Dear Friends

It is a big honor for me to say: Welcome to 2020 IRONMAN 70.3 Oman, supported by the Ministry of Tourism. I am more than happy and thankful that you have chosen to join us and race in our beautiful country.

We are proud to be hosting IRONMAN 70.3 Oman again, and looking forward to hosting more IRONMAN events in year 2020. The year of Oman’s renaissance 50th anniversary.

Again we look forward to providing you with an incredible experience. I am very excited to meet every athlete again at the finish line!

As the founder of Triathlon Middle East and chairman of Oman Triathlon Federation who had the amazing chance and honor to be the first Omani to finish the IRONMAN WORLD CHAMPIONSHIP in 2017, I believe, "Anything is Possible"

Let me wish you an amazing race week discovering our beautiful country, feeling our Omani hospitality, making new friendships, falling in love with Oman and sharing this love with all of your friends.

Thank you very much for visiting our home - OMAN. Have an amazing time.

Mohammed Al Obaidani
Executive Director

FRIDAY, 21. February 2020
QURUM BEACH, AL SHATTI STREET
MUSCAT, OMAN
RACE WEEK

Wednesday 19th of Feb 2020
Coffee Boat Swim 08:00 am to 0900 PM
Registration Open 09:00 am to 5:00 PM
Expo & IRONMAN Merchandise 09:00am to 05:00pm
IG & IRONKIDS Registration 04:00pm to 08:00 pm
Expo Closed 08:00 PM
Pasta Party door open 06:00pm
Race Briefing Start 07:30pm

Thursday 20th of Feb 2020
Coffee Boat Swim 08:00 am to 0900 PM
Registration Open 09:00 am to 3:00 PM
Expo & IRONMAN Merchandise 09:00am to 05:00pm
Bike Check in 1:00 pm to 05:30pm
IRONKIDS Start 03:30pm to 06:00 pm
IRON Girls Start 06:00pm to 07:00pm
Expo Closed 08:00 PM

Transition open 05:00 am To 06:00 am
Swim Warm Up 06:00 am To 06:25 am
Race Start 07:00 am
Expo Open 08:00 am
Flower Ceremony 10:45 am
First Shuttle bus 12:30 pm
Bike Check out 1:30 pm to 5:00 pm
Award Ceremony 06:00 pm
70.3 World Championship
Personal Communication Plan
Prior to departing to Oman be sure to establish a communications plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Oman with family and friends, it essential that you have a plan for contracting or reuniting with your group following the race.

Transport
We advise athletes and spectators to use private transportation in and around Muscat. Muscat has a great and well-developed network of highway system, which is toll free and easy to use while staying in town. Oman has an opportunity for tourists to get around the city in an easy and comfortable way.

Road closures
All courses are partly or fully closed for traffic during the Race day. In case of emergency, rescue vehicles with the sirens on, shall have free passage at all times. Please yield and let them pass you.

Result service
Throughout IRONMAN 70.3 Oman friends and relatives can follow the athletes progression online on www.ironman.com and IM Tracker App.

Course Information
Athletes are able to get information on all courses at: www.ironman.com

LOCATIONS:
Swim start, transition area: AL SHATTI STREET
Ironman Village & Registration
Race Briefings, Opening & Awards Ceremony,
Finish Line, Athlete Garden, Slot Allocation:
QURUM NATURAL PARK
ATHLETE REGISTRATION:

Athlete registration hours are:

WEDNESDAY, 19th of February 9am to 5pm Qurum Natural Park
THURSDAY 20th of February 9am to 3pm Qurum Natural Park

Please, bring your PHOTO IDENTIFICATION CARD.

Registration will NOT be open on race day. If you do not check in during designated registration hours, you will not be able to race.

ALL RACE PACKETS MUST BE PICKED UP BY THURSDAY, 20th OF FEBRUARY, 3PM.

