

NOVEMBER 29, 2026

ATHLETE'S GUIDE

Last Update: November 11, 2026

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



Welcome!

Welcome to the third edition of the Nubank Ultravioleta IRONMAN 70.3 Sergipe, a race that has earned its place on the Brazilian triathlon calendar and that, once again, has the special mission of bringing the IRONMAN season in Brazil to a close.

Hundreds of age-group athletes will line up at the start in pursuit of their personal goals, while the men's professional field promises to raise the level of competition even further, bringing together some of the world's top triathletes.

The capital of Sergipe is ready to welcome athletes, families, and friends with its unique energy and hospitality. Ahead of you is a fast course, incredible crowd support, and the perfect setting to celebrate everything you have accomplished throughout the season.

Get ready to finish the year in style. Enjoy every moment, pursue your goals, and, above all, embrace the IRONMAN experience.

See you at the finish line!

CARLOS GALVÃO – CEO



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nu ultravioleta IRONMAN 70.3 SERGIPE BRASIL

SCHEDULE

26 THURSDAY

02 PM – 07 PM	IRONMAN Village	Atalaia Beach
02 PM – 06 PM	Athlete's Check-in	IRONMAN Village

27 FRIDAY

09 AM – 07 PM	IRONMAN Village	Atalaia Beach
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

28 SATURDAY

08 AM	IRONKIDS	Atalaia Beach
08:30 AM – 07 PM	IRONMAN Village	Atalaia Beach
08:30 AM – 12 PM	Athlete's Check-in	IRONMAN Village
10 AM – 06 PM	Red Bags Check-In (Run Gear)	Transition 2 – Atalaia Beach
11 AM	Chat and tips for your first IRONMAN 70.3	Atalaia Beach
02 PM – 06 PM	Bike Check-In – According to BIB	Transition 1 – Foz Vaza Barris

Foz Vaza Barris
Joel Silveira Bridge SE-100
(Next to Jose Francisco Matias Street, 2412)

Atalaia Beach
Avenida Santos Dumont S/N – Coroa do Meio
(Next to the Art and Culture Center)

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SCHEDULE

29
SUNDAY

03 AM – 04:10 AM	Shuttles from IRONMAN Village to Swim Start	Atalaia Beach
03:30 AM – 05 AM	Access to Transition Area	Transition 1 – Foz Vaza Barris
05 AM	PRO Men Swim Start	Foz Vaza Barris
05:15 AM – 05:35 AM	Age Group Swim Start	Foz Vaza Barris
08 AM – 04 PM	IRONMAN Village	Atalaia Beach
10 AM	Podium Ceremony for PRO	Finish Line – Atalaia Beach
12 PM – 03 PM	Bike & Bags Check-Out / Lost & Found	Transition 2 – Atalaia Beach
04 PM – 05 PM	Official Results / Appeals	Atalaia Beach
05:30 PM	Awards Ceremony & 2027 IRONMAN 70.3 World Championships Slot Allocation/Rolldown Ceremony*	Atalaia Beach

*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.

Foz Vaza Barris
Joel Silveira Bridge SE-100
(Next to Jose Francisco Matias Street, 2412)

Atalaia Beach
Avenida Santos Dumont S/N – Coroa do Meio
(Next to the Art and Culture Center)

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: contato@ulsp.com.br

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.

ATHLETE'S CHECK-IN

IRONMAN Village
Atalaia Beach

26 THURSDAY from 02 PM to 06 PM

27 FRIDAY from 09 AM to 06 PM

28 SATURDAY from 08:30 AM to 12 PM

IT'S MANDATORY TO

1. **Complete your Facial Biometric registration –** [CLICK HERE]

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

2. **Pay the Local Federation Day Use Fee -** [PAY HERE]
3. **Do it in person**
4. **Present an official document with photo (passport or ID)**



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PRE-RACE SWIM GUIDELINES

IRONMAN 70.3 Sergipe does not offer an official pre-race swim practice. However, we understand that some athletes may wish to swim in the area before race day.

Swimming on the official race course or in the area where the course buoys are being installed is not permitted.

For athletes who wish to swim before the event, we suggest an alternative area at Orla do Pôr do Sol, where swimming is permitted at the athletes' own risk and responsibility. We strongly recommend having kayak support, wearing a brightly colored swim cap, and, if possible, using a swim safety buoy to increase visibility and personal safety.

