It is an honour to welcome all athletes to the island of swallows, to the twelfth edition of IRONMAN Cozumel.

We have worked very hard in a collaborative effort to bring about a series of actions, taking into account the protocols established by the Federal Government and the adaptations put into place by the Executive Powers of the State of Quintana Roo and above all addressing the adequate health and sanitary measures, the care for the citizens’ and visitors’ health on this new normal.

This island, which belongs to the Mayan heritage, besides being one of the main scuba diving destinations, has become the proud host of important sporting events. Acclaimed athletes in both amateur and professional sports have visited Cozumel either to participate in competitions or to relax and enjoy its beaches, its weather and family friendly atmosphere.

We are very proud to be your hosts and to share the thrill of this race which imbues everyone in this beautiful Mayan island.

Welcome to Cozumel, we hope you enjoy your stay in the Mexican Caribbean.

C.P. Carlos Joaquín González
Governor of the State of Quintana Roo

It is a great honour to welcome all triathletes participating in the twelfth edition of IRONMAN Cozumel.

Welcome to Cozumel. Welcome to the Mexican Caribbean. Mayan land filled with history, ocean of turquoise tones, exotic nature, harmony and tranquility. An ideal venue for all men and women of iron to achieve this amazing sporting challenge.

Dreams may come true in this awesome island in the Mexican Caribbean. The State of Quintana Roo wishes you the best competition ever and rewards your effort offering you one of the most beautiful landscapes in the world.

Welcome!

Lic. Marisol Vanegas Pérez
Minister of Tourism of the State of Quintana Roo

We are very happy that Cozumel will once again welcome the athletes who will be participating in the IRONMAN events. Cozumel is recognized as the Island of Sports, which welcomes all participants and their companions, and we hope that the conditions of the competition in the Island will help everyone to improve their times.

Darío Flota Ocampo
CEO of the Quintana Roo Tourism Board.

With pride we welcome the athletes that will visit Cozumel to participate in the sporting event that became a worldwide phenomenon known as IRONMAN.

This is a great opportunity for those who visit this wonderful island, to get to know the wonders that Mexico has to offer, with the ideal weather to enjoy your stay to the fullest.

A lot of attractions like the mangroves that were recognized as RAMSAR site or the Reef National Park that boosts the regional economy, recreation and conservation activities.

Fonatur invites you to get to know the most important cruise destination in the Mexican Caribbean and accompanies you in this pleasant experience.

Rogelio Jiménez Pons
Fonatur General Director

The people of Cozumel are proud to greet all triathletes participating in the twelfth anniversary of IRONMAN Cozumel.

Cozumel Island received the distinction awarded by World Travel and Tourism Council, whereby it guarantees visitors compliance to the high standard of health, safety, and hygiene in the tourist sector.

Cozumel is considered a benchmark in the history of tourism in Mexico. Our natural wonders attract millions of visitors every year thus positioning us as the perfect venue for national as well as international world class level sporting events, urging us to double our efforts to earn the title of The island of sports.

I welcome you to enjoy yet another edition of this fantastic event with all the new hygiene and safety measures in place and surrounded by the warmth of our people.

Welcome!

Pedro Joaquín Debouls
Mayor of Cozumel 2018 - 2021
IRONMAN Cozumel will operate under the “three strikes and you’re out” principle. Even though DRAFTING is the only violation to incur a time penalty (to be served in the nearest penalty box at various spots on the bike course), every bike course violation requires a stop in the penalty tent. Drafting penalties require a 5-minute stop; all other violations require 1 minute penalty.

ONLY BLUE card violations will count toward your three strikes— three blue card violations result in a Disqualification (DQ).

To maximize your understanding of the rules on race day, please take the time to read the following summary of Position Violations.

- Always ride on the right side of your lane to avoid an illegal position or blocking call.
- Age Group and Elite athletes must keep six bike lengths (12 meters) between your bike’s front wheel and the front wheel of the cyclist in front of you to avoid a DRAFTING call.
- Always pass on the left-hand side of the cyclist in front of you, never on the right-hand side, to avoid an illegal passing call.
- Age Group and Elite athletes must complete your pass within 25 seconds to avoid a blocking call.
- If you are passed, drop back six bike lengths before attempting to re-pass, to avoid an overtaken or DRAFTING call.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. In the case of Position Violations, the referee’s ruling is final and is not open to protests or appeals.