Athletes competing in IRONMAN 70.3 Oman events are required to check in at the venue during the dates and times listed in the Athlete guide and Event Schedule. Athlete Check In will not be available outside the posted times. Should an athlete have a legitimate emergency IRONMAN 70.3 Oman team will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN 70.3 Oman. Athletes who show up after the posted check in dates and times will not be allowed to race unless prior arrangements were made.

YOUR RACE PACKET WILL INCLUDE:

* Race bib number
* Bike/Helmet stickers
* Swim cap
* Gear Bag stickers
* Gear Bags
* Tattoos
* Athlete wristband

BIKE/RUN GEAR BAGS

During registration athletes will receive bags:

- White [Morning Clothes]
- Red [Run Gear]
- Blue [Bike Gear]

ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at registration. This band will identify you as an official athlete and must be worn during race weekend. The wristband is required for medical identification purposes and allows you access to banquets, transition and post-race athlete recovery areas. You will not be allowed to remove your bicycle and/or gear from transition following the race without your wristband affixed to your wrist.

You will pick up your timing chip after your bike-check-in procedure in transition area. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at registration. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. Any previous event stickers on the bike must be removed. Athletes must wear all official race participant items issued at registration and bike check in. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so or wear outside items will result in a DSQ.

IMPORTANT

Only athletes with verifiable electronic timing data will be eligible to accept a IRONMAN 70.3 World Championship slot or receive an award in their age group.

RELAYS

The timing chip must be worn by each member on their section of the race. You will pass the chip over to your teammate in transition, like the baton in a relay.
Race Packs

ID WRISTBAND

Your wristband with your race number printed on will be placed on your wrist in registration. You must wear this wristband at all times from this point until the Awards Ceremony as this is essential to gain you access into the athlete only areas. Relay Teams will be issued with three wristbands.

RACE NUMBERS

You will be issued a sheet of stickers; these are for you to number your kit with. Your bike, helmet and bags must have your race number stickers on them. You will also have a race number to wear on your back for the bike and front for the run. You can use safety pins if you wish. However, because you need to change the position in transition it is strongly recommended that you get a race belt which saves you time, allows you to easily switch clothing and avoids putting holes. Helmets sticker must be placed like this (front):

The sticker on the bike must be placed in one of the following ways:

The bike number must be visible at all times during the bike ride.

TATTOOS

You will also have two temporary race number tattoos in your race pack. The number tattoos are for your arms, between your shoulder and elbow. We recommend you apply both tattoos at home the night before or morning of the race. These tattoos are optional and do not need to be worn. Please follow the instructions on the back of the tattoos carefully.

BAGS

You will be issued with three bags at registration. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue or red bag prior to the race start on Sunday but you must ensure that all the items you need are in the bags on bike check-in when you rack. Please note that you cannot mark these bags, other than with your race number sticker. Any marking will be removed by the referees and may result in a penalty.

BLUE BIKE BAG

Should contain the kit you need for the bike discipline, including your helmet and race number on a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in. This bag is racked in transition area. Leave this bag for you to collect in the same area.

RED RUN BAG

Should contain the kit you need for the run discipline. After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet. Drop this bag in transition area on Thursday. Leave this bag for you to collect in the same area.

WHITE GEAR BAG

This is your after race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. Leave this bag in transition designated place for you to collect in the same area.

DO NOT PUT VALUABLES OR OVER FILL THE BAGS.

ORGANIZERS ARE NOT RESPONSIBLE FOR THE CONTENTS OF THE BAGS.

IMPORTANT

Only athletes with verifiable electronic timing data will be eligible to accept an IRONMAN 70.3 World Championship slot or receive an award in their Age Group.

RELAYS

The timing chip must be worn by each member on their section of the race. You will pass the chip over to your teammate in transition, like the baton in a relay.
MANDATORY ATHLETE BRIEFING

Athletes are required to attend the athlete briefings, which will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts. The race briefings will be held on Wednesday, 19th of February at 6pm in Qurum Natural Park. We strongly recommend novice athletes attend the briefing to benefit from the additional information included in these briefings about preparation, bike and bag racking. It also gives more time to orientate and make sure you have all your equipment ready for the race day.