Address: Avenida Doutor José Emídio do Nascimento, 218, Mosqueiro (Click Here)



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



TRANSITION BAGS
BLUE (Bike Gear) and RED (Run Gear)



STICKERS
To label your bags



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



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



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



TRANSPORT TICKET
From IRONMAN Village to Swim Start



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.

An 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 - 26

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

Q&A Session Meetings
(Age Group) - Optional

Athlete's Service Booth
(SAC) – IRONMAN Village
FRIDAY - 27
from 10 AM to 11 AM and
from 05 PM to 06 PM

CHAT AND TIPS FOR YOUR FIRST IRONMAN 70.3



Make the most of the day before the race by hearing valuable tips and sharing experiences with former professional triathlete Bruna Mahn, who will lead two special sessions:

- **Making Peace with the Water**

Tips to swim with more confidence.

- **Help! It's My First IRONMAN 70.3!**

Tips and guidance for athletes taking on the distance for the first time.

All athletes are welcome, whether it's your first IRONMAN 70.3 or not! A great opportunity to feel even more prepared for race day.

Saturday, November 28, at 11:00 AM
Location: Next to the finish line, at the medical tent.

BIKE & BAGS CHECK-IN

28 SATURDAY

Transition 1
Foz Vaza Barris

According to BIB

02 PM - 03 PM	1001 - 1500
03 PM - 04 PM	651 - 1000
04 PM - 05 PM	301 - 650
05 PM - 06 PM	101 - 300

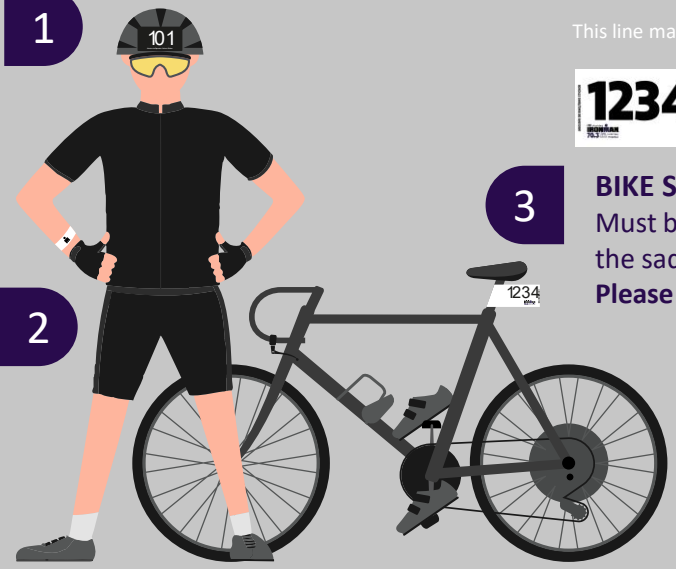
***PRO Athletes, AWA Athletes and Nubank Ultravioleta Clients** are allowed at any time. The certificate will be requested.*

1 HELMET

To access the Transition Area during Bike Check-in, athletes must wear their helmets with the chin straps securely fastened. Once Bike Check-in is completed, athletes must take their helmets out of the Transition Area. Helmets may not be left in the Transition Area.

2 WRISTBAND

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



This line marks where to fold the sticker.



3 BIKE STICKER

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

4

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.

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

SATURDAY - 28
TRANSITION 2 – Atalaia Beach
Anytime between 10 AM and 06 PM



MUST BRING YOUR RED BAG

RUN GEAR

Attention: Red bags will not be accepted on Sunday, either at T1 or T2.

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.

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SHUTTLES FROM IRONMAN VILLAGE TO SWIM START

Atalaia Beach
Sunday – 29
From 03 AM to 04:10 AM

The organization will provide free and exclusive transportation for athletes, departing from T2 to the race start;

- Athletes who intend to use the shuttle service must collect their transportation voucher during athlete check-in;
- Buses will depart according to demand, approximately every 15 minutes, between 3:00 AM and 4:10 AM;
- Access to the bus is limited to athletes with a wristband; companions will not be allowed.



