

A group of triathletes in black wetsuits and green swim caps are running on a sandy beach towards the ocean. In the background, the Rio de Janeiro skyline and mountains are visible under a hazy sky. The event title is overlaid in white text.

nu ultravioleta ●
IRONMAN®
70.3® RIO DE JANEIRO
~~~~~ BRASIL

AUGUST, 9<sup>th</sup>

## ATHLETE'S GUIDE

Last Update: July 28<sup>th</sup>, 2026

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



## Welcome!

Hi, athlete!

It is with great enthusiasm that we celebrate the 10th edition of the Latin American Championship IRONMAN 70.3 Rio de Janeiro.

More than 1,800 athletes will be on the start line this year. Inspired by Rio's energy and the unique atmosphere of this city, each one of them is ready to deliver an unforgettable performance.

As in previous editions, the event features a highly competitive field, made up of both elite and age-group athletes. This year, however, there is something even more special: athletes have the chance to qualify for the IRONMAN 70.3 World Championship. This achievement will be earned through determination, dedication, and hard work, making every moment of the race even more meaningful for everyone involved in this journey.

No matter the challenge or the distance, everyone has the ability to accomplish what once seemed impossible. We hope the stories told here inspire you.

Enjoy every moment and have an excellent race

**CARLOS GALVÃO – CEO**

**ANYTHING IS POSSIBLE™**

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

## TRANSIÇÃO 2 | TRANSITION 2

## PASSARELAS FOOTBRIDGES

DOMINGO | SUNDAY

**PARA O PÚBLICO QUE VEM DE TÁXI, APÓS A NATAÇÃO**  
*FOR THE SPECTATORS ARRIVING BY TAXI AFTER THE SWIM*

**AV. BEIRA MAR, 3725**

**ASSESSORIAS | TRICLUBS**

**CHEGADA | FINISH LINE**

- **ÁREA VIP** | *VIP AREA*
- **IMPRESA** | *PRESS*

**Nubank Ultravioleta**  
ARQUIBANCADA | BLEACHERS

**ÁREA VIP**

**ÁREA MÉDICA**  
*MEDICAL CENTER*

**IRONKIDS**

**ÁREA DE RECUPERAÇÃO | RECOVERY ZONE**

- **MASSAGEM** | *MASSAGE*
- **PREMIAÇÃO** | *AWARDS*

## IRONMAN VILLAGE

**ENTRADA**  
*ENTRANCE*

**SAÍDA DOS ATLETAS - PÓS PROVA**  
*POST-RACE ATHLETE EXIT*

**AXIA Marina da Glória**

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# SCHEDULE

06  
THURSDAY

|               |                    |                       |
|---------------|--------------------|-----------------------|
| 02 PM – 07 PM | IRONMAN Village    | AXIA Marina da Glória |
| 02 PM – 06 PM | Athlete's Check-in | IRONMAN Village       |

07  
FRIDAY

|               |                                            |                                                 |
|---------------|--------------------------------------------|-------------------------------------------------|
| 09 AM – 07 PM | IRONMAN Village                            | AXIA Marina da Glória                           |
| 09 AM – 06 PM | Athlete's Check-in                         | IRONMAN Village                                 |
| 10 AM – 11 AM | Q&A Session Meeting (Age Group) - Optional | Athlete's Service Booth (SAC) - IRONMAN Village |
| 05 PM – 06 PM | Q&A Session Meeting (Age Group) - Optional | Athlete's Service Booth (SAC) - IRONMAN Village |

AXIA Marina da Glória  
Av. Infante Dom Henrique, s/n – Glória

08  
SATURDAY

|                     |                                  |                                      |
|---------------------|----------------------------------|--------------------------------------|
| 08 AM               | IRONKIDS                         | Transition 2 – AXIA Marina da Glória |
| 08:30 AM – 07 PM    | IRONMAN Village                  | AXIA Marina da Glória                |
| 08:30 AM – 12 PM    | Athlete's Check-in               | IRONMAN Village                      |
| 10 AM – 06:30 PM    | Red Bags Check-In (Run Gear)     | Transition 2 – AXIA Marina da Glória |
| 01:30 PM – 06:30 PM | Bike Check-In – According to BIB | Transition 1 – Copacabana Fort       |

Copacabana Fort  
Praça Cel. Eugênio Franco, 1 - Posto 6

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# SCHEDULE

09

SUNDAY

|                     |                                                                                            |                                      |
|---------------------|--------------------------------------------------------------------------------------------|--------------------------------------|
| 05:00 AM – 06:25 AM | Access to Transition Area                                                                  | Transition 1 – Copacabana Fort       |
| 06:30 AM            | PRO Men Swim Start                                                                         | Copacabana Beach                     |
| 06:35 AM            | PRO Women Swim Start                                                                       | Copacabana Beach                     |
| 06:45 AM – 07:00 AM | Age Group Swim Start                                                                       | Copacabana Beach                     |
| 08 AM – 04 PM       | IRONMAN Village                                                                            | AXIA Marina da Glória                |
| 11 AM               | Podium Ceremony for PRO                                                                    | Finish Line - AXIA Marina da Glória  |
| 01:00 PM – 04 PM    | Bike & Bags Check-Out / Lost & Found                                                       | Transition 2 - AXIA Marina da Glória |
| 05 PM – 06 PM       | Official Results / Appeals                                                                 | AXIA Marina da Glória                |
| 07 PM               | Awards Ceremony & 2027 IRONMAN 70.3 World Championships Slot Allocation/Rolldown Ceremony* | AXIA Marina da Glória                |

\*Automatic Qualifiers need to be present during the Awards Ceremony to claim their slot with their award. Slot Allocation/Rolldown for the remaining age group “Performance Pool Slots” will begin immediately following Awards. Be early! Must be present to claim a slot.

