INDEX

WELCOME MESSAGES PAGE 3
EVENT SCHEDULE PAGE 6
PRE-RACE INFO PAGE 8
RACE DAY INFO PAGE 9
POST RACE INFO PAGE 12
SWIM COURSE PAGE 13
BIKE COURSE PAGE 16
BIKE TECH & SERVICES PAGE 19
RUN COURSE PAGE 21
PHYSICALLY CHALLENGED PAGE 22
ALLIANZ MEDICAL POLICY PAGE 25
WORLD CHAMPIONSHIP 2020 PAGE 26
Athletes of the “Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet,”

Welcome to the 4th IRONMAN 70.3 to be held in Colombia! We are excited to see that our team’s hard work for years has finally paid off, by making possible that this IRONMAN race in the country becomes a reality.

Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet attracted over 40 countries. The race will take place in one of South America’s most enthralling and righteously preserved colonial destination: the iconic and exquisite city of Cartagena de Indias.

Our team has been working with one mission in mind; to cater to all athletes and provide an exceptional experience composed of dedication, passion, and professionalism. We aspire to provide a safe, competitive and fun environment, which is both supportive and encouraging.

Cartagena de Indias is the queen of the Caribbean coast, a fairy-tale city of romance, legends and superbly preserved beauty lying within an impressive 13km of centuries-old colonial stone walls. You will fall in love with Cartagena’s old town, its cobbled alleys, balconies covered in bougainvillea, and massive churches that cast their shadows across plazas. For athletes and their companions, Cartagena offers a place to think outside the tourism box. Stroll through the old town day and night, soak up the atmosphere, and pause to ward off the heat in one of the city’s many open-air cafes.

The time has come! All the training, sweat, and sacrifices culminate at the finish line, where you will achieve what for most is considered impossible.

Please don’t forget to thank the volunteers who are there to support you on race day through each rigorous mile. We encourage all athletes to volunteer at a race each year to fully appreciate their assistance.

You can also follow us on our social media and official website:
Facebook: @ironman70.3cartagena
Twitter: @im703cartagena
Instagram: @ironman70.3cartagena
Website: www.ironman.com/cartagena70.3

I would like to officially welcome you to the “Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet”

Good luck and see you at the finish line in the Walled City’s iconic Clock Tower!

Wilber Anderson
CEO, Colombia Tri Events
Dear athletes,

As a triathlete myself and being someone who has participated in various races around the world, I always dreamed on being in an event at a magical place; not only for it’s natural beauty and location, but for it’s history and enigmatic charm, that will take me to a unique and exceptional experience, where the pain and tiredness will be smoothed out by exuberant nature, and where my mind will return to this paradise on Earth.

This is why Cartagena was chosen to fulfill this dream, and this is why I want to share it with all of you.

All the Race’s courses has been methodically designed so that each and every one will live this unique experience to its maximum; I am deeply sure that you’ll return home with a memory that will last forever in your minds and hearts.

My greatest wish is that everyone enjoys this race as much and I loved making it a dream come true.

I look forward to see you at the Finish Line and share this triumph together.

“Be careful with what you wish for, It may come true”

Edwin Vargas
VICE PRESIDENT COLOMBIA TRI EVENTS
On behalf of all the staff, volunteers and residents of Cartagena de Indias, we welcome you to the home of the “Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet.

This will be our 4th year hosting this amazing event! We look forward to providing you with a great race weekend experience.

This event is now a cornerstone in the IRONMAN calendar. This shows in our athlete satisfaction scores, as voted on by you, the athlete. The #1 rated IRONMAN 70.3 in “Overall Satisfaction” for 2018 in Latin America was Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet! This is a testament to the city, the volunteers, our sponsors, and our dedicated staff.

If this is your first time racing Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet, we know you will not be disappointed. If you are returning for your second, third, or perhaps fourth attempt, I commend you on your strength and fortitude. We trust that Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet has something to offer everyone and we look forward to welcoming you all race week!

Thank you for choosing the Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet. We guarantee you’ll have a great race and event weekend experience.