SWIM PRACTICE (Not Official)

Wednesday, 19th and Thursday, 20th of February from 8am at swim start.
No lifeguard on duty - swimming on your own risk !!!
The swim practice will take place at the official swim course of IRONMAN 70.3 Oman.
Coffee Boat will be on the course for you to enjoy your swim practice.
Athlete Checklist

PRE-RACE:
- Directions to hotel, athlete registration, race start, race finish
- Attend registration, locations of transition zone and race briefing
- Study the race courses and plan your nutrition

Helmet
Bike Shoes
Fuel Belt / Race Belt
Bike Repair Kit
  - CO2 Cartridge(s)
  - Spare Tire or Tube and Tire levers
  - Valve Stem Extenders
  - Patch Kit or Wrench Set/Tools

RACE DAY – SWIM:
- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided White (Morning Clothes Bag).

RACE DAY – BIKE:
- Bib Number
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Vaseline
- Sunscreen
- Sunglasses
- GPS Watch or Bike Computer

RACE DAY – RUN:
- Safety Pins + Bib Number
- Hat/Visor
- Running Shoes and Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS:
- Body Glide
- Antibacterial
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Chap stick
- Post-Race Clothing
- Extra Tri Kit for practice

WHITE BAG (MORNING CLOTHES BAG)

You will receive a white morning clothes bag at registration. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key) you may need at the finish line in your morning clothes bag. Leave the bag in the designated drop area at transition. Your morning clothes bag may be retrieved after the race inside Athletes garden.

Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted.
MANDATORY BIKE AND GEAR CHECK-IN

Transition area located at Shati Street will be open on Thursday from 10am to 5pm. All athletes must check-in the following items:

- Bike
- Bike helmet
- BIB number
- BLUE bike bag
- RED run bag

At transition you will need your bike, helmet, blue bag with all you bike gear in it and red bag. Be ready before you get to the entrance to transition. You must have your helmet on with the strap fastened and wearing your race number, your race number stickers on the bike, helmet, red bag, blue bag and your wristband will be checked as you enter transition. Without all these items, you will not be able to rack your bike.

You must rack your bike according to your race number. You must hand in your red and blue bag. It is NOT allowed to leave anything next to the bike or on the ground. Race marshals will remove all items not safely secured to the bike. Due to the risk of windy conditions you are only permitted to cover handle bars, seat and pedals, gear shifting parts and not the entire bike. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once bike check-in is over.

The race bag stickers must be placed on the BLUE bike bag, the RED run bag and the WHITE street wear bag in the designated field on the bags.

The BLUE bike bag is for bike equipment. At bike check-in you must place the BLUE bike bag on the designated racks in the transition area. The location is marked with your race number. Helmets must be placed in the BLUE bike bag. Only the following items are allowed on the bike:
- Bikes shoes secured to pedals
- Gels and bars attached securely to the bike
- Bottles secured in bottle-cages

The RED run bag is for running apparel. At bike check-in you must place the RED run bag on the designated racks in the transition area. The location is marked with your race number. Only athletes and race officials are permitted access to transition area. For security reasons, no bikes, helmets, RED run bag or BLUE bike bags are to be removed from transition area, once checked-in.

You will have access to your bicycle beginning at 5.00 AM on race morning but you will not be allowed to remove your bike from transition until the start of the bike portion of the race. Please note that it is not allowed to mark your bike in any way with balloons or similar. The race marshals will remove such effects. During bike check-in, and on race morning will offer adjustments and services to bikes. Overnight security is provided in transition area. Only athletes are allowed in transition area.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, organizer will not be responsible for any bike failures. When racking your bike, take your time to familiarize yourself with transition. Know where the entries and exits are. There will be volunteers in transition to answer any questions, ask them, don’t wait until race day. Security will be onsite overnight before the race day.