AXIA Marina da Glória

Av. Infante Dom Henrique, s/n – Glória

Copacabana Fort

Praça Cel. Eugênio Franco, 1 - Posto 6

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## 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: [rio70.3@ironman.com](mailto:rio70.3@ironman.com).

**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.

PLEASE, VISIT [“ATHLETE SMART”](#) WEBPAGE FOR MORE INFORMATION.

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# ATHLETE'S CHECK-IN

LOCATION: IRONMAN Village - AXIA Marina da Glória

**06**  
THURSDAY

from 02 PM  
to 06 PM

**07**  
FRIDAY

from 09 AM  
to 06 PM

**08**  
SATURDAY

from 08:30 AM  
to 12 PM

## IT'S MANDATORY TO:

1. Complete your Facial Biometric registration and medical waiver– [CLICK HERE](#) 
  2. Pay the Local Federation Day Use Tax - [PAY HERE](#) 
  3. Schedule the Athlete's Check-In Time – [CLICK HERE](#) 
    - *PRO Athletes, AWA Athletes and Nubank Ultravioleta Clients are allowed at any time. The certificate will be requested*
- ✓ Do it in person
  - ✓ Present an official document with photo (passport or ID)



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# RACE PACKET

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

## 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 given at Bike Check-in.

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## ATHLETE'S BRIEFING

YouTube

[UNLIMITED SPORTS BRASIL](#) 

The video will be published on THURSDAY - 06<sup>th</sup>

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

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

**Athlete's Service Booth  
(SAC) – IRONMAN Village**

FRIDAY - 07<sup>th</sup>  
from 10 AM to 11 AM and  
from 05 PM to 06 PM

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# BIKE & BAGS CHECK-IN

08

SATURDAY

Transition 1  
Copacabana Fort

## According to BIB

01:30 - 02:30 PM

1501 - 2000

02:30 - 03:30 PM

1151 - 1500

03:30 - 04:30 PM

801 - 1150

04:30 - 05:30 PM

451 - 800

05:30 - 06:30 PM

91 - 450

*PRO Athletes, AWA Athletes and Nubank  
Ultravioleta Clients are allowed at any time. The  
certificate will be requested*

SATURDAY - 08

TRANSITION 2 – AXIA Marina da Glória

Anytime between 10 AM and 06:00 PM



**MUST BRING YOUR  
RED BAG**  
RUN GEAR

## WRISTBAND

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

1



This line marks where to fold the sticker.

1234

1234

2

## BIKE STICKER

Must be affixed below  
the saddle.

Please don't cut the sticker

3

You **MUST BRING THE BIKE.**

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.

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

**ANYTHING IS POSSIBLE™**

# PRE RACE

09

SUNDAY

from 05:00 AM to 06:25 AM  
Transition 1 | Copacabana Fort

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

Only athletes with the wristbands on may enter the Transition.

No bags, backpacks or suitcases will be allowed at the Transition Area.