The following are several other common rule violations:

- **HELMET CHINSTRAP**
  - the chinstrap of your helmet must be securely fastened whenever you are on your bike and/or running or walking with your bike during the race in the transition area. You must put your helmet on and fasten the chinstrap before grabbing and/or leaving your bike on the rack.

- **RACE NUMBER**
  - you must wear your race number during run portion of the race. Your bike number must be properly attached to your bike in a visible place.

- **LITTERING**
  - (stop and go at the next penalty box) — do not throw away ANYTHING outside the official aid stations!

- **UNAUTHORIZED EQUIPMENT**
  - sorry, absolutely no compression socks (during the swim), no wetsuit, cell phones, MP3 players, Oakley Thumps, iPods or other kind of devices that cause distraction to athletes during the race!

- **OUTSIDE ASSISTANCE**
  - do NOT accept any assistance from anyone other than a race official, and do NOT have non-racers ride or run alongside you!

You must go to a penalty box for any violation to have your number marked. Remember that only drafting violations count for the ‘three strikes’. There will be no penalty boxes on the run. If you are penalized on the run, the official will mark your number on the spot.

Please remember to treat other athletes, volunteers and race officials with courtesy and consideration. Failure to do so is considered UNSPORTSMANLIKE CONDUCT and may result in disqualification.

I sincerely hope you have a perfect race, lots of fun and that you achieve your goals.

Felix Molina
Head Referee, IRONMAN Cozumel 2020
IRONMAN COZUMEL EVENT SCHEDULE

REQUIRED USE OF FACE COVERINGS AT ALL TIMES

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:45 a.m.</td>
<td>12:00 p.m.</td>
<td>Packet Pick Up &amp; Expo Area Sanitation</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>3:00 p.m.</td>
<td>Athlete Check-in (Packet Pickup) (ATHLETE SELECTION, GROUP 1) Limited Capacity</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>7:00 a.m.</td>
<td>11:00 a.m.</td>
<td>Free Bike Tech Support</td>
<td>Host Hotels (For hotel guests only)</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Official Store — IRONMAN Cozumel</td>
<td>Quintana Roo Park (Finish Line) Boy &amp; Collectors</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>9:20 p.m.</td>
<td>Information Booth</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>6:20 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>9:30 p.m.</td>
<td>Sanitation break Packet Pick Up &amp; Expo Area</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>3:20 p.m.</td>
<td>6:20 p.m.</td>
<td>Athlete Check-in (Packet Pickup) (ATHLETE SELECTION, GROUP 3) Limited Capacity</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>6:20 p.m.</td>
<td>Expo — IRONMAN Cozumel</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Host Hotels (For hotel guests only)</td>
</tr>
</tbody>
</table>

Friday, November 20th, 2020:

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m.</td>
<td>12:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Host Hotels (For hotel guests only)</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>9:00 a.m.</td>
<td>Packet Pick Up &amp; Expo Area Sanitation</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>1:00 p.m.</td>
<td>Athlete Check-in (Packet Pickup) (ATHLETE SELECTION, GROUP 2) Limited Capacity</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>7:00 p.m.</td>
<td>Official Store — IRONMAN Cozumel</td>
<td>Quintana Roo Park (Finish Line) Boy &amp; Collectors</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>5:30 p.m.</td>
<td>Information Booth</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>5:30 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td>5:30 p.m.</td>
<td>Expo — IRONMAN Cozumel</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>1:15 p.m.</td>
<td>Sanitation break Packet Pick Up &amp; Expo Area</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>1:15 p.m.</td>
<td>5:30 p.m.</td>
<td>Athlete Check-in (Packet Pickup) (ATHLETE SELECTION, GROUP 4) Limited Capacity</td>
<td>Quintana Roo Park (Finish Line)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>7:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Host Hotels (For hotel guests only)</td>
</tr>
</tbody>
</table>