Andre Lapar
Race Director, “Allianz IRONMAN 70.3 Cartagena Presented by Chevrolet.”
VIOLATIONS

DRAFTING VIOLATION
BLUE CARD
Five minutes time penalty served in a penalty tent on the bike course

LITTERING VIOLATION
BLUE CARD
Five minute time penalty served in a penalty tent on the bike course

BLOCKING VIOLATION
YELLOW CARD
Thirty second time penalty served at the next penalty tent

DISQUALIFICATION (DSQ)
RED CARD

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course).

YELLOW CARD violations (thirty-second time 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 2019 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.

HELMET CHINSTRAP
Your chinstrap must be securely 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 properly attached to your bike frame and must be visible from both sides.

LITTERING
Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.

UNAUTHORIZED EQUIPMENT
Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

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

TIME PENALTIES
Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. 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.
<table>
<thead>
<tr>
<th>Event</th>
<th>Start</th>
<th>End</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SÁBADO, NOVIEMBRE 23, 2019 / SATURDAY, NOVEMBER 23, 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Registro de Atletas / Expo</td>
<td>8 a.m.</td>
<td>9 a.m.</td>
<td>Centro Internacional de Convenencias Las Américas, Las Americas International Convention and Exhibition Center</td>
</tr>
<tr>
<td>Atletas Check-In</td>
<td>10 a.m.</td>
<td>10:30 a.m.</td>
<td></td>
</tr>
<tr>
<td><strong>DOMINGO, DICIEMBRE 1, 2019 / SUNDAY, DECEMBER 1, 2019</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Atletas Check-In</td>
<td>6:15 a.m.</td>
<td>7:30 a.m.</td>
<td>Casa del Atleta, Premios, Food, Awards, and Tent</td>
</tr>
</tbody>
</table>
PRE-RACE INFORMATION

PERSONAL COMMUNICATION PLAN
Prior to departing for Cartagena de Indias, 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 Cartagena de Indias with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

RACE DAY EMERGENCY CONTACT
IRONMAN 70.3 ATHLETE SERVICES
ATHLETESERVICE@COLOMBIAEVENTS.COM

ATHLETE CHECK-IN
Athlete Check-In hours are Thursday, November 28th from 12 noon to 6:00 PM, Friday, November 29th from 10:00 AM to 6:00 PM, and Saturday November 30 from 10:00 AM to 5:30 PM, at the Convention Center of the Americas. Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be allowed to race. ALL RACE PACKETS MUST BE PICKED UP BY 5:30 PM ON SATURDAY, November 30.

Please bring the following items with you to Athlete Check-In:
- Photo Identification

ATHLETE WRISTBAND
A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas.

You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband affixed to your wrist. Please do not remove your wristband until after the event. You must be wearing your wristband if you plan to claim a slot for the 2020 IRONMAN 70.3 World Championship.

PERSONAL SAFETY
Athletes may swim in the designated swim areas. While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are further advised to exercise caution and to be mindful of underwater hazards. This is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file; biking side by side is illegal.

As you are one of Cartagena de Indias’ invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

MANDATORY BIKE CHECK-IN
Mandatory Bike Check-In is on Saturday, November 30, from 12:00 PM to 6:30 PM at the Conventions Center transition area in front of the Convention Center. Shoes and bike helmet may be clipped or attached to the bicycle. You will have access to your bike beginning at 4:00 a.m. 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 arrive early to transition to give yourself plenty of time to set up your gear.

BODY MARKING
You will receive body marking tattoos in your Athlete Packet. Please apply these prior to arriving race morning. Age’s body marking will take place on race day in the Transition Area, from 4:00AM to 6:00 AM.
RACE DAY

IMPORTANT ADDRESSES
Athlete Check-In:
Convention Center of the Americas
Cartagena de Indias, La boquilla
Swim Start/Transition
Swim Start:Bahía de las Ánimas
Calle 24, Cartagena, Bolívar
Transition: Camellón de los Mártires
Finish Line:
Plaza de la Aduana

RACE DAY

RACE MORNING PROCEDURE
Transition opens at 4:00 AM on race morning. Remember to bring your Timing Chip and swim cap. 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. The number will not hold up for the duration of the race if it gets wet.