## YOU MUST BRING YOUR BLUE BAG Bike Gear

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

## WHITE BAG General Stuff – Optional use

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



### IMPORTANT!

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

In the transition area you will find:



BIKE MECHANICS



BIKE PUMPS



PORT-O-LET



WATER



SUNBLOCK AND  
VASELINE

**ANYTHING IS POSSIBLE™**



ANYTHING IS POSSIBLE™

# SWIM START

09

SUNDAY

## Copacabana Beach

Avenida Atlântica, 3716 - Between Post 5 and 6

06:30 AM PRO - Male

06:35 AM PRO - Female

06:45 - 07:00 AM Age Group

### ROLLING START FORMAT

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

< 30  
MINUTES

31 - 35  
MINUTES

36 - 40  
MINUTES

41 - 45  
MINUTES

> 45  
MINUTES

If for any reason the athlete decides not to start the race, he/she must immediately notify the Organization ([rio70.3@ironman.com](mailto:rio70.3@ironman.com)) or, if applicable, inform to an official inside the transition area about the withdrawal.

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



Wetsuits are permitted in water temperature 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.

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# SWIM COURSE

1.9 KM | 1 Lap



CUT OFF TIME  
1 hour and 10 min

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).



PINK BUOYS – ON THE LEFT



ORANGE BUOYS – ON THE RIGHT



YELLOW BUOY – BOTH SIDES

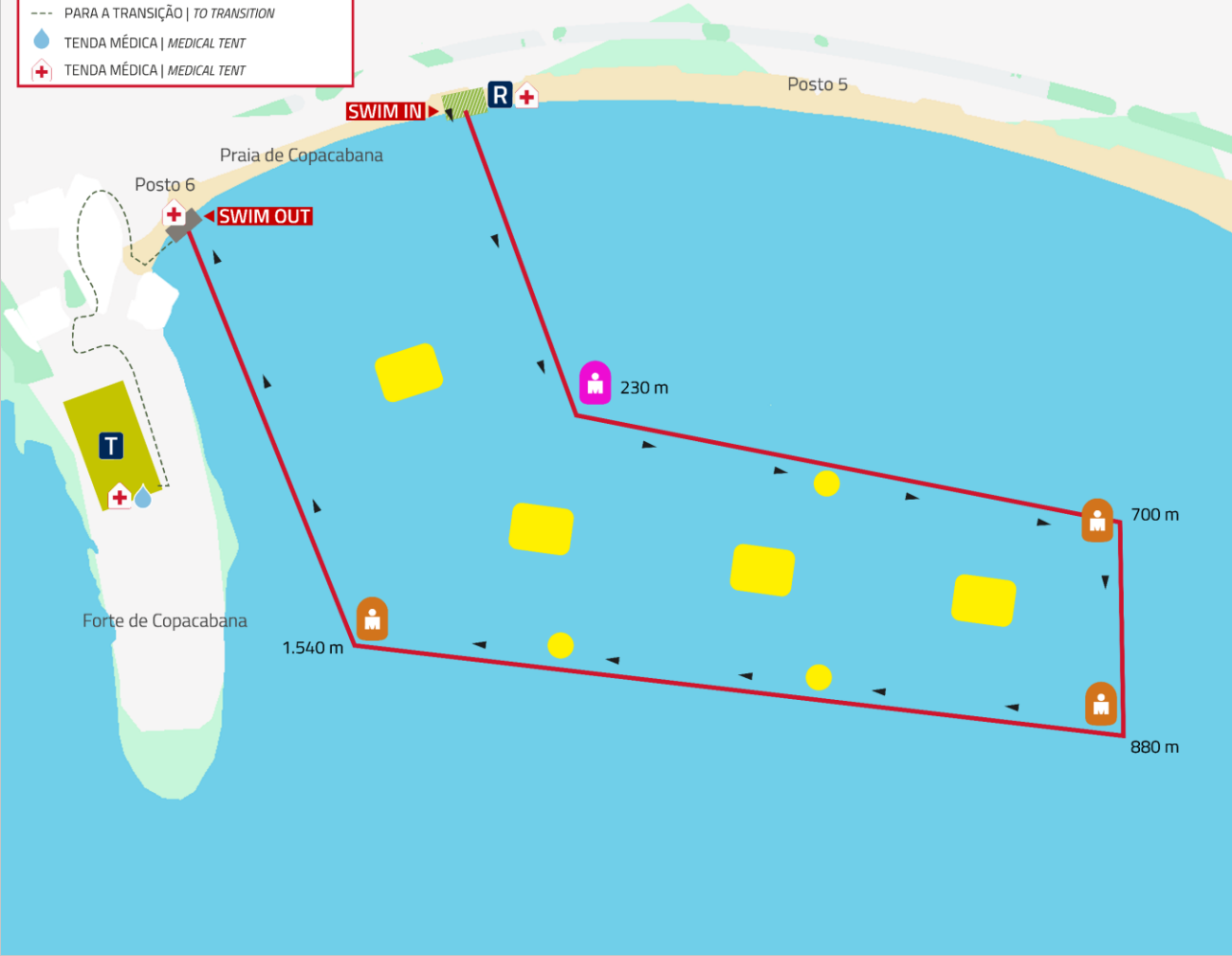


SWIM SAFETY PAD – Safety buoy available for assistance if necessary.