You collect your chip on way out of transition after your bike check-in. You need to wear your chip on your left ankle during the entire race. The chip will register your individual start time as you cross the mat at the swim start and provide your swim, bike, run time, finish time, transition splits, overall and age group ranking. If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement so you can continue the race.

After Thursday 6pm NO athletes are allowed access to transition area, until race morning. Athletes will have access to both their bikes, and red and blue races bags on race morning between 05:00 and 06:00 am. Please note that it will not be possible to check-in or register on race morning !!!
RACE MORNING PROCEDURE

Transition opens at 5am on race morning. Remember to bring your timing chip, swim cap, and wetsuit (Optional). Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the run course. You do not need your bib number on the bike. The number will not hold up for the duration of the race if it gets wet. Transition closes at 6am. All athletes must be out of transition and headed to the swim before this time.

RACE TIMING AND CUT-OFFS

Athletes have 8 hours and 30 minutes to complete the race based on their individual start time. Times are calculated based on the individual start time not on the gun shot time. Aid station stops, transitions, etc. will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF (1 HOUR 10 MINUTE)
Each athlete will get the full 1 hours and 10 minutes to complete the 1.9Km swim regardless of what time they enter the water. Athletes who take longer than 1 hours and 10 minutes to complete the swim will receive a DNF. IRONMAN 70.3 Oman officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM + BIKE CUT-OFF (5 HOURS AND 30 MINUTES)
There will be 2 intermediate cut-offs for the bike course. The 1st cut-off is at 10:40 am at the 56.5Km Close to Aid Station number 2. The 2nd cut-off is after 5 hours and 30 minutes of your individual race time at the dismount line

RUN CUT-OFF
Athletes must finish the race within 8 hours and 30 minutes.

IRONMAN 70.3 Oman, reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete’s location, time, and average speed up to that point. Athletes who do not meet the above cut-offs will be considered a DNF and will not be eligible for age group awards or for 2020 IRONMAN 70.3 World Championship in Taupo, New Zealand.

MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete’s condition.

PARKING

Race day parking is located close to the finish line in Qurum Natural Park. While there are plenty of parking spaces, we ask that you carpool with another athlete when possible to ease traffic congestion on race morning. Please give yourself enough time race morning to get to transition area with ample time to prepare for race day. Roads can be congested as athletes and spectators converge on the area in a short period of time.
When you pick up your timing chip at Bike Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.

- You must wear your timing chip at all times while you are racing. Prior to the swim, fasten the timing chip to your left ankle with the strap provided and do not remove it until you have finished the run.

- You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove the timing chip at the finish line.

- If you do not start the race, you are responsible for returning the timing chip to the timing team.

- If you drop out or are pulled from the race at any time, turn in your timing chip to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your timing chip.

- Your race timing chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed for its replacement.

- If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

- Failure to wear your timing chip on race day, return your chip after the event or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

**AID STATIONS**

There will be 3 Aid Stations on Bike Course and 4 on Run Course. Medical Service will be close to each Aid Station, Swim exit and Finish line. The general offerings are as follows:

**BIKE:**
- Water
- Bananas
- Gels Bars
- ISO Drink

**RUN:**
- Water
- Cola
- Food
- Fruits
- Stealth ISO Drink
- Salty Snacks
- Stealth Gels
BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 1:30pm to 5:00 PM in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on and timing chip in order to claim your bike and gear. If your bags are not reclaimed from 1:30 pm to 4:30 PM IM70.3 Oman, will not be responsible for any items left over night.

RETURN YOUR CHIP AT BIKE CHECK-OUT !!!

LOST AND FOUND

During race week, Lost & Found will be available at the Race Information Booth or the IRONMAN Store. Race information Booth will be located at the IM 70.3 Oman village /Expo Area close to the registration tent. After the conclusion of the event, please contact oman70.3@ironman.com to locate missing items and schedule returns. Shipping fees will apply. *All unclaimed items will be donated within 30 days.