If the athlete prefers to drive their own car

We recommend parking it on the streets near the Federal Highway Police Station (BPRF). The distance to the race start is approximately 1 km. Since this is a public place, we emphasize that the availability of parking spaces is limited, so try to arrive early to avoid inconvenience;

For greater convenience, we suggest using ride-sharing apps (like Uber or similar) or taxis (reference Joel Silveira Bridge SE-100).

PRE-RACE

29 SUNDAY

Transition 1 | Foz Vaza Barris
from 03:30 AM to 05 AM

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.

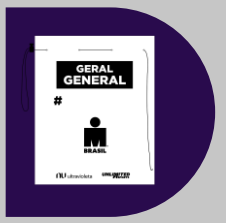


YOU MUST BRING YOUR BLUE BAG
Bike Gear

- 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 designated drop area 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

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SWIM START

29
SUNDAY

Foz Vaza Barris
Joel Silveira Bridge SE-100

05 AM	PRO - Male
05:15 - 05:35 AM	Age Group



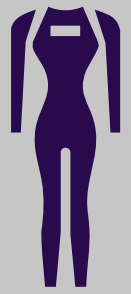
ROLLING START FORMAT

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 (contato@ulsp.com.br) or, if applicable, inform 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.

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 an NC (Not Classified).

ORANGE BUOYS – ON THE LEFT

YELLOW BUOY – BOTH SIDES

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

ATTENTION
There won't be wetsuit peelers available



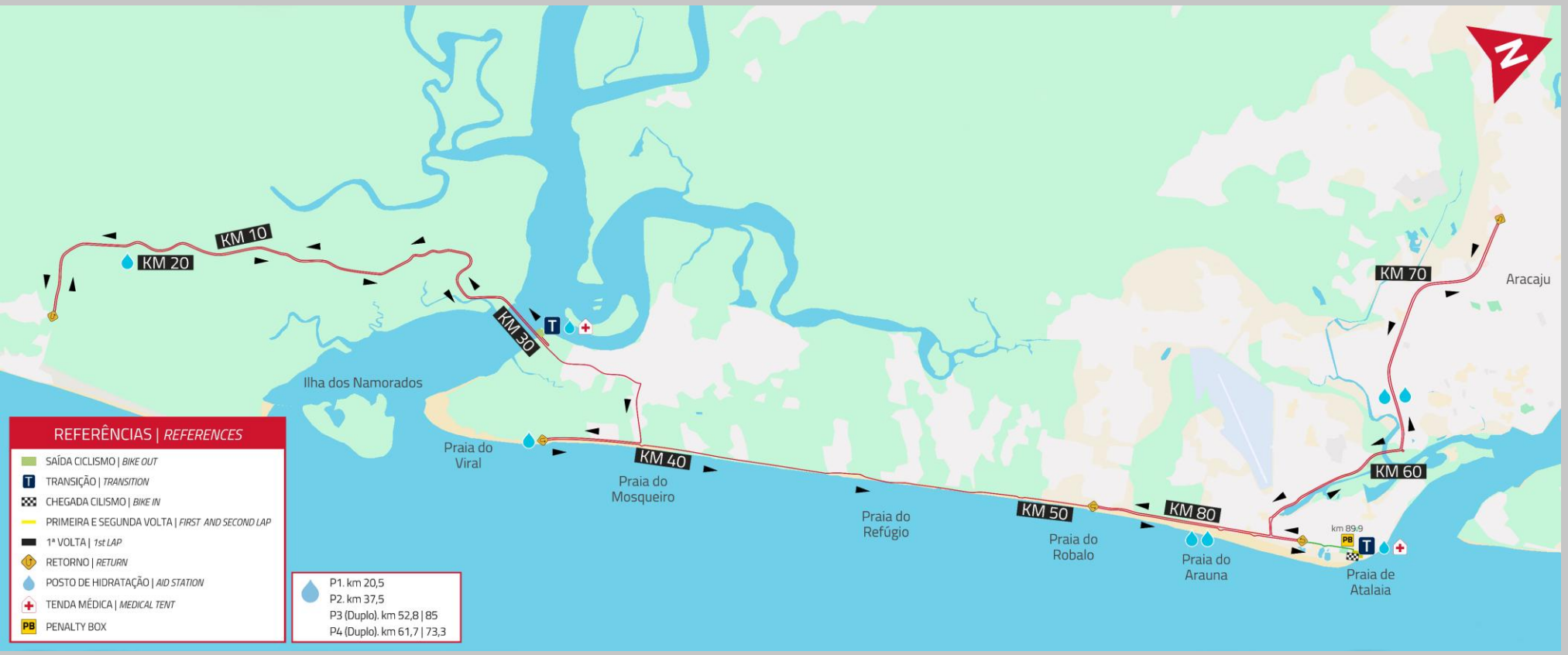
BIKE COURSE

90 KM | 1 Lap

CUT OFF TIME
5 hours and
30 minutes

INTERMEDIATE CUT OFF
Km 74.4 | 10:37 AM

