmet | Cycling Shoes

To be placed next  
to your bike. Please left all your  
belongings inside the bag



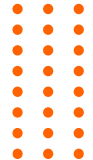
### RED BAG RUN GEAR

All your run gear  
Deliver to the responsible staff

**The organization will transport the Red Bags to Transition 2 at Marina da Glória, organizing them on racks according to BIB.**

*\* Please, don't left any electronic itens, like your mobile or car key, in this bags*





# PRE-RACE COPACABANA FORT

June, 23rd (Sunday) from 05 AM to 6:25 AM

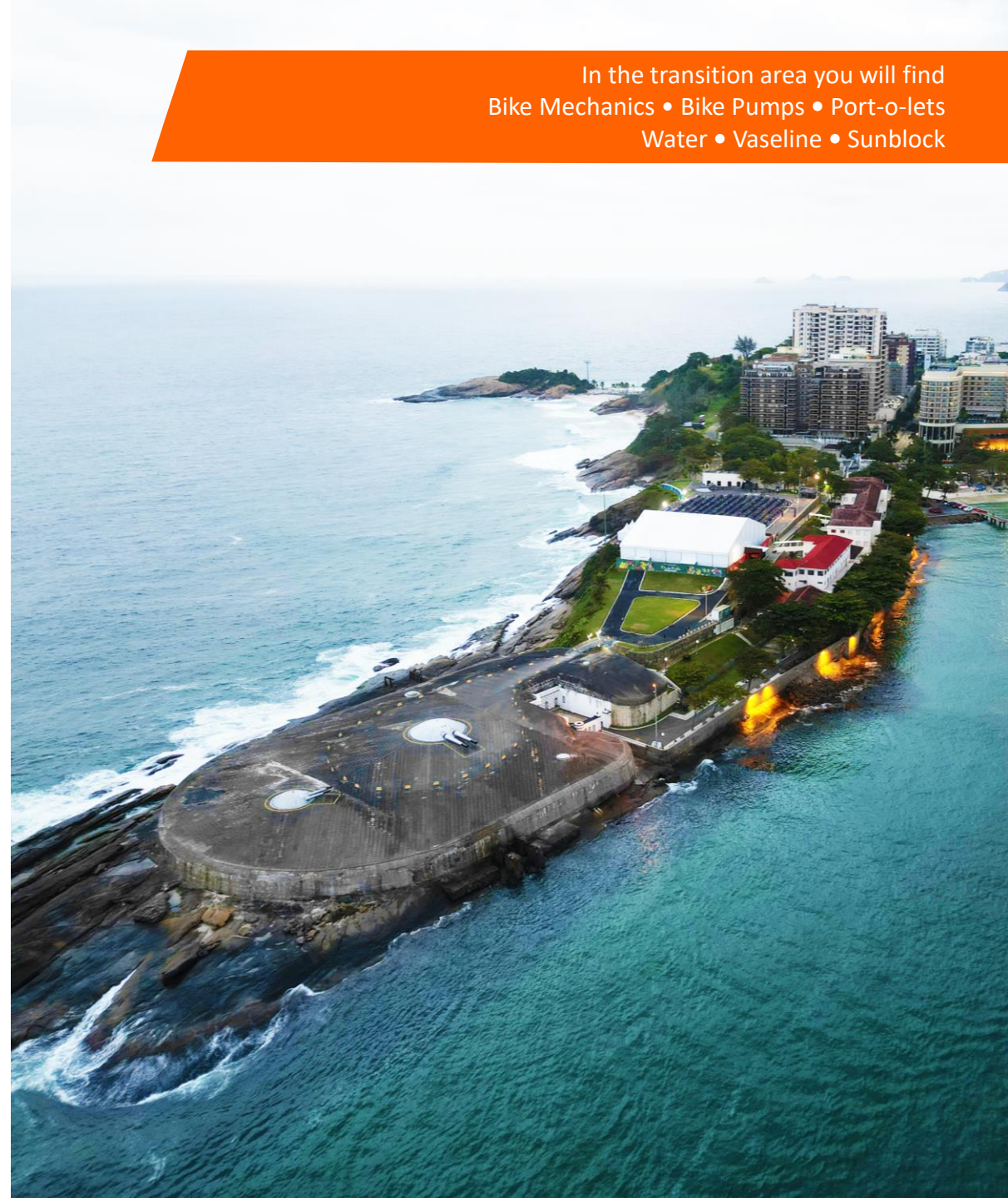
- **Remember to bring your timing chip, event swim cap, goggles and wetsuit;**
- No bags, backpacks or suitcases will be allowed at the Transition Area;
- Athletes will have full access to their bikes and the blue bag;
- Helmets, cycling shoes and nutrition items can be attached to the bike;
- **After the swim portion, your swimsuit must be placed inside the blue bag;**
- The bags will be taken by the Organization to the Finish Line for the Bike and Bags Check-Out

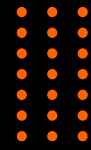
## WHITE BAGS – Post race belongings



- 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;**
- The bags will be taken by the Organization to the Finish Line. You will have access to your bag after finishing the race.

