



SEPTEMBER 21st

ATHLETE'S GUIDE

Last Update: September 17th, 2025

*All information provided can be changed until the Athlete's Briefing



WELCOME!

Hello, triathletes!

Once again, São Paulo is ready to host the most famous triathlon in Latin America. The IRONMAN 70.3 São Paulo is a vibrant celebration of sport, bringing together inspiring stories, unforgettable emotions, and the spirit of challenge that defines our community.

It's no surprise that this city has become one of Brazil's true triathlon capitals. More than its world-class infrastructure, São Paulo is a place where health, performance, and passion come together — motivating people to chase new goals and believe in their ability to achieve the extraordinary. Known for its sports-loving energy, the city opens its arms to athletes from across the globe with warmth and enthusiasm.

With this spirit, we wish you an incredible race and a weekend filled with joy, friendship, and unforgettable memories.



CARLOS GALVÃO - CEO

MAPA DE ARENA VENUE MAP

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

LARGADA NATAÇÃO | SWIM START

BIKE CHECK-IN / CHECK-OUT

SAÍDA NATAÇÃO | SWIM EXIT

ÁREA DE RECUPERAÇÃO | RECOVERY ZONE

• PREMIAÇÃO | AWARDS

ÁREA MÉDICA

TRANSIÇÃO | TRANSITION

CHEGADA | FINISH LINE

ENTRADA | ENTRANCE
PORTÃO 21 | GATE 21

- IRONMAN VILLAGE
- ÁREA VIP | VIP AREA
- CHEGADA | FINISH LINE
- TRANSIÇÃO | TRANSITION

- ÁREA VIP | VIP AREA
- IMPRENSA | PRESS

IRONMAN VILLAGE

P3 USP
ENTRADA | ENTRANCE

Av. Corifeu de Azevedo Marques - Vila Lageado

P1 USP
ENTRADA | ENTRANCE

PRAÇA PROF. REYNALDO PORCHAT, S/N

MAPA DE ACESSOS - USP

USP - ACCESS MAP



P1 - USP

Address: Praça Prof. Reynaldo Porchat, S/N - Butantã, São Paulo

- ✓ **ATHLETE'S CHECK-IN**
- ✓ **AWARDS AND SLOTS ALLOCATION CEREMONY**

Gate 21 in front of Praça da Reitoria
At these times, parking is available near Praça da Reitoria, CEPEUSP or Travessa C.

- ✓ **BIKE CHECK-IN**

Gate 10 - CEPEUSP
Access must be through Av. Professor Mello Moraes (in front of CEPEUSP)

P3 - USP

Address: Av. Corifeu de Azevedo Marques - Vila Lageado, São Paulo - SP

- ✓ **PRE-RACE TRANSITION** – Gate 10 CEPEUSP
- ✓ **SWIM START** – USP Rowing Lane
Access must be on foot through Av. Professor Mello Moraes (in front of CEPEUSP)

- ✓ **FINISH LINE**

Gate 21 in front of Praça da Reitoria

On RACE DAY, parking will be available on the streets near Praça do Relógio (Clock Square), Rua da Reitoria (Dean's Building), and Rua do Anfiteatro. Please note that traffic restrictions will be in place on Professor Mello Moraes Avenue (in front of CEPEUSP).

SCHEDULE

THURSDAY 18th

12 PM – 08 PM	IRONMAN Village	In front of Praça da Reitoria
12 PM – 07 PM	Athlete's Check-In	IRONMAN Village

FRIDAY 19th

10 AM – 08 PM	IRONMAN Village	In front of Praça da Reitoria
10 AM – 07 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 20th

08 AM	IRONKIDS	Track & Field track
08 AM – 07 PM	IRONMAN Village	In front of Praça da Reitoria
08 AM – 01 PM	Athlete's Check-In	IRONMAN Village
10 AM	Mandatory and exclusive Q&A session with race directors for PRO athletes	Awards Ceremony Location – Track & Field track
10:30 AM	Press conference with the PROS	Awards Ceremony Location – Track & Field track
11:30 AM – 12:30 PM	Q&A Session Meeting (Age Group) - Optional	Athlete's Service Booth – IRONMAN Village
01:30 PM – 06:30 PM	Bike Check-In – According to BIB Number	Transition Area – Track & Field track