ATTENTION

There won't be wetsuit peelers available

| REFERÊNCIAS   REFERENCES |                                           |
|--------------------------|-------------------------------------------|
|                          | LARGADA   START LINE                      |
|                          | ROLLING START                             |
|                          | TRANSIÇÃO   TRANSITION                    |
|                          | BOIAS DE VÉRTICE   TURNING BUOYS          |
|                          | BOIAS DE VÉRTICE   TURNING BUOYS          |
|                          | BOIAS INTERMEDIÁRIAS   INTERMEDIATE BUOYS |
|                          | COLCHÃO DE SUPORTE   SWIM SAFETY PAD      |
|                          | PRIMEIRA VOLTA   FIRST LAP                |
|                          | PARA A TRANSIÇÃO   TO TRANSITION          |
|                          | TENDA MÉDICA   MEDICAL TENT               |
|                          | TENDA MÉDICA   MEDICAL TENT               |



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# BIKE COURSE

90 KM | 2,5 Laps

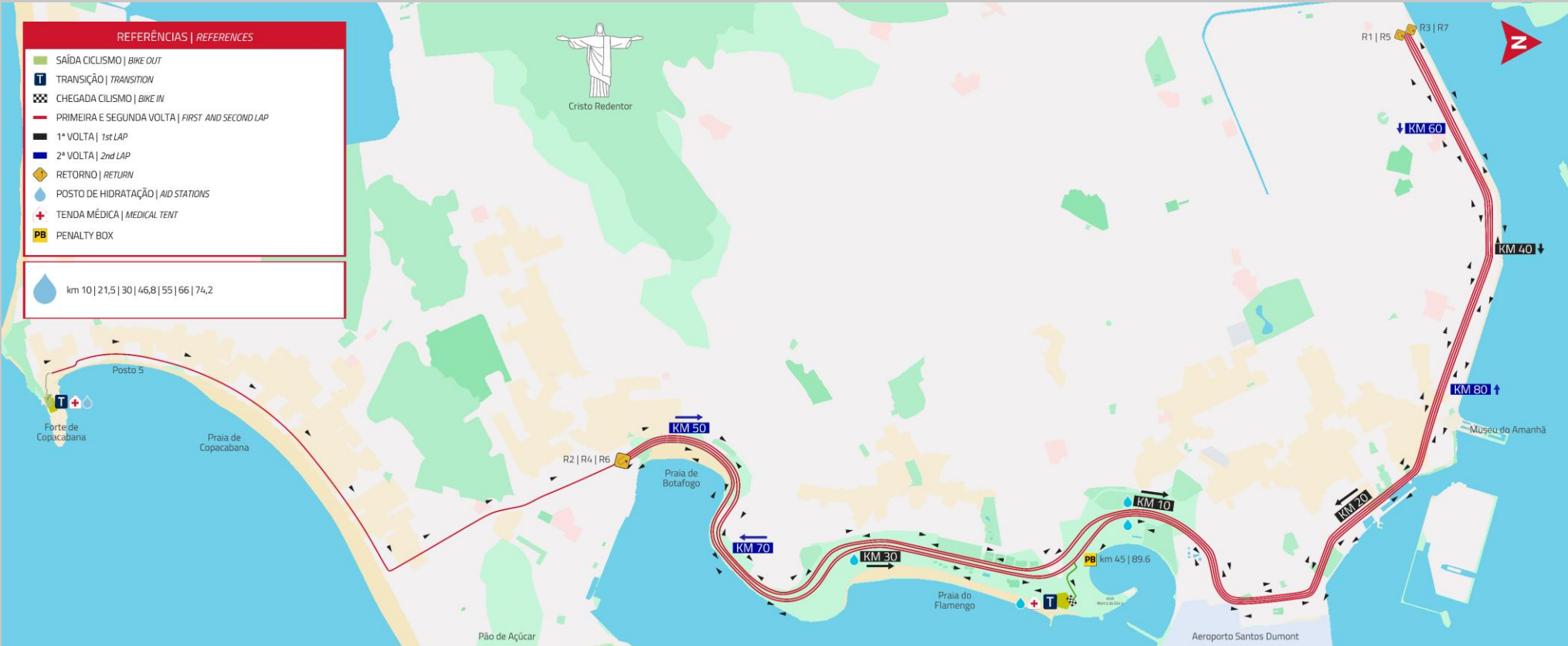


CUT OFF TIME  
5 hours



INTERMEDIATE CUT OFF  
Km 66,7 | 11:06 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 66,7 at 11:06 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 ≈

km 10 | 21,5 | 30 | 46,8 |  
55 | 66 | 74,2

At all stations

- Water (white squeeze) •
- LIQUIDZ Sports Drink (green squeeze) •
- Banana • Bike Pumps • Port-o-lets

DISCARD AREA

100 m before and 300 m after the station

INTERACTIVE MAP

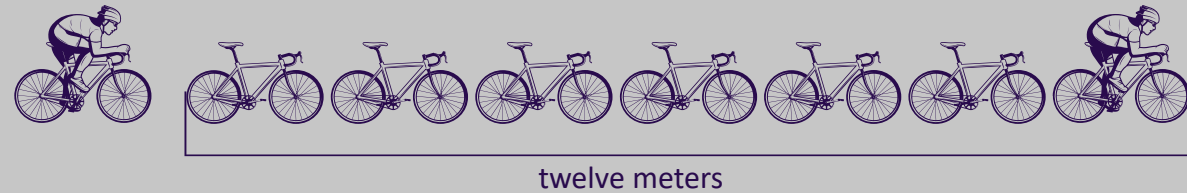
There will be staff at the dismount line to take the athletes' bikes and place them on the racks. Athletes will hand over their bikes to the staff and proceed directly to pick up their RED Bags.



## DRAFTING IS NOT ALLOWED

### AGE GROUP

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



twelve meters

### PROFESSIONAL ATHLETES

Keep **eleven** bike lengths of clear space. Complete your pass within 45 seconds.



twenty meters

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