Age body marking will begin at 4:00 AM in the Transition Area. During the body marking process, athletes are responsible for ensuring that the body marking volunteers mark the athlete’s age as of December 31, 2019 which corresponds with the age division in which the athlete will compete on race day. You will not be permitted in the Transition Area on race day without your wristband, swim cap and Timing Chip. If you have misplaced any of these items, please see the Transition Director for a replacement. Do not apply sunscreen, oil, Vaseline® or lotion until after you have been body marked. Transition Area closes at 6:00 AM. All athletes must be out of Transition Area and headed to the swim before this time.

HYDRATION STATIONS
The general offerings are as follows:

<table>
<thead>
<tr>
<th>Bike</th>
<th>Run</th>
</tr>
</thead>
<tbody>
<tr>
<td>Power Ade</td>
<td>Power Ade</td>
</tr>
<tr>
<td>Water</td>
<td>Water</td>
</tr>
<tr>
<td>Shot energy gels</td>
<td>Shot energy gels</td>
</tr>
<tr>
<td>Fruits( Bananas, Oranges)</td>
<td>Energy bars</td>
</tr>
<tr>
<td></td>
<td>Cola</td>
</tr>
<tr>
<td></td>
<td>Fruits( Bananas, Oranges)</td>
</tr>
</tbody>
</table>

RACE TIMING & CUT-OFFS
The race will officially end 8.5 hours after the final athlete start. 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
6:25am Age Group Rolling Starts
7:29am Last Swimmer Starts ESTIMATED
8:39am Swim Cut-Off Time ESTIMATED

Bike Cut-Off
11:00am Turn around at 45km
12:05pm 42mi Toll Booth Plaza
12:59pm Bike Finish ESTIMATED

Run Cut-Off
2:30 PM Start Lap #2
3:59 PM Finish Line ESTIMATED

Please understand that based on permits for the roads on the course and the safety of athletes involved, cut-off times must be respected for all IRONMAN events.

We reserve the right to remove an athlete from the course and DNF the athlete if our course staff determines that there is no possibility of your finishing the discipline or race before the posted cut-off times based on your location, the time and average speed to that point.
**RACE DAY**
**ATHLETE CHECK LIST**

**PRE-RACE:**
- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Bike Services/Tune-up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

**RACE DAY – SWIM:**
- Timing Chip
- Swimsuit/Trisuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

**RACE DAY – BIKE:**
- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Water Bottle with Straw
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

**RACE DAY – RUN:**
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Reflective tape (if applicable)

**MISCELLANEOUS:**
- Anti-blisters cream
- Antibacterial
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Chapstick®
- Post-Race Clothing
- Extra Swimsuit and Cap for practice swim (if applicable)
- Extra Tri Kit for practice
- Have a Great Race!
POST-RACE INFORMATION

POST-RACE MASSAGE THERAPY
Post-race massage therapy will be available on Sunday in a Massage Tent, located near the Athlete Food Tent.

ATHLETE FOOD TENT
Athlete post-race food area is for participants only and your athlete wristband provides you with access. There will be a no re-entry policy once you’ve exited.

AWARDS CEREMONY
The Awards Ceremony is scheduled for 6:00 PM at Sunday (pending final finisher) at “Plaza de la Aduana”. Don’t miss out on claiming your award! Unclaimed awards will be held at our offices in Bogotá and shipped to the athletes. Shipping fees will apply.

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:
- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- 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.

LOST & FOUND
Lost and Found will be at the Information Booth in Expo during race week and on race day. Please check the Event Schedule for hours. After the conclusion of the event, please contact athleteservice@colombiatrievents.com to locate any missing items and schedule returns. Shipping fees will apply.

MEDICAL AREA
The medical area is for athletes only and 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.

COMPETITOR RESPONSIBILITIES
• When you pick up your race packet and Timing Chip at Athlete 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 timing.

• 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 $35 (USD) for its replacement.

• If you lose your Timing Chip during the event, you are responsible for obtaining 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 Timing 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.
Participants will swim 1.2 miles (1.9 km), in the protected waters of the Bahía de las Ánimas. Spectators will have a great view of the entire Swim Course from the Convention Center and many of the surrounding boardwalks and marinas. Water temperatures are expected to be around 80º Fahrenheit (28º Celsius). The transition between the swim and bike will take place in the Camellón de los Martires Square in front of Cartagena’s iconic Clock Tower (Torre del Reloj).