Saturday, November 21st, 2020:

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 a.m.</td>
<td>8:30 a.m.</td>
<td>Red Bag Check In Area 1 (T2)</td>
<td>Mega Super Center Parking Lot entrance in front of Barracuda Hotel</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td>12:00 p.m.</td>
<td>Red Bag Check In Area 2 (T2) (GROUP 1 &amp; GROUP 2)</td>
<td>Mega Super Center Parking Lot entrance in front of Barracuda Hotel</td>
</tr>
<tr>
<td>8:40 a.m.</td>
<td>9:00 a.m.</td>
<td>Bike &amp; Blue Bag Check-In Sanitation Area (T1)</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking Lot</td>
</tr>
<tr>
<td>9:15 a.m.</td>
<td>9:25 a.m.</td>
<td>Free Transportation</td>
<td>From transitions area (Chankanaab) (T1) to bike &amp; blue bags check in (Buses Capacity up to 50%, Required use of face coverings at all times / Temperature Check).</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>7:30 p.m.</td>
<td>MANDATORY Bike Check-In &amp; Blue Bag Check-In (T1) (GROUP 1 &amp; GROUP 2)</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking Lot. The last bus leaves each hotel at 4:15 p.m. (Buses Capacity up to 50%, Required use of face coverings at all times / Temperature Check).</td>
</tr>
<tr>
<td>9:45 a.m.</td>
<td>4:00 PM</td>
<td>Official Store — IRONMAN Cozumel</td>
<td>Quintana Roo Park (Finish Line) Boy &amp; Collectors</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>6:00 p.m.</td>
<td>Free Bike Tech Support</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking Lot</td>
</tr>
<tr>
<td>12:15 a.m.</td>
<td>12:30 p.m.</td>
<td>Extremely Limited Free Bag Check In Area (T1)</td>
<td>Mega Super Center Parking Lot entrance in front of Barracuda Hotel</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>4:00 p.m.</td>
<td>Red Bag Check In Area 2 (T2) (GROUP 3 &amp; GROUP 4)</td>
<td>Mega Super Center Parking Lot entrance in front of Barracuda Hotel</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>1:00 p.m.</td>
<td>Sanitation break Bike &amp; Blue Bag Check In Areas (T1)</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking Lot</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>4:30 p.m.</td>
<td>MANDATORY Bike Check-In &amp; Blue Bag Check-In (T1) (GROUP 3 &amp; GROUP 4)</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking Lot. The last bus leaves each hotel at 4:15 p.m. (Buses Capacity up to 50%, Required use of face coverings at all times / Temperature Check).</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>6:00 p.m.</td>
<td>MANDATORY Bike Check-In &amp; Blue Bag Check-In (T1) (Late Check-In For Athletes who missed their time slot)</td>
<td>Mega Super Center Parking Lot entrance in front of Barracuda Hotel</td>
</tr>
<tr>
<td>4:30 p.m.</td>
<td>6:00 p.m.</td>
<td>MANDATORY Bike Check-In &amp; Blue Bag Check-In (T1) (Late Check-In for Athletes who missed their time slot)</td>
<td>Transition Area 1 (T1), Chankanaab Park Parking Lot</td>
</tr>
</tbody>
</table>

Sunday, November 22nd, 2020:

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>9:20 a.m.</td>
<td>Transition Zone 1 (T1) Area Sanitation</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking Lot</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>10:50 a.m.</td>
<td>Red Bag Check In Area 1 (T1—Chankanaab)</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking Lot (FOR ATHLETES ONLY, CLOSED FOR SPECTATORS)</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>10:50 a.m.</td>
<td>Free Transportation to T1—Chankanaab</td>
<td>From host hotels to transition area 1 (T1—Chankanaab) (Buses Capacity up to 50%, Required use of face coverings at all times / Temperature Check).</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>11:15 a.m.</td>
<td>Free Transportation</td>
<td>From transition area (Chankanaab) (Free Highway) to the Race Start at Marina Fonatur (Buses Capacity up to 50%, Required use of face coverings at all times)</td>
</tr>
<tr>
<td>11:45 a.m.</td>
<td>12:00 a.m.</td>
<td>Transition Area opens (T1)</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking Lot (ATHLETES ONLY, CLOSED FOR SPECTATORS)</td>
</tr>
<tr>
<td>12:15 a.m.</td>
<td>1:00 p.m.</td>
<td>Transition Area closes (T1)</td>
<td>Transition Zone 1 (T1), Chankanaab Park Parking Lot (ATHLETES ONLY, CLOSED FOR SPECTATORS)</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>1:05 a.m.</td>
<td>LAST Shuttle to start line (Marina Fonatur)</td>
<td>From transition area (Chankanaab) (Free Highway) to the Race Start at Marina Fonatur (Buses Capacity up to 50%, Required use of face coverings at all times)</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>7:30 p.m.</td>
<td>White bag delivery (Morning Clothes)</td>
<td>Marina Fonatur (ATHLETES ONLY, CLOSED FOR SPECTATORS)</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>7:30 p.m.</td>
<td>White bag delivery (Morning Clothes)</td>
<td>Marina Fonatur (ATHLETES ONLY, CLOSED FOR SPECTATORS)</td>
</tr>
<tr>
<td>7:15 a.m.</td>
<td>7:30 a.m.</td>
<td>Age Groups Rolling Start</td>
<td>Marina Fonatur (ATHLETES ONLY, CLOSED FOR SPECTATORS)</td>
</tr>
<tr>
<td>10:25 a.m.</td>
<td>10:50 a.m.</td>
<td>Approx. Swim Cut Off</td>
<td>Chankanaab Park</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>10:20 a.m.</td>
<td>Official Store — IRONMAN Cozumel</td>
<td>Quintana Roo Park (Finish Line) Boy &amp; Collectors</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>1:00 p.m.</td>
<td>Transition Zone (T2) Area Sanitation</td>
<td>Transition 2 (T2), Mega Super Center Parking Lot</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>1:35 p.m.</td>
<td>Transition Zone 2 opens (T2—for equipment removal)</td>
<td>Transition 2 (T2), Mega Super Center Parking Lot</td>
</tr>
<tr>
<td>1:35 p.m.</td>
<td>4:00 p.m.</td>
<td>Approx. Bike Cut Off</td>
<td>Transition 2 (T2), 1K x 2 @ 16K (20 miles) / 3:40 pm, will not be able to start then 3rd lap of the bike course, due to the official cut off time.</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>5:15 p.m.</td>
<td>Awards Pick Up — IRONMAN Cozumel</td>
<td>Awards Tent, Outdoor Theater (Adjacent to the Finish line)</td>
</tr>
</tbody>
</table>

Monday, November 23rd, 2020:

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:05 a.m.</td>
<td>Approx.</td>
<td>Run Cut Off (Official Race Cut Off Time)</td>
<td>Downtown Cozumel Presidential Page. Finish Line will remain open seventeen hours after the last age group athlete finishes the swim (Rolling Start) (1:05 am approx) . However, athletes that take more than seventeen hours to complete the full race course will appear on OFF. This applies regardless of whether they cross the finish line before 1:05 a.m. approx.</td>
</tr>
<tr>
<td>1:25 a.m.</td>
<td>Last chance to pick up bike and race bags at Transition 2 (T2) (No Special Needs Bags)</td>
<td>Transition 2 (T2), Mega Super Center Parking Lot</td>
<td></td>
</tr>
<tr>
<td>7:00 a.m.</td>
<td>12:00 p.m.</td>
<td>Limited Capacity Official Store – Transi 1 and Transi 2 Areas</td>
<td>Quintana Roo Park (Finish Line) Boy &amp; Collectors</td>
</tr>
</tbody>
</table>

Official Event Schedule may change, please consult updates at mandatory pre-race meetings. Don’t forget that the swim stage takes place in the sea and that weather conditions may change, therefore starting times may vary, your finishing cut off time is 17 hours after the last age group athlete starts the swim (Rolling Start). (When you complete the race, you must pick up your bike and gear bags at the transition 2 area no later than 01:25 a.m. approx on Monday, November 23rd).
Safe Return to Racing guidelines you may see at upcoming events

**Screenings**
Health screenings of all athletes, staff and volunteers are conducted upon arrival at packet pick up and other key points of contact.