SCHEDULE – RACE DAY

SUNDAY 21st

04:30 AM – 06 AM	Access to Transition Area	Transition – Track & Field track
05:50 AM	PRO Men Swim Start	USP Rowing Lane
05:55 AM	PRO Women Swim Start	USP Rowing Lane
06:05 AM – 06:20 AM	Age Group and Relay Swim Start	USP Rowing Lane
07 AM – 05 AM	IRONMAN Village	In front of Praça da Reitoria
10:30 AM	Podium Ceremony for PRO	Finish Line – Track & Field track
12:00 PM – 15:40 PM	Bike Check-Out / Lost & Found	Transition – Track & Field track
05 PM – 06 PM	Official Results / Appeals	Awards – Track & Field track
07 PM	Awards Ceremony	Awards – Track & Field track
08 PM	Slot Allocation/Rolldown Ceremony - 2026 IRONMAN 70.3 WC	Awards – Track & Field track

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 – In front of Praça da Reitoria

THURSDAY 18th - from 12 PM to 07 PM

FRIDAY 19th – from 10 AM to 07 PM

SATURDAY 20th – from 08 AM to 01 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 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
<p><i>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.</i></p> <p><i>The athlete who does not get the race packet according to this schedule will be disqualified.</i></p> <p><i>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.</i></p>

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

INSTRUCTIONS FOR RELAY TEAMS

Athlete's Check-In

An athlete can pick up the race packet from all members, as long as they have all the documentation described on page 8. All athletes must sign the medical waiver and pay the Local Federation fee.

Bike Check-in

Only one athlete is allowed to complete the Bike Check-In, provided they follow the instructions outlined on page 12. Don't forget to collect your timing chip when you leave the Bike Check-In area.

Swim Start

Relay athletes will have a different swim cap color . The swim start will be with the individual competitors on the rolling start format. Athletes will line up according to their realistically predicted swim times

At The Race

Athletes change must be done at the Transition Area, next to the corresponding bike. **Access must be through Gate 11 – CEPEUSP – Av. Prof. Mello Moraes.** Transfer the chip from ankle to ankle and do not run with the chip in your hands at any time. The team must be always wearing the timing chip. Each team is responsible for ensuring its athlete is in the correct place and at the correct time for the exchange. *IT IS MANDATORY THAT RELAY ATHLETES COMMUNICATE WITH EACH OTHER.*

Finish Line

Athletes from the Relay Team may cross the finish line with the running athlete in order to access to the Finisher area.

Bike Check-out

Bike check-out is mandatory between 12:00 PM and 03:40 PM and must be completed upon returning the timing chip. Early bike check-out is not permitted.





ATHLETE'S BRIEFING



[UNLIMITED SPORTS BRASIL](#)