### 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.



### NO CLIP ZONE

There will be 8 passes through the Marcelo Alencar Tunnel, consisting of 4 downhill sections and 4 uphill sections, over a distance of nearly 4 kilometers. Throughout this section, age-group athletes are not allowed to ride clipped in on the aero bars. Clear signage will mark the start and end of the "No Aero Bar Zone / Clip." This safety measure will be strictly enforced, with referees monitoring compliance throughout the section.

**ANYTHING IS POSSIBLE™**

# RUN COURSE

21.1 KM | 3 Laps



**CUT OFF TIME**

8 hours and 30 min



**LAP CONTROL**

3 wristbands

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



**AID STATIONS - Each 1.2 km  $\cong$**

P1 • Km 2,2 | 6,3 | 8,6 | 12,7 | 15 | 19  
(Banana candy Tachão de Ubatuba)

P2 • Km 3,5 | 5 | 9,8 | 11,4 | 16,4 | 17,9  
(Peanut candy Paçoquita and DUX Gel)

**At all stations:**

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

**DISCARD AREA**

20m before and 70m after the aid station

[INTERACTIVE MAP](#)

**ANYTHING IS POSSIBLE™**



### 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](#)



### Attention, Friends and Family

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.

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# RACE REFEREE MESSAGE

The event will be conducted under the IRONMAN 2026 Competition Rules, and this is strictly a NON-Drafting Event.

Triathlon is an individual race, and it is your responsibility to fully understand the rules and avoid violations. It is the athlete's sole responsibility to know and follow the course.

## Water Bottles and Hydration Systems

- Additional equipment such as bottles/hydration or any other insert in front of your race suit results in Disqualification
- Front Mounted Water bottles and hydration systems are limited to a total combined maximum volume capacity of two (2) liters (2000ml).
- Rear Mounted Water Bottles and Hydration systems are limited in size, capacity, dimensions and location
- Cannot contain more than two (2) water bottles; and
- Must not exceed one (1) liter capacity per bottle
- The above excludes water bottles and hydration systems location inside the frame triangle of a bike or inside the bike frame.
- Failure to comply with the above will result in Disqualification.