**Physical Distancing**
Markers placed throughout event venues with fewer points of contact and one-way flow access.

**Packet Pick Up**
Some events may require specific packet pick up times and/or schedules for bike and gear bag check in.

**Communication**
We’re migrating to digital formats for Athlete Briefings and marketing from our sponsors and expo partners.

**Swim Start**
A safer swim start experience with greater spacing between athletes.

**Transition Area & Special Needs**
Improved design and greater spacing in these areas with additional space between bikes and self-service mode for athletes.

**Aid Stations**
Grab & go stations without volunteer interaction plus Special Needs areas with greater spacing and self-service mode for athletes.

**Staff & Volunteers**
an overall workforce reduction with event personnel utilizing personal protection equipment and implementing special sanitation measures.

**Finish Line**
Optimization of space for athletes, their companions, volunteers and staff plus more space to safely celebrate at the finish line.
PREVENTION PROTOCOLS

SAFE COMMERCIAL ESTABLISHMENT

It is mandatory that inhabitants and visitors wear face mask in public spaces, public roads and shops.

Businesses and shops with capacity to serve more than 20 people, must implement sanitary filters with temperature check, antibacterial gel, and also verify all clients wear mouth masks.

It is mandatory to promote safe distance measures within the business.

Businesses, shops, technical services and professionals with commercial activity, must have antibacterial gel and if possible, areas for washing hands.
PRE-RACE INFORMATION

PERSONAL COMMUNICATION PLAN
Prior to departing to Cozumel be sure to establish a communications plan with family and friends back home. Establish a race day emergency contact with those who may need to reach you in case of emergency. Even if you are in Cozumel with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

ATHLETE CHECK-IN:
Athlete check-in will take place at QUINTANA ROO PARK (Adjacent to the Finish Line)

Athletes can select four different time slots for athlete check-in, there will be two time slots on Thursday and two time slots on Friday, with cleaning measures between groups. Once Athletes select their registration time, that will also determine pre-set time for gear and bike check in on Saturday as well.

Athletes will receive more detailed info for this athlete selection process.

AWAs will have priority to select any of the 4 groups.

Thursday Athlete Check-in:
12:00 p.m. to 3:00 p.m. (Group 1) – (Limited Capacity)
3:30 p.m. to 3:50 p.m. – Sanitizing area
3:50 p.m. to 6:20 p.m. (Group 2) – (Limited Capacity)

Friday Athlete Check-in:
9:00 a.m. to 1:00 p.m. (Group 3) – (Limited Capacity)
1:00 p.m. to 1:15 p.m. – Sanitizing area
1:30 p.m. to 5:30 p.m. (Group 4) – (Limited Capacity)

There will be a temperature check for all athletes before entering the athlete check-in area. Anyone with a body temperature exceeding 100.3 F/37.9 C will not be allowed to enter.

Face coverings are required at all times when in contact with the public, such as registration, gear bag and bike drop-off areas, transition areas, etc.

ATHLETES ONLY.

PROCESS TO COLLECT YOUR PACKAGE OF COMPETITOR
To complete the check-in process, athletes will need the following:

1. Government issued photo identification
2. IRONMAN 70.3 Cozumel registration confirmation
3. Signed waiver. Available at the packet pick up/registration site.
4. Pick up your athlete packet which includes:

*Race number
*Bike number
*Sticker number sheet for helmet and bags,
*Swim cap
*Athlete wrist band,
*Timing chip, (Remember, You must pick up your timing chip after you get your competitor package, and in a different line).
*Official back pack.
*Bags (5) (white, blue, red, orange and black).
*Bike check out tickets (2) for non athletes.