The video will be published on THURSDAY, September 18th

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 19th – 04 PM to 05 PM

SATURDAY 20th – 11:30 AM to 12:30 PM

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

Awards Ceremony Location – Track & Field
SATURDAY, the 20th – 10 AM

BIKE CHECK-IN

SATURDAY 20th – TRANSITION AREA
Track & Field track

According to BIB Number

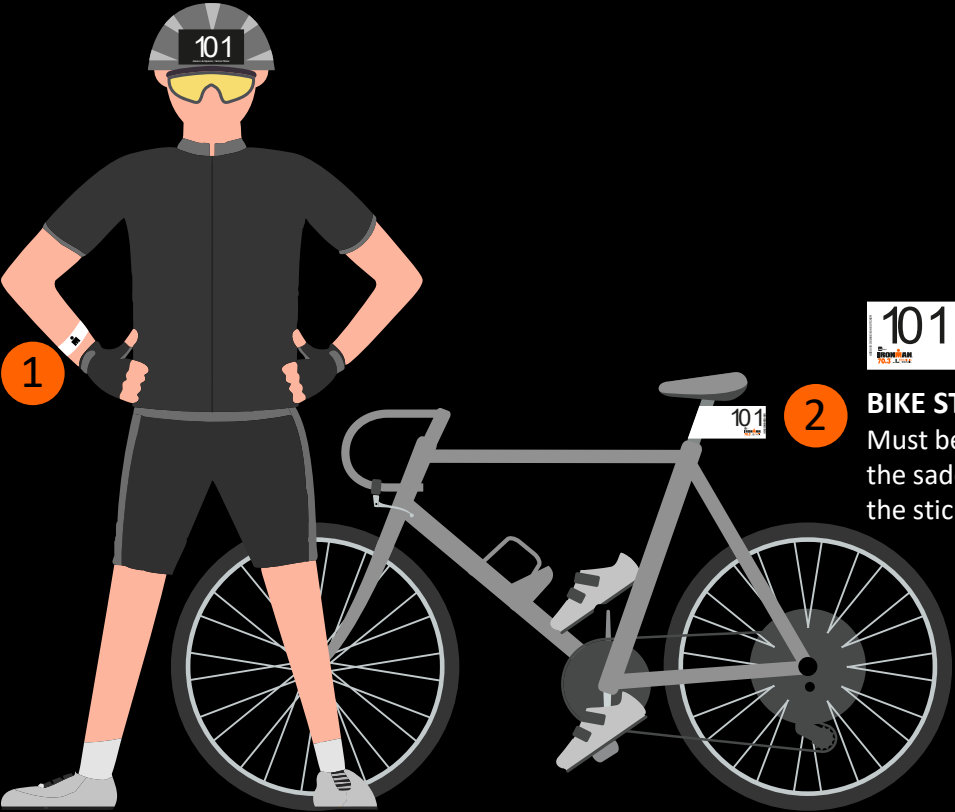
01:30 – 02:30	1501 - 1900
02:30 – 03:30	1151 – 1500
03:30 – 04:30	801 – 1150
04:30 – 05:30	451 – 800
05:30 – 06:30	101 – 450 and 3001 – 3025 (Relays)

*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.

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



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

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.

ACESSO BIKE CHECK-IN

BIKE CHECK-IN ACCESS

OPÇÃO 1 | OPTION 1

PORTÃO 21 | GATE 21

OPÇÃO 2 | OPTION 2

CEPEUSP - PORTÃO 10 | GATE 10

TRANSIÇÃO | TRANSITION

SAÍDA BIKE CHECK-OUT
BIKE CHECK-OUT EXIT

CHEGADA | FINISH LINE

IRONMAN VILLAGE



Praça da Reitoria



Av. Professor Mello Moraes P

PRE RACE

SUNDAY 21st - from 04:30 AM to 06:00 AM
Track & Field track

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

Only athletes with the wristbands on may enter the Transition;

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 General Stuff

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

TRANSIÇÃO PRÉ-PROVA

PRE RACE TRANSITION

- VERDE: ACESSO TORCIDA | SPECTATORS ACCESS
- AMARELO: ATLETA | ATHLETES
- PINK: ATLETAS REVEZAMENTO (BIKE E CORRIDA)
RELAY ATHLETES (BIKE AND RUN)

Access **ONLY** at Av. Prof. Mello Moraes.
Gate 21 – from IRONMAN Village will be closed this moment.

Relay Athletes must access the Transition Area through Gate 11 – CEPEUSP – Av. Professor Mello Moraes.

Important! The distance from Transition Area to Swim Start is 555 meters. We recommend leave the Transition Area in advance to avoid any issues.

PORTÃO 11 | GATE 11

PORTÃO 10 | GATE 10

REVEZAMENTO | RELAY

TRANSIÇÃO | TRANSITION

TORCIDA

CHEGADA | FINISH LINE

Av. Professor Mello Moraes



SWIM START | SUNDAY 21st

USP Rowing Lane

05:50 AM PRO - Male

05:55 AM PRO - Female

06:05 – 06:20 AM Age group and Relays

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 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).