## Key areas of focus on the cycle leg

To help avoid a visit to the Penalty Box or a possible Disqualification please observe the following:

- Ride on the right side of the bike lane, except when passing another competitor.
- Maintain at least 12 meters between your front wheel and the front wheel of the cyclist in front of you, except when you are passing them (6 bike lengths of clear space)
- Pass on the left side of the cyclist in front (never on the right)
- Complete your pass of an age group athlete within 25-seconds
- If passed, immediately commence to drop back at least 12 meters before you attempt to re-pass.

## The most common Blue card (2-minute time penalty) rule violations are:

- DRAFTING – Following a leading cyclist closer than 12 meters and failing to pass an age group athlete within 25 seconds.
- PASSING MORE THAN ONE ATHLETE - the athlete who is making the pass can only 'drop in' between other athletes if the distance between the athletes is more than the legal draft zone.
- ILLEGAL PASS – Passing on the right
- LITTERING – Intentionally discarding items, such as tires, bottles, gel wrappers etc., on any part of the course except at a designated Aid Station.

## The most common Yellow card (30-seconds time penalty) rule violations are:

- BLOCKING – Impeding the forward progress of a competitor behind you
- OVERTAKING VIOLATION – Immediately repassing a competitor without initially dropping back out of their draft zone.
- HELMET – failing to have your chin strap securely fastened when moving with your bike. This penalty will be served transition.

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## Other infringements which may result in disqualification



- Offensive and unsportsmanlike behavior
- Indecent exposure/public nudity
- Use of a device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However, during the race, the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets, and smart glasses.
- Any athlete who accumulates 3 blue cards will be Disqualified. **Disqualification Process:**
  - A technical official will advise you of your disqualification by blowing a whistle, calling your number, advising you of the nature of the infringement and showing you a red card
  - Having been disqualified you have the option to continue in the race and protest the disqualification to the Head Referee after you finish the race. Note that you must signal your intention to protest within 15 minutes of finishing and complete the protest paperwork within 30 minutes of finishing. **On the run:**
    - Please ensure you receive no outside assistance. Friends, family members, coaches, or supporters of any type may not bike, drive, or run alongside an athlete, may not pass food or other items to the athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of that athlete.
  - Ensure you wear your race number to the front

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# OVERALL RULES

- Race officials shall have authority to disqualify any athlete.
- Medical personnel shall have ULTIMATE and FINAL authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.
- Fraud (e.g., illegal transfer of a racing bib or timing chip to another athlete), theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN or IRONMAN 70.3 event in the future, depending on the severity of the rule violation.
- Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. An athlete cannot physically assist the forward progress of another athlete on any part of the course. The penalty for this will be disqualification of both athletes.

If an athlete decides to withdraw from the race during an event, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.

IRONMAN reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.

We would like to inform you that there is an official communication channel available for family members in case of emergency. Prior to race day, we recommend establishing a communication plan with your family and friends and sharing the Race Day Emergency Contact information below with anyone who may need to reach you. Even if your family and friends are onsite, it is important to have a plan in place to reconnect in case of an emergency.

Race Day Emergency Contact:  
+55-11-95027-9343  
[contato@ulsp.com.br](mailto:contato@ulsp.com.br)

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# BIKE COURSE - POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- The length of the draft zone for athletes (excluding professional athletes) is 12 meters, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). The length of the draft zone for professional athletes is 20 meters, measured from the leading edge of the front wheel and extending towards the back of the bike (11 bike lengths of clear space between bikes). Athletes must remain outside of their respective draft zone except when passing. Failure to do so will result in a drafting violation; (2:00 Minute Time Penalty) Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Any athlete who enters the draft zone of another athlete must continuously progress through the draft zone as follows:
  - Athletes (excluding professional athletes) will be allowed a maximum of 25 seconds to pass through the draft zone of another athlete. However, any athlete who rides into the professional field and is passing two or more professional athletes will be allowed a maximum of 45 seconds to complete the pass of each professional athlete. (2:00 Minute Time Penalty)
  - Professional athletes will be allowed a maximum of 45 seconds to pass through the draft zone of another athlete; (2:00 Minute Time Penalty)
  - Athletes entering the draft zone of a professional athlete (including professional athletes and non-professional athletes) must initiate and execute the pass to the side of the athlete being overtaken and may not approach directly from behind (i.e., no slipstreaming). Failure to do so will result in a drafting violation. (2:00 Minute Time Penalty)
  - Athletes who ride into the professional athlete field may not insert themselves between two or more legally spaced professional athletes; (2:00 Minute Time Penalty)
- The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (2:00 Minute Time Penalty)
- An overtaken athlete must immediately drop out of the draft zone of the passing athlete and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation (:30 Second Time Penalty). Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation; (2:00 Minute Time Penalty)
- Athletes must ride single file on the far-right side of the bike course road except when passing another athlete (or for reasons of safety). Side-by-side riding is not permitted and may result in a drafting or blocking violation; (2:00 Minute Time Penalty, or 30 Second Time Penalty).