RACE PHOTOGRAPHY

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

HOW TO ORDER YOUR PIX:

• To be notified as soon as photos are online, register your email address at www.finisherpix.com
• Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
• Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
• Smile and celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.
• Visit www.finisherpix.com to view, order, and share your photos from the event.
The start of the IRONMAN 70.3 Oman will be at the Qurum Beach, Al Shatti Street. This event will incorporate a rolling swim start. The Athletes will enter the water in a continuous stream through a controlled access point at 7:00. The timing chip will register each athlete’s start time as they cross the timing mat at the swim start entry. There will be a swim warm up at 6:00 am near the swim start entry and all the athletes will be notified when to exit the waters for the start of the race. Volunteers will be in the staging area with signs and will assist with this process. All athletes have a cut off 1 hour 10 min. to finish the swim portion of the race. The bike course cut off time will be 5 hours and 30 minutes, therefore athletes are recommended not to spend too much time in the transition area.

• Athletes must wear the official swim cap provided by race.

• No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.

• When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.

• No individual paddlers or escorts allowed. The course will be adequately patrolled by boats and kayaks.

• Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

SWIM TO BIKE TRANSITION

After the swim, you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Please inform family and friends to stay off the bike and run course. NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.
BIKE COURSE DESCRIPTION

The bike course will be a one lap course, which start from the Shatti Al Qurum parking lots where the transition area will be. The Athletes will cycle through the vital landmarks such as the Royal Opera House Muscat which hosts world class shows during the evening, from there they will head towards the beautiful traditional streets of Muttrah which is one of Oman’s oldest market places.

After that the athletes will head to Al Bustan Palace one of many beautiful sceneries in Muscat. From Al Bustan Palace and onwards the athletes will experience high elevations levels as they cycle through the hilly streets of Wadi Al Kabir and heading to Al Amarat. From Al Amarat, the athletes will U- Turn and start heading back to the modern streets of Al Qurum making their way back to the transition and ready to go for the run course.

PENALTY TENT

• All bike-course time penalties will be served in a designated Penalty Tent (“PT”).

The location of the PTs will be the transition area or beside transition area. After a rule violation is issued to the athlete, it is the athlete’s responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;

• While in the PT, athletes can consume only the food that is on the athlete’s bike or person; (DSQ)

• Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification;

• Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ).
BIKE SPECIFICATIONS

• All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than an athletes competing in the HC Division or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be disqualified:
  
  • Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel;
  
  • Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury; (1:00 Minute Time Penalty, DSQ if not remedied promptly)
  
  • There must be one working brake on each of the two wheels; (DSQ)
  
  • There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary; (DSQ)
  
  • All aspects of the bicycle must be safe to the rider and to other athletes in the Race. Minimum safety standards include, but are not limited to, properly glued and sealed tires, tight headset and handlebars, and true wheels;
  
  • Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event-specific Head Referee. (DSQ)

MEDICAL SUPPORT

If you need minor medical assistance, vehicle will pick you up and take you to the medical tent, where you shall receive treatment.

Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment.

If you have a technical problem or have bonked, the vehicle will take you to the next aid station.

Cyclists still on the course after the bike cut-off will be disqualified and will not be permitted to continue in the event.

If you drop-out due to other reasons than medical, you have to await the SAG vehicle at the end of the athlete field.

There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. There will be bike aid stations along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don’t toss bike bottles, cups, or nutrient bags on the roadside along the course. Discarding litter outside the designated drop zone will result in DSQ. Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.