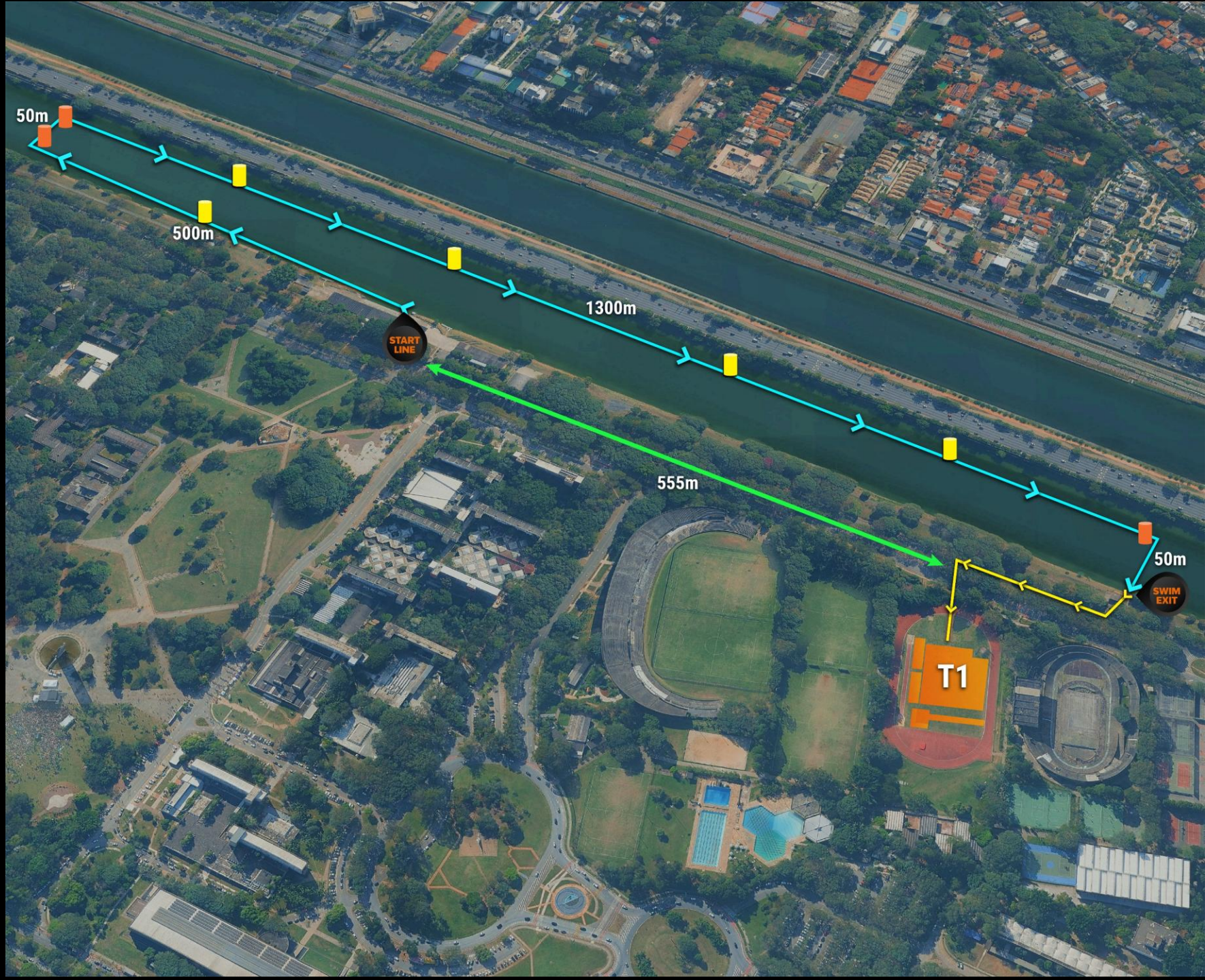


ORANGE BUOYS – ON THE RIGHT



YELLOW BUOYS – BOTH SIDES

There won't be wetsuit peelers available.





CUT OFF TIME – 5 hours



INTERMEDIATE CUT OFF – Km 73 | 10:38 AM

BIKE COURSE

90 KM | 2 Laps

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 73 at 10:38 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 10

P2 = Km 24,5 | 55,5

P3 = Km 37 | 68,5

At all the stations:

Water (white bottle)

Hydrolite DUX Sports Drink (orange bottle)

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 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.