- The overtaking athlete may not back out of a draft zone after entering into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (2:00 Minute Time Penalty) A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.

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# BIKE COURSE - POSITION RULES

- Athletes must ride single file on the far-right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified “on the spot” by a race referee. Please note: if a safety hazard prevents a referee from notifying an athlete “on the spot” (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.



Do not attempt to discuss the penalty with the race referee.

## THE RACE REFEREE WILL:

- i. Call out your race number and notify you that you have received either a BLUE CARD for drafting or intentional littering, or a YELLOW CARD for any other penalty. The race referee will show you the corresponding colored card.
- ii. Instruct you to report to the next penalty box (PB) on the course. There will be two PBs on the course.

## • THE ATHLETE WILL:

- Report to the next PB and tell the PB Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PB, you will be disqualified.
- iv. Have race numbers marked by the PT Official with a “/”.
  - v. Register, via the sign-in sheet.
  - vi. Resume the race after serving a 30-second time penalty for all nondrafting violations (YELLOW CARD).
  - vii. Remain in the PT for 2 minutes, for each drafting and intentional littering violation (BLUE CARD).
  - viii. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the race referee.
  - ix. Be disqualified for not reporting to the PB.

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

Tent #1 – km 45

Tent #2 – Km 89,6

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## 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.



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# BIKE CHECK-OUT

09

SUNDAY

Transition 2 | AXIA Marina da Glória  
from 01:00 PM to 04 PM

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!** You will find your White Bag (General Stuff) at the exit of the Recovery Zone - near the Finish Line;

### ***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.



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# OFFICIAL RESULTS

09

SUNDAY

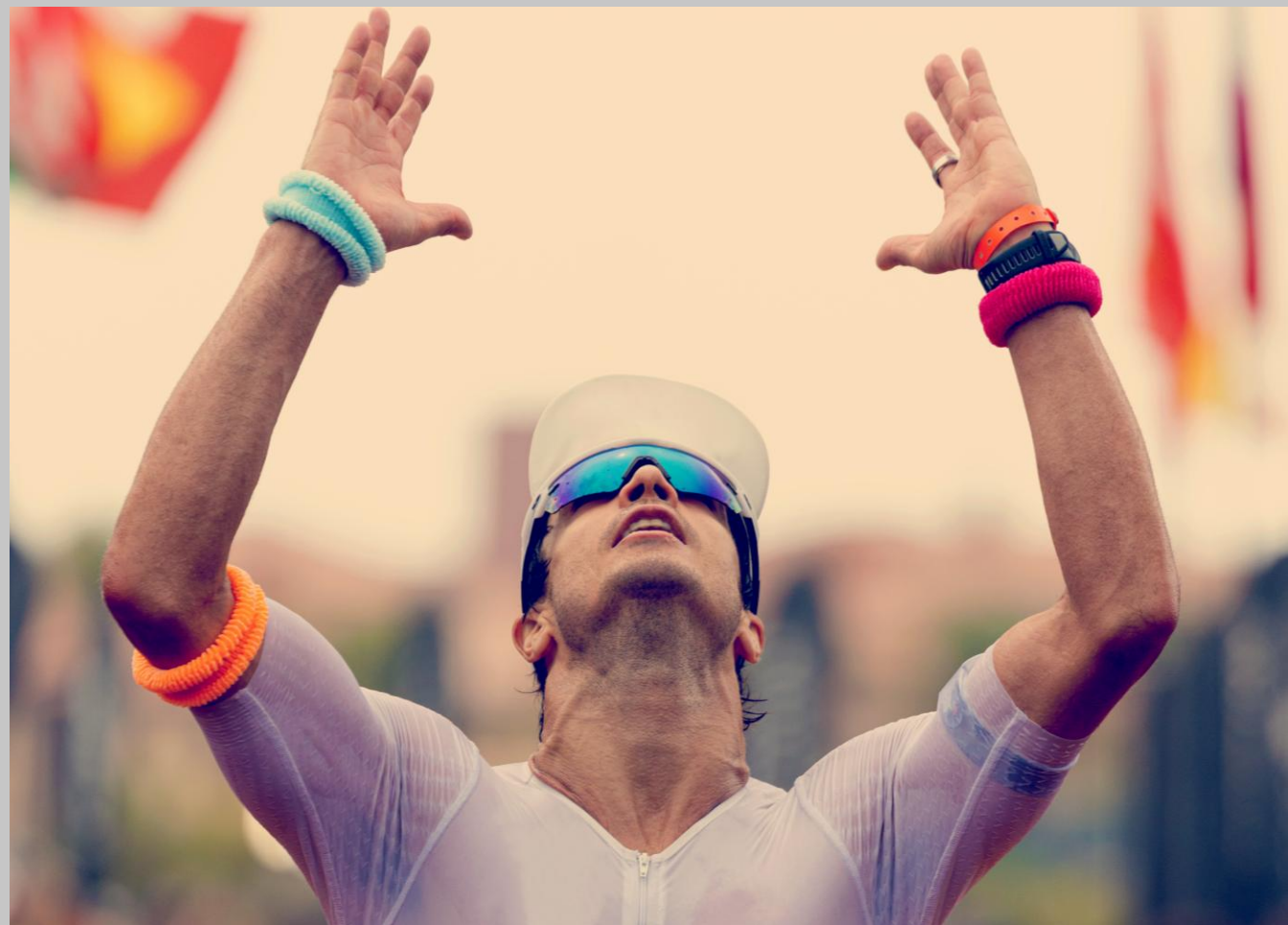
App IRONMAN Tracker  
05 PM

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 between 05 PM and 06 PM. After this period, no changes to the overall classification will be accepted.



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# AWARDS CEREMONY & 2027 IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION/ROLLDOWN CEREMONY

09  
SUNDAY

AXIA Marina da Glória  
07 PM



Chattanooga, TN, USA | August 28<sup>th</sup> – 29<sup>th</sup>, 2027

Trophies will be awarded to the Top 5 Professional Athletes (male and female), as well as to the Top 5 finishers (male and female) in each age group and TriClubs category.