**SWIM COURSE RULES & INSTRUCTIONS**

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
- When the use of wetsuits are 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 are 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.
- Swim goggles and facemasks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.
- No individual paddlers or escorts are allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- 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.
- The swim course will close 1 hour and 10 minutes after the final wave start. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile (1.9 km) swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF (Did Not Finished). IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

**Swimwear Policy**

(Non-wetsuit legal swims only)

Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material (no rubberized material such as polyurethane or neoprene) and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).

**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. Sunscreen is available in transition.

**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.
An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here’s a top-10 checklist to help get you ready.

1. PREPARE FOR RACE CONDITIONS
   - Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS
   - Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
   - For extra guidance, talk to a coach or your local triathlon club.

3. LEARN ABOUT COURSE DETAILS
   - It’s important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
   - Keep in mind, every body of water is different, so you’ll need to educate yourself on water current and surf conditions.
   - Study the event timetable to plan for proper arrival and preparation.

4. ENSURE HEART HEALTH
   - As an athlete in training, you should take the proper steps to assess your health with your physician.

5. PAY ATTENTION TO WARNING SIGNS
   - If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. DON’T USE NEW GEAR ON RACE DAY
   - Focus on controlling as much as you can on race day.
   - You should never race in equipment you haven’t trained in this is not the time to test new gear.
   - Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
   - Prepare for the unexpected with backups of all your gear.

7. WARM UP ON RACE DAY
   - Arrive early enough on race day for a proper warm-up prior to the start, preferably in the water.
   - If you aren’t able to warm up in the water, spend between 5 and 10 minutes getting loose.
   - Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8. CHECK OUT THE COURSE
   - Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
   - Identify basic navigation points so that you know what you are swimming towards.

9. START EASY – RELAX AND BREATHE
   - Don’t race at maximum effort from the start.
   - Relax and focus on proper breathing technique as you settle into a sustainable pace.

10. BE ALERT AND ASK FOR HELP
    - In a race setting always stop at the first sign of a medical problem.
    - If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
    - Race rules allow for competitors to stop or rest at any time during the swim.
    - Feel free to hold on to a static object like a raft, buoy, or dock.
    - You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don’t use it to move forward, you won’t face disqualification.
BIKE COURSE

SUMMARY

Athletes will endure a 56 mile (90 km) bike ride. The bike course will go from the Convention Center and the Torre del Reloj to the “Via al Mar”, which is the highway that connects Cartagena with the city of Barranquilla. Along the course, the athletes will enjoy views of many beaches and mangroves. This flat and fast out and back course will see high average speeds.
BIKE COURSE
RULES AND INSTRUCTIONS

1. POSITION RULES
   • Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
   • Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
   • 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 (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
   • 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 an official.
   • Do not attempt to discuss the penalty with the official.

THE OFFICIAL WILL:
   i. Notify you that you have received either a BLUE CARD for drafting or littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
   ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

THE EXACT LOCATION OF THE PT WILL BE STATED AT THE PRE-RACE MEETING.

THE ATHLETE WILL:
   i. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
   ii. Have race numbers marked by the PT Official with a “/”.
   iii. Register, via the sign-in sheet.
   iv. Resume the race immediately, upon having your numbers marked with a “/” and registering, for all non-drafting violations (YELLOW CARD).
   v. Remain in the PT for the time indicated in the table below, for each drafting and 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 PT.

Race Distance: IRONMAN 70.3

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack.
2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designer with actual authority. Failure to do so may result in disqualification.
5. All athletes shall end and demonstrate their readiness to start by raising their respective hand, fingers, or arm into a vertical position. Failure to do so may result in disqualification.
6. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.
7. Helmets, shoes, and other cycling gear may be placed on the bike or in a transition bag. Shoes and shirt must be worn at all times.
8. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. Permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.
9. Athletes must wear a bike helmet number on the front of their helmet.
10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chin strap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.
11. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.
12. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a blue card (5 minute time penalty).
13. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes must be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.
14. Athletes may walk, bike, or run as necessary, but may not make progress on the bike course unaccompanied by their bicycle.
15. Bike inspection is mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However race officials may at their own discretion make final judgment as to the soundness of the bike.
16. Communication devices of any type, such as cell phones and two-way radios are strictly prohibited during competition. Use of such devices will result in disqualification.