AID STATIONS - eah 2,5km \cong

P1 – KM 1,5 | 6 | 7,8 | 12,5 | 14 | 18,8 (DUX Gel | Banana Candy Tachão de Ubatuba)

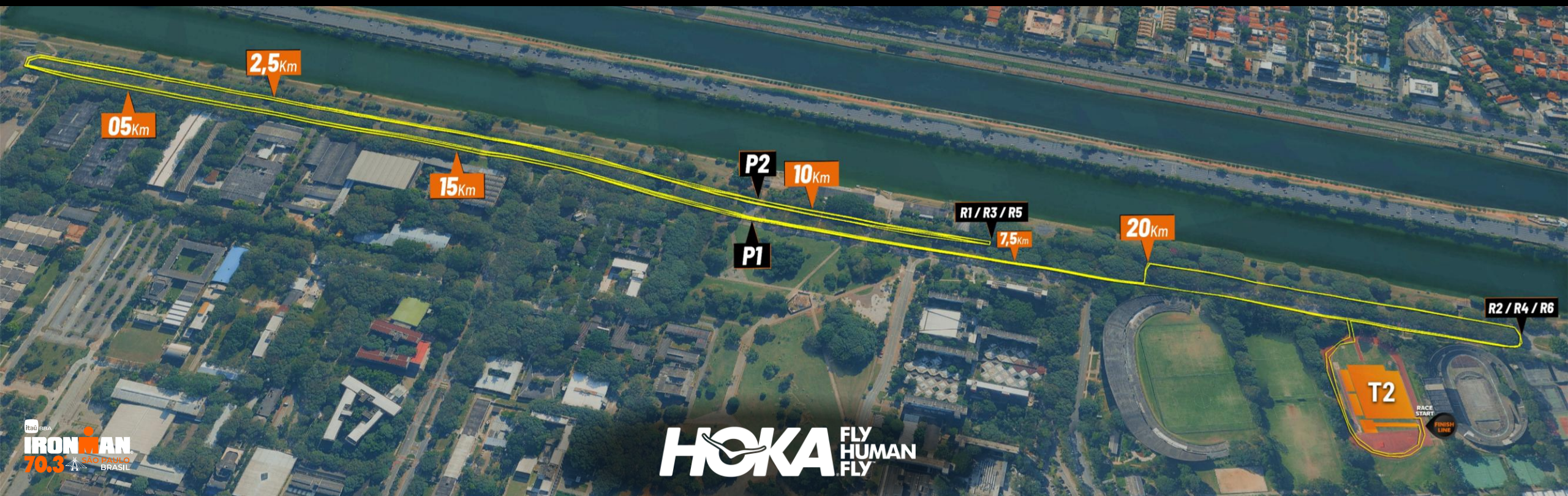
P2 – KM 3 | 4,6 | 9,3 | 11 | 16,2 | 18,3 (Peanut Candy Paçoquita)

At all the stations:

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

Push & Pow (cup) – KM 6,9 | 13,7 | 20,4 – Nutritional Information [Click here](#)

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](#)

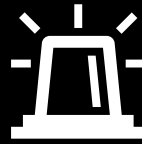
Finish Line

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 21st - from 12 PM to 03:40 PM

TRANSITION – Track & Field track

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 21st – 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 on the Awards Location (Track & Field) between 05 PM and 06 PM. After this period, no changes to the overall classification will be accepted.



AWARDS SUNDAY 21st – 07 PM TRACK & FIELD TRACK

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, 12th and 13th

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 07 PM so please be present no later than 08 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 21st – 08 PM – Track & Field track



Nice - France
September, 12th – 13th

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 21st – 08 PM – Track & Field track



Nice - France
September, 12th – 13th

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

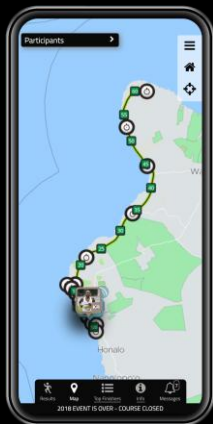
Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international 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 on the maps on pages 3 and 4.

- ✓ P1 USP
- ✓ P3 USP
- ✓ Praça da Reitoria
- ✓ Praça do Relógio da USP
- ✓ IRONMAN Village





Powered by Smiles

NEVER FORGET **YOUR RACE**



ORDER YOUR RACE PHOTOS HERE:

www.finisherpix.com

www.facebook.com/finisherpix
@finisherpix #finisherpix

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

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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 wheel
- ☐ 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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