In the transition area you will find  
Bike Mechanics • Bike Pumps • Port-o-lets  
Water • Vaseline • Sunblock





# SWIM START



COPACABANA BEACH

June, 23rd (sunday) from 6:30 to 6:50 AM

## 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 - 40 MINUTES	41 - 45 MINUTES	> 45 MINUTES
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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 Blue 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](mailto:CONTATO@ULSP.COM.BR))**

- **PLAN B** (in case the swim portion is cancelled) - Bike Time Trail Start at 6:30 AM



# SWIM COURSE | 1,9 KM • 1 Lap

**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 won't be wetsuit peelers available.**

**The wetsuit must be placed inside the Blue bag before leaving the transition area for the bike course.  
The athlete who fail to do so will be disqualified.**





# BIKE COURSE | 90 KM • 3 Laps

**CUT OFF TIME • 5 hours**

Individual athletes who take longer than 5 hours to complete swim + Transition 1 + bike 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 staff to take the bike to the rack after dismounting. Therefore, athletes will not need to take their bikes to the rack and can go directly to the red bag area. It will be organized on racks according to BIB. All bike belongings must be stored by the athletes themselves in this bag.**

## AID STATIONS each 15km $\cong$

At all stations  
WATER (WHITE SQUEEZE)  
HYDROLITE DUX SPORTS DRINK (ORANGE SQUEEZE)  
BANANA • PORT-O-LETS

DISCARD AREA • 100m before e 300m after the aid stations



### BIKE MECHANICS

At the aid stations and along the course

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



# RUN COURSE | 21,1 KM • 3 Laps

**CUT OFF TIME • 8 hours**

Individual athletes who take longer than 8 hours to complete all the race course 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

each 2,5km  $\cong$

At all stations:

WATER • HYDROLITE DUX SPORTS DRINK • SOFT DRINK  
BANANA • SALT BISCUIT • SALT • PORT-O-LETS

DISCARD AREA • 20m before and 70m after the aid stations



P1 – KM 2,2 | 6,3 | 8,6 | 12,7 | 15 | 19 (DUX Gel)  
P2 – KM 3,5 | 5 | 9,8 | 11,4 | 16,4 | 17,9 (Peanut candy - Paçoquita)

Red Bull (cup) – KM 2,8 | 9,2 | 15,5  
for nutritional information [click here](#)



ATERRO DO  
FLAMENGO

T2  
RACE START

FINISH LINE

# GENERAL RULES

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 (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 devices
- 30 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 Penalty Box or fails to report the correct color of the card, will be disqualified.

**PENALTY BOX**  
At the Transition 2 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
- Saucony Kinvara Pro



## BIKE AND BAGS CHECK-OUT

**June, 23rd (Sunday) from 01 PM to 04 PM**  
**Transition 2 – Marina da Glória**

- 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.
- The blue and the white bags left on T1 (Copacabana Fort) will be taken by the Organization to T2 (Marina da Glória) in time to the bike check out. It's not necessary go to Transition 1 take your personal belongs.

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 350 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

June, 23rd (Sunday) at 05 PM  
IRONMAN Village – Marina da Glória

IRONMAN Tracker results are not official

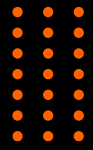
*The punished athlete can appeal to the Competition Jury regarding the official results at the Athlete's Service Booth, on IRONMAN Village, from 5:00PM to 05:30 PM, on race day. After that, no changes in the Race Results will be allowed.*

## AWARDS

June, 23rd (Sunday) at 07 PM  
IRONMAN Village – Marina da Glória  
Age Group (Top 5) and Triclubs







# SLOT ALLOCATION CEREMONY

IRONMAN 70.3 WC  
Taupo – New Zealand  
December, 14th and 15th - 2024

June, 23rd (Sunday) at 08 PM  
IRONMAN Village – Marina da Glória

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

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

- REGISTRATION FEE: € 650.00 + fees

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.***

## IMPORTANT!

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: Paypal, debit cards or chash will not be accepted.



NEVER FORGET **YOUR RACE**



KEEP THE BEST MOMENTS FOREVER

Compre as fotos oficiais em [www.finisherpix.com](http://www.finisherpix.com)

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## GOLDEN TIPS FOR FANS!!

### [SPECTADOR'S GUIDE - HERE](#)

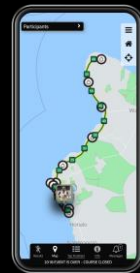
Check out some information about schedules, locations, and access so that your fans can follow the best moments of the race.



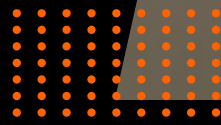
#### IRONMAN Tracker

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

[Click here to download the APP](#)



**IMPORTANT!**  
**IRONMAN TRACKER RESULTS ARE NOT OFFICIAL!!**





Track & Field



# ANYTHING IS POSSIBLE™

Itaú BBA IRONMAN 70.3 Fortaleza  
August, 25th - 2024



1.9KM SWIM • 90.1KM BIKE • 21.1KM RUN  
(INDIVIDUAL OR RELAY ENTRIES)

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



1.9KM SWIM • 90.1KM BIKE • 21.1KM RUN  
(INDIVIDUAL OR RELAY ENTRIES)

Itaú BBA IRONMAN 70.3 ARACAJU-SERGIPE  
November, 24th - 2024



1.9KM SWIM • 90.1KM BIKE • 21.1KM RUN  
(INDIVIDUAL OR RELAY ENTRIES)

Itaú BBA TRIDAY Series Sorocaba  
July, 28th - 2024



SUPER SPRINT: 375M SWIM • 10KM BIKE • 2.5KM RUN

SPRINT: 750M SWIM • 20KM BIKE • 5KM RUN

STANDARD: 1.5KM SWIM • 40KM BIKE • 10KM RUN

(INDIVIDUAL OR RELAY ENTRIES)

PHERE  
ozysports

ANYTHING IS POSSIBLE

IRONMAN 70.3 RIO DE JANEIRO COPACABANA



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