The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 5 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course and does not make the final bike course closure will be removed from the race and will receive a DNF. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course but is ahead of the final bike course closure and continues to make it to the finish line will receive an NC (Not Classified). Additional intermediate cut-offs are determined by race management and are as follows: km 74.4 at 10:37 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 ≅

P1: KM 20.5
P2: KM 37.5
P3: KM 52.8 | 85
P4: KM 61.7 | 73.3

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

ANYTHING IS POSSIBLE™

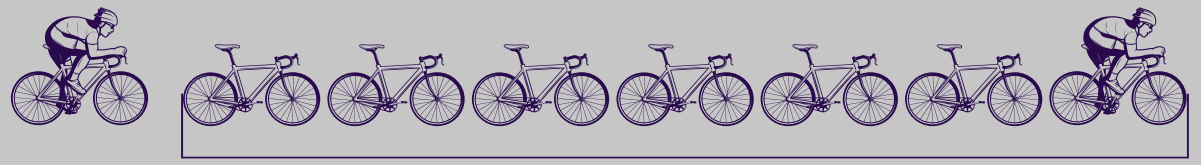
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DRAFTING IS NOT ALLOWED

AGE GROUP

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



PRO

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



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 it 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 racking their own bikes at T2

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 an 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 ≅

P1 – KM 1 | 1.9 | 7.9 | 8.9 | 14.9 | 15.8 (Peanut Candy Paçoquita)
P2 – KM 3 | 6.8 | 10 | 13.8 | 16.9 | 20.7 (DUX Gel)
P3 – KM 4 | 5.8 | 11 | 12.7 | 18 | 19.7 (Banana Candy Tachão de Ubatuba)



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

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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.

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.

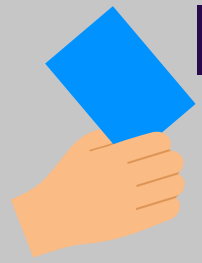
Key areas of focus on the cycle leg

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.

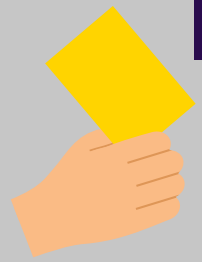
Water Bottles and Hydration Systems

- 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.



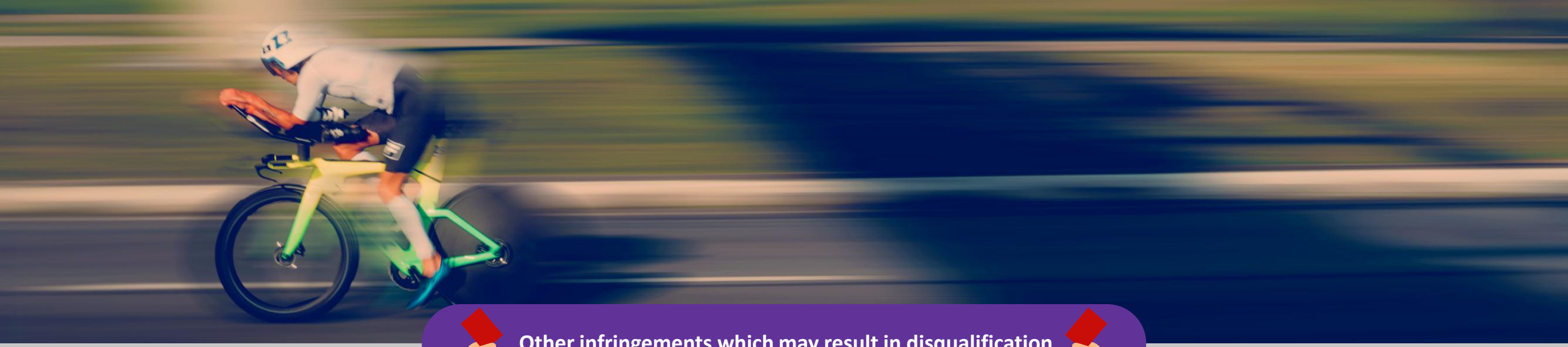
The most common Blue card (2-minute time penalty) rule violations are:

- 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-second 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 in transition.