Bike Course
DRAFTING AND POSITION RULES

• “Drafting” means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty)

• The bicycle draft zone is 12 meters long, 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). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (5:00 Minute Time Penalty)

• Prior to entering the draft zone of another athlete, athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)

• Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty)

• A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken;

• 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; (5:00 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; (1:00 Minute 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; (5:00 Minute Time Penalty)

• Athletes must ride single file on the far-right side (or left side depending on local law) 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; (5:00 Minute Time Penalty or 1:00 Minute penalty)

• Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:
  - If an athlete enters the drafting zone and completes a pass within 25 seconds;
  - Athletes violating rules under this Section 5.04 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.
The run course will be a 3 lap course, it will start from the transition area and the athletes will be making 3 loops around the Al Qurum National park and the beautiful beach of Al Qurum as they run which is also known to be the love street. After the 3 loops they will head into the finish line. Athletes may run, walk, or crawl :)
IRONMAN will operate under the "three strikes and you're out" principle with respect to BLUE CARD violations. DRAFTING is the only violation that will result in a BLUE CARD violation and an athlete will incur a time penalty /to be served in the closest penalty tent, located along the bike course/. YELLOW CARD violations /stop and go penalty/ also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations. So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the IRONMAN Competition Rules.

The POSITION violations are summarized:

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

Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you, never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee’s ruling is final in the case of POSITION violations, and there are no protests or appeals.

Other common violations include:

**HELMET CHINSTRAP**
Your chinstrap must be fastened whenever you are on your bike on race day.

**RACE NUMBER:**
You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be attached to your bike frame, must be visible from both sides.

**LITTERING:**
Do not throw ANYTHING outside of official aid stations.
Littering will result in DSQ

**UNAUTHORIZED EQUIPMENT:**
Sorry, absolutely NO communication devices, MP3 players or other audio device, NO cell phones

**OUTSIDE ASSISTANCE:**
Non-racers may NOT ride or run alongside you.

**TIME PENALTIES:**
Remember that even though DRAFTING is only a violation, that incur a five minute time penalty, you must go to a penalty tent to have your number marked. If you are penalized on the run the official will mark your number on the spot.

Please treat other athletes, all volunteers and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.
FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR DISQUALIFICATION.

GENERAL BEHAVIOR

Each athlete must:

• Practice good sportsmanship at all times;

• Be responsible for his/her own safety and the safety of others;

• Know, understand, and follow all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;

• Obey traffic regulations and instructions from Race Officials;

• Treat referees, officials, volunteers, spectators, the public and other athletes with respect and courtesy;

• Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda. Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in disqualification;

• Avoid the use of abusive language;

• Inform a Race Official promptly after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events;

• Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02);

• Not dispose of trash or equipment on the course (except at aid stations or other designated trash disposal points). Intentional or careless littering will result in a time penalty or disqualification;

• Not gain or attempt to gain any unfair advantage from any external vehicle or object;

• Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in disqualification.

• Follow the prescribed course. It is the athlete’s responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing;

• Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a disqualification.
COMMON COMPETITION RULE VIOLATIONS AND PENALTIES

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties (“Summary”). In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern. Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).

<table>
<thead>
<tr>
<th>PENALTIES</th>
<th>SUMMARY OF GENERAL COMPETITION RULES</th>
</tr>
</thead>
<tbody>
<tr>
<td>DSQ</td>
<td>Public nudity or indecent exposure</td>
</tr>
<tr>
<td>DSQ</td>
<td>Littering outside of the trash/rubbish drop zones</td>
</tr>
<tr>
<td>DSQ</td>
<td>Using unsportsmanlike behavior</td>
</tr>
<tr>
<td>1:00 Minute if remedied, DSQ if not remedied promptly</td>
<td>Failure to wear a shirt or sport top during the bike or run</td>
</tr>
<tr>
<td>If it is possible to amend and return to the original situation then a 1:00 Minute Time Penalty will be assessed, If not: DSQ</td>
<td>Accepting assistance from anyone other than Race Referee, Race Officials or other Race participants in accordance with the Competition Rules</td>
</tr>
<tr>
<td>DSQ of both athletes.</td>
<td>Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race.</td>
</tr>
<tr>
<td>DSQ and potential suspension</td>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
</tr>
<tr>
<td>DSQ</td>
<td>Not stopping in the next penalty tent after being obliged to do so</td>
</tr>
<tr>
<td>DSQ</td>
<td>Use of communication devices of any type, including but not limited to cell phones, Smart watches, and two-way radios, In any distractive manner, during the Race.</td>
</tr>
<tr>
<td>DSQ</td>
<td>Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.</td>
</tr>
</tbody>
</table>