17. HEADSET OR HEADPHONES ARE NOT ALLOWED DURING ANY PORTION OF THE EVENT.

18. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.
BIKE COURSE
RULES & INSTRUCTIONS

19. MEDICAL SUPPORT
If you need minor medical assistance, a SAG 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 SAG vehicle will take you to the next aid station.

There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. Cyclists still on the course at 5 hours and 30 minutes after the final wave start will be disqualified and will not be permitted to continue in the event.

It is your responsibility to slow for safe nutrient pick-up at all bike aid stations.

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. A five minute time penalty will be assessed for discarding litter outside the designated drop zone.

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.

LOCAL TRAFFIC LAWS
Please remember that members of the local community use the bike course roads.

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you’re out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

Please think before you act. When training, please follow these suggestions:

Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training session activities when you are riding your bike. This includes competition, course familiarization and training sessions.

Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.).

Please do not use private property as a toilet.

Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.

TECH TIPS AND OTHER DETAILS

Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may, at their discretion, make final judgment as to the soundness of the bikes.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning so we recommend you bring your own. You must give your pump to a family member or friend before the race start, since pumps will not be accepted with your Morning Clothes Bags.

For security and safety reasons, bikes will NOT BE ALLOWED out of transition once Bike Check-In closes at 6:00 p.m. on Saturday. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.
RUN COURSE

SUMMARY

The 2 loop run course will take athletes on a 13.1 mile (21km) journey through the Old City of Cartagena. Participants will make their way through the west part of the city with breathtaking views of the Caribbean Sea which borders the historic walled city. Upon entering the Walled City athletes will step back in time to the colonial years and pass through the colorful and historical architecture that make Cartagena a UNESCO World Heritage Site. Athletes will finish their IRONMAN 70.3 journey in Plaza de la Aduana.

RUN COURSE RULES & INSTRUCTIONS

1. Athletes may run, walk, or crawl.

2. Athletes must wear their IRONMAN 70.3 issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

3. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

4. Athletes are expected to follow the directions and instructions of all race officials and public authorities.

5. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

6. Athletes racing without a shirt or racing top will be disqualified.

7. The run course will officially close 8 hours and 30 minutes after the final swim wave.
RULES
APPLYING TO ALL SEGMENTS OF THE RACE

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 competitor 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).

EVENT SANCTION AND RULES

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN 70.3 STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.

It is the athlete’s responsibility to know all aspects of the swim, bike and run.

1. Any athlete holding current elite/professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/pro status of an athlete’s National Triathlon Federation) is prohibited from racing as an AGE GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/pro wave, within the same calendar year. Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGE GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

2. Athletes are expected to follow directions and instructions of all course marshals and public authorities.

3. Race officials shall have authority to disqualify any athlete.

4. Medical personnel shall have ULTIMATE and FINAL authority to remove a 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.

5. Fraud, 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.

6. As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN’s Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency’s anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

Please refer to IRONMAN’s Competition Rules for additional guidance and information.

7. If an athlete decides to withdraw from the race at any time, 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.

8. IRONMAN 70.3 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.

9. Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Booth.

11. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.

12. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.

13. IRONMAN does not allow the transfer of an athlete’s registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.

14. 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. The penalty for this will be disqualification of both athletes.
PHYSICALLY CHALLENGED OPEN DIVISION RULES

PHYSICALLY CHALLENGED OPEN DIVISION:

Participation in the PC Open Division is available to athletes with a medically verified physical, visual, or neurological impairment that substantially limits one or more major life activities. Athletes with miscellaneous conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and or cognitive impairment are not eligible for the PC Open Division. Questions from athletes and event organizers should be directed to athleteservice@colombiatrievents.com.

SWIM

IRONMAN 70.3 reserves the right to seed athletes at the swim start (i.e., early start, late start, designated wave, etc.).

Athletes may use a wetsuit during competition. Each athlete must obtain approval from IRONMAN 70.3 prior to the race for all swimwear and accessories to be used during the swim.

Any change thereafter will be grounds for disqualification. The use of any flotation devices is prohibited unless otherwise approved by IRONMAN 70.3.

BIKE

Handcycles are permitted on the swim course.