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 on the front

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 puncture 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 the 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

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)

• 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.

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 penalty box (PB). There will be one PB on the course.

THE ATHLETE WILL:
i. Report to the PB and tell the PB Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the PB, you will be disqualified.
ii. Have race numbers marked by the PB Official with a “/”.
iii. Register, via the sign-in sheet.
iv. Resume the race after serving a 30-second time penalty for all non-drafting violations (YELLOW CARD).
v. Remain in the PB for 2 minutes, for each drafting and intentional littering violation (BLUE CARD).
vi. 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.
vii. Be disqualified for not reporting to the PB.

The Penalty Box will be located approximately 300 meters before the bike dismount



ON COURSE BIKE TECHNICAL SUPPORT

Roving tech vehicles from our partners are present on the course, but do not expect them to be immediately available. They do their best, but it is difficult to service everyone. You are expected to be self-sufficient regarding basic mechanical problems. These roving tech vehicles are servicing all athletes, so if they are dispatched to your location and come across another athlete who needs assistance while en route, they will stop and help the other athletes on their way.

Professional Athlete Identification

Professional (PRO) athletes will be identified by their yellow race number (BIB), stickers (yellow) and must wear their bib number throughout the entire bike and run courses.
All participants are expected to remain aware of their surroundings and to comply with the IRONMAN Competition Rules at all times.

RACE ETIQUETTE & ATHLETE RESPECT

We Race Together!

An IRONMAN® triathlon brings together athletes of different ages, backgrounds, abilities, identities and experience levels. Whether you are racing for a podium, a personal best, or your first finish line, every athlete deserves a safe, respectful and enjoyable race experience.

The way we conduct ourselves affects those around us. A positive race environment is created not only by event staff and volunteers, but by every athlete on the course.

What we expect from every athlete
Please race with respect, courtesy and fair play at all times.

Show consideration for fellow athletes

- Maintain awareness of those around you, particularly in crowded areas such as swim starts, transition, aid stations and finish chutes.
- Consider where more space may be appreciated, with relation to athletes of different genders, sizes or abilities.
- Pass or overtake safely, and predictably, with verbal communication.
- Follow the instructions of race officials, volunteers and IRONMAN team members.
- Treat all athletes with dignity and respect, regardless of gender, race, nationality, age, ability, identity or experience level.

Race your best. Race fair.

- Observe all IRONMAN Competition Rules, including rules related to drafting, blocking, dangerous riding, unsportsmanlike conduct and verbal abuse.
- Avoid aggressive, intimidating or reckless behavior that could place others at risk.
- Remember that actions intended as competitive may be experienced by others as threatening, unsafe or discouraging.

Behavior that will not be tolerated:
IRONMAN has zero tolerance for:

- Harassment or discrimination of any kind
- Verbal abuse, threats or intimidation
- Unwanted physical contact
- Deliberately unsafe racing behavior
- Violations may result in penalties, disqualification, removal from the event venue, or further disciplinary action in accordance with IRONMAN Competition Rules and event policies.

Our commitment
IRONMAN is committed to ensuring that everyone can participate in triathlon free from harassment, intimidation and discrimination. Our sport is built on mutual respect, fair play and shared passion for triathlon.
Creating a welcoming and enjoyable race environment is a shared responsibility. Every member of our IRONMAN `ohana, including athletes, volunteers, race referees, staff and supporters, plays a role in looking out for one another and ensuring every participant feels respected, valued and able to race with confidence.