Each event will be allocated a specific number of Age Group World Championship qualification slots, with an equal number of slots assigned to men and women.

Each male and female age group will receive one automatic qualifying slot for the World Championship, awarded to the category winner, with roll-down to the second and third place finishers if the slot is not accepted by the first or second place athlete. This slot is referred to as an “Automatic Qualifying Slot.” All remaining slots will be allocated to the Performance Pool (“Performance Pool Slots”).

**Automatic Qualifiers must claim their slot during the Awards Ceremony, immediately after receiving their trophy.** If the Automatic Qualifying Slot for a specific age group is not accepted by any of the top three finishers, the slot will roll down into the Performance Pool and be offered to the most competitive athletes of the same gender at that event. **Performance Pool Slots will be offered and allocated immediately following the Awards Ceremony.**

**Important:** If you plan to accept a qualification slot, you must attend the full Awards and Roll-Down Ceremony, which begins at 7:00 PM on Sunday. Qualification slots may be claimed in person only and exclusively during the ceremony.

## 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, expiration date and CVV must be available at time of payment and only one card is accepted (split payment will not be accepted).

Photo ID is also required at time of payment.

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

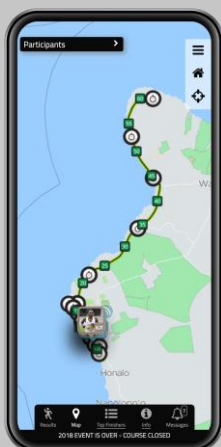
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## GOLDEN TIPS

SPECTATOR 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.



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NEVER FORGET **YOUR RACE**



**IRONMAN.**  
OFFICIAL PHOTOGRAPHER

ORDER YOUR RACE PHOTOS HERE:

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

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

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nu ultravioleta  
**IRONMAN.**  
**70.3** RIO DE JANEIRO  
BRASIL



## LIVE COVERAGE

Follow all race details, interviews, and much more, live on **Unlimited Sports YouTube!**

From 05:30 AM (BRT)

YouTube

[UNLIMITED SPORTS BRASIL](#)

Streaming partner



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# CHECK LIST

## ITEMS

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

## MISCELLANEOUS

- Bike services
- Transfer to Swim Start – if necessary
- Check Bike and Bags Check-in schedule
- GPS Watch

## SWIM

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

## BIKE

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

## RUN

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

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TITLE SPONSOR



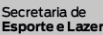
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GOOD LUCK!

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