Cycling conduct and specifications are consistent with IRONMAN Competition Rules. Equipment must conform to all general rules for bicycles as it pertains to the IRONMAN Competition Rules, including no add-on device(s) that may reduce wind resistance or enhance aerodynamics of the bicycle, regardless of any secondary benefit.

A CPSC-approved helmet is required during the entire bike segment including in and out of the transition area. Any athlete riding without an approved helmet or chinstrap fastened will be disqualified.

RUN

Running conduct and specifications are consistent with IRONMAN Competition Rules.

Athletes are required to comply with the same equipment safety inspection for the run portion of the event as is required for the bicycle portion. Standard racing chairs shall be used.

A CPSC-approved helmet is required during the entire wheelchair (run) segment including in and out of the transition area. Any athlete riding without his or her chinstrap fastened will be disqualified.

For a complete set of rules for the Physically Challenged Open Division, please make sure to review the 2019 IRONMAN Competition Rules.
QUALIFYING
2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

Fourty (40) Age Group qualifying slots for the 2020 IRONMAN 70.3 World Championship will be awarded to the top Age-Group finishers. Taking place in Taupo, New Zealand on November 28 and 29, 2020, will be a two-day event with women in the Professionals and Age Groups categories competing on Saturday, men in the Professionals and Age Groups categories competing on Sunday.

Athletes who qualify for the 2020 IRONMAN 70.3 World Championship will receive an official IRONMAN 70.3 World Championship Coin. This memento will serve to mark and signify qualifying IRONMAN athlete's accomplishments. We applaud these individuals on their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN 70.3 series!

SLOT ALLOCATION/ROLLDOWN POLICY
Slot Allocation and Rolldown will be completed together in the same ceremony for all IRONMAN 70.3 events. Athletes MUST claim their slot in-person during the 2020 IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony Sunday, December 1, immediately following the Awards Ceremony at 6 p.m. Be prepared to pay the entry fee with CREDIT CARD ONLY; no check or cash. Prior to race day, at least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters in each Age Group.

Please Note: We advise that athletes call their bank/credit card company prior to Slot Allocation/Rolldown to arrange for the charge.

If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race.

Please check the schedule of events for time and location of the ceremony. Anyone who wishes to claim a Rolldown slot must attend the IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony and claim their slot in person. If an automatic qualifier in an Age Group chooses not to take the slot, does not attend the 2020 IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony, or has already qualified, the next eligible finisher in that Age Group may claim the slot that has rolled down.

If there are no more eligible finishers in a particular Age Group or no other finishers in attendance at the 2020 IRONMAN 70.3 World Championship Slot Allocation and Rolldown Ceremony in that Age Group, that unclaimed slot will be reallocated to another Age Group within the gender based on the athletes-to-slots ratio. The Age Group within the gender with the largest athletes-to-slots ratio will receive the first reallocated slot, followed by the next largest ratio receiving the second reallocated slot (if applicable), and so on.

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.

WITHDRAWAL POLICY
Withdrawal requests must be received in writing via e-mail to worldchampionship70.3@ironman.com. Transfers or deferrals are NOT permitted.
The IRONMAN All World Athlete program is our way of rewarding age-group athletes’ hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 racing.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished within the top 10 percent or better in their age group each calendar year. This system allows athletes to generate points based on their finish time behind the first official finisher in their age group. Athletes accumulate points for each race they complete. On December 31st, only the top three performances will count toward an athlete’s All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN. If the race is deemed a non-wetsuit legal race, all athletes who choose to race in the wetsuit wave will receive base participation points in accordance with the All World Athlete age group ranking system. On December 31st, only the top three performances will count toward an athlete’s All World Athlete status. This makes it easy for athletes to improve their ranking by simply racing more with IRONMAN.

An athlete can achieve All World Athlete status in one or all of the following categories: IRONMAN, IRONMAN 70.3 and OVERALL (IRONMAN and IRONMAN 70.3 combined).

There are three levels associated with the All World Athlete program:
GOLD (top one percent)
SILVER (top five percent)
BRONZE (top ten percent)

For questions regarding the All World Athlete Program, please contact: agr@ironman.com

BENEFITS FOR THIS RACE:
* Priority Access to Athlete registration
* All World Athlete Swim caps