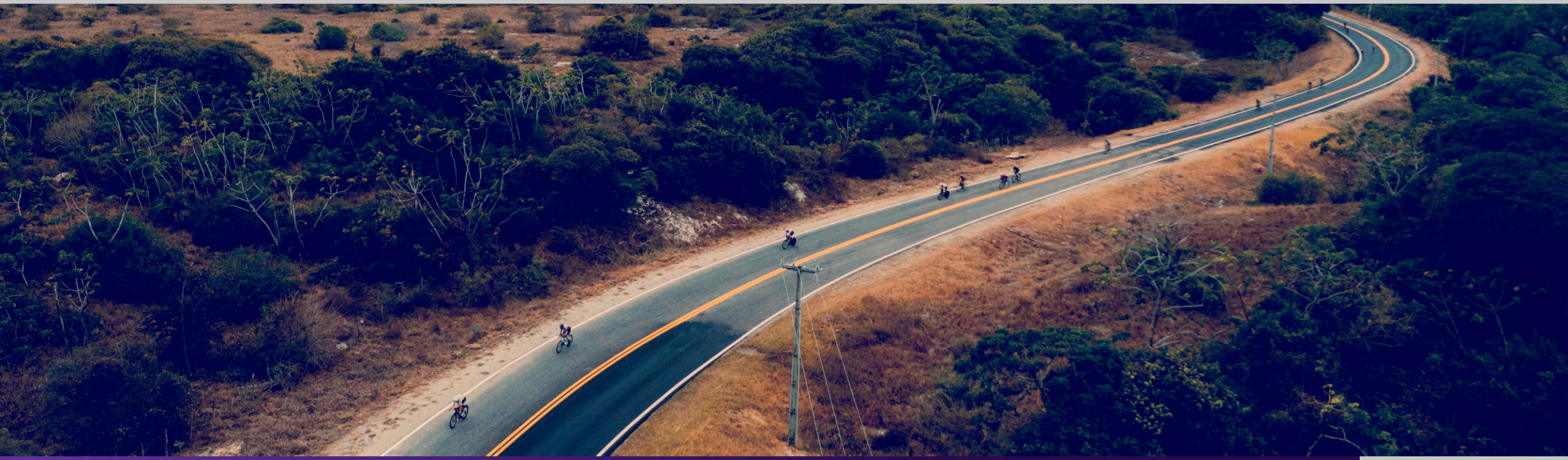
Athletes and Content Creators!

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.



ANYTHING IS POSSIBLE™

ultravioleta IRONMAN 70.3 SERGIPE BRASIL

BIKE CHECK-OUT

29
SUNDAY

Transition 2 | Atalaia Beach
from 12 PM to 03 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 Area - 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.



OFFICIAL RESULTS

29
SUNDAY

App IRONMAN Tracker
04 PM

Official results will be updated and confirmed on Sunday, at 04 PM in the IRONMAN TRACKER app.

Until 04 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 at the Awards Location between 04 PM and 05 PM. After this period, no changes to the overall classification will be accepted.

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

29 SUNDAY

Atalaia Beach
05:30 PM

Chattanooga, TN, USA | August 28–29, 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 05:30 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 full entry fee with Visa or Mastercard credit card or Debit card ONLY (alternative cards such as American Express may be accepted in some locations); no check, cash, Apple pay, Google pay, or Diners payment will be accepted.

Your physical card including full card number, expiration date and CVV must be available at time of payment and only one card per payment will be accepted (split payment will not be accepted).

Photo ID is required at time of payment.

For the most up to date information and qualifying slot numbers, please CLICK HERE.

GOLDEN TIPS

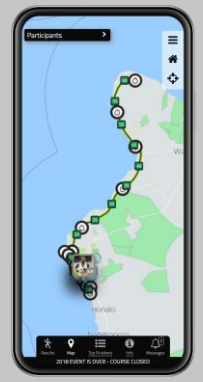
SPECTATOR GUIDE – CLICK HERE

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

Download on the App Store

GET IT ON Google Play

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.



The IRONMAN Tracker app is the best way to follow the athletes. The start list is updated on Saturday, the day before the race.

TRACKER

Download on the App Store

GET IT ON Google Play



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

www.finisherpix.com

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LIVE COVERAGE

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

From 04:45 AM (BRT)

YouTube

UNLIMITED SPORTS BRASIL

Streaming partner

stemma media & sports

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CHECKLIST

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

- Race suit
- 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

TITLE SPONSOR

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PATROCÍNIO

SECRETARIA DE ESTADO DO ESPORTE E LAZER

SERGIPE GOVERNO DO ESTADO

Track & Field

vivo

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GOOD LUCK!

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