**DSQ during swimming:**

In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee

In a non-wetsuit swim, wearing swimwear that is not 100% textile material

Wearing a wetsuit that measures more than 5mm thick

Using a snorkel
PENALTIES

<table>
<thead>
<tr>
<th>Penalty</th>
<th>Rule Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00 Minute Time Penalty</td>
<td>Drafting violation</td>
</tr>
<tr>
<td>1:00 Minute Time Penalty</td>
<td>Blocking (side by side riding)</td>
</tr>
<tr>
<td>1:00 Minute Time Penalty</td>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
</tr>
<tr>
<td>5:00 Minute Time Penalty</td>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds</td>
</tr>
<tr>
<td>1:00 Minute if remedied, DSQ if not remedied promptly</td>
<td>Failure to wear a shirt or sport top during the bike portion</td>
</tr>
<tr>
<td>DSQ if not remedied promptly</td>
<td>Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition</td>
</tr>
<tr>
<td>1:00 Minute remedied, DSQ if not remedied promptly</td>
<td>During the bike segment wearing the helmet unfastened or insecurely fastened</td>
</tr>
<tr>
<td>1:00 Minute if remedied, DSQ if not remedied promptly</td>
<td>Wearing headsets or headphones during competition</td>
</tr>
<tr>
<td>1:00 Minute if remedied, DSQ if not remedied promptly</td>
<td>Not wearing a helmet during all event activities when the athlete rides the bike e.g. competition, familiarization, and training sessions</td>
</tr>
<tr>
<td>1:00 Minute if remedied, DSQ if not remedied promptly</td>
<td>Make forward progress without bike during the bike segment</td>
</tr>
</tbody>
</table>

SUMMARY OF BIKE RULES

- Drafting violation
- Blocking (side by side riding)
- Once overtaken, re-passing prior to dropping out of the draft zone
- Once overtaken, remaining in the draft zone for more than 25 seconds
- Failure to wear a shirt or sport top during the bike portion
- Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition
- During the bike segment wearing the helmet unfastened or insecurely fastened
- Wearing headsets or headphones during competition
- Not wearing a helmet during all event activities when the athlete rides the bike e.g. competition, familiarization, and training sessions
- Make forward progress without bike during the bike segment

SUMMARY OF RUN RULES

- Wearing headsets or headphones during competition
- Failure to wear a shirt or sport top during the run portion
- Crossing the finish line with a non-participating individual
QUALIFYING FOR THE
2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

The IRONMAN 70.3 Oman will offer 40 qualifying slots for the 2020 IRONMAN 70.3 World Championship.

SLOT ALLOCATION

Athletes MUST claim their slot in-person during the 2020 IRONMAN 70.3 World Championship Slot Allocation Ceremony on Friday, 21st of February at 8pm immediately following the Awards Ceremony.

ANTI-DOPING POLICY

Each Age Group athlete who accepts a qualifying slot for the IRONMAN 70.3 World Championship is subject to IRONMAN’s Anti-Doping Rules and will be required to sign the World Championship Events Anti-Doping & Qualifying Slot Waiver for Age-Group Athletes.

The waiver serves to provide additional notification of and consent to IRONMAN's Anti-Doping Program, which includes IRONMAN's efforts to combat, deter, and test for doping in accordance with IRONMAN's Anti-Doping Rules. Please refer to IRONMAN's Competition Rules for additional guidance and information.