Important notice: REGISTRATION FOR THIS EVENT IS PERSONAL, NON-TRANSFERABLE, NON-REFUNDABLE AND IT IS VALID FOR THIS EDITION ONLY (2020). IT IS STRICTLY FORBIDDEN TO HAND YOUR NUMBER TO ANOTHER PERSON OR TO PARTICIPATE WITH SOMEONE ELSE’S NUMBER; TO DO SO MAY LEAD TO A SANCTION OF UP TO 12 MONTHS.

EACH PARTICIPANT MUST PICK UP THEIR RACE KIT IN PERSON AND MUST SHOW A VALID PICTURE ID (i.e., passport, driver’s license or visa).

All participants must be members of the Mexican Triathlon Federation, and those who are not annual members must purchase one-day memberships in order to officially register for the event.

All race packets must be picked up by 5:30 P.M. on Friday, November 20th.

ATHLETE WRISTBAND
At athlete check-in you’ll affix a wristband to your wrist which identifies you as an official participant and must be worn during the entire week. The wristband allows you access to the transition areas, buses, recovery area and gets you discounts on the Island.

You will not be allowed to remove your bicycle and/or gear from the transition area following the race without your wristband still affixed to your wrist. Please do not remove your wristband until the end of the event.

PERSONAL SAFETY

REQUIRED USE OF FACE COVERING AT ALL TIMES
Always train with at least one other person. While swimming, please wear a bright color swim cap and ensure that your family members and/or friends know where you are.

Please be friendly and courteous with the people with whom you are sharing the road. If you ride in a group, please do so single-file, as riding in a peloton is not permitted.

You are a guest of Cozumel, please respect all traffic laws during your training, and know that any traffic infractions will also incur a penalty by race officials. You may not ride your bike with a bare torso. Please take photo identification with you at all times. Your cooperation is greatly appreciated.
PRE-RACE INFORMATION

BIKE CHECK-OUT TICKET

If you are unable to personally claim your bike and gear, a family member or friend must provide a copy of their photo ID along with the signed ticket to claim their athlete’s gear.

As a precaution, give the ticket to a family member or friend prior to the race, even if you plan to claim your bike and gear yourself. You’ll receive two bike check-out tickets in your packet.

Anyone using the ticket to claim gear will have to go through health screening.

Bike pick up time at T2 3:50p.m on Sunday Nov 22nd until 01:25a.m. Monday Nov 23rd

BIKE (BLUE)/RUN (RED) GEAR, WHITE & SPECIAL NEEDS BAGS:

During athlete check-in you will receive 5 empty bags:

Red: Run gear bag (mandatory personal check in: Saturday November 21st, in the T2 rack located in Mega Super Center Parking lot (Transition 2) depending your group.
8:30 a.m. to 12:00 p.m. (Group 1 and Group 2)
12:00 p.m. to 12:30 p.m. – Sanitizing area
12:30 p.m. to 4:00 p.m. (Group 3 and Group 4)
4:00 p.m. to 5:30 p.m. – late check-in for athletes who missed their time slot

AWAs will have priority to select any of the 4 groups.

There will not be official transportation for red bag drop-off—each participant is responsible for his or her own transport to the Mega Super Center.

Please remember that you cannot take your Red Bag to T2 on race morning—this must be done on Saturday at T2!

Blue: Bike gear bag, (mandatory personal check in: Saturday November 21st, in the T1 rack located in Chankanaab Park, (Transition 1) next to Your bike, depending your group.
9:00 a.m. to 12:30 p.m. (Group 1 and Group 2)
12:45 p.m. to 1:00 p.m. – Sanitizing area
1:00 p.m. to 4:30 p.m. (Group 3 and Group 4)
4:30 p.m. to 6:00 p.m. – late check-in for athletes who missed their time slot

AWAs will have priority to select any of the 4 groups.

There will be free transportation from host hotels to Transition 1 (T1)—round trip. The last bus leaves each host hotel at 4:15 p.m. (Buses Capacity up to 50%, Required use of face coverings at all times / Temperature Check).

Orange: Bike special needs bag (check-in: Sunday, November 22nd, transition buses next to Transition 1 at Chankanaab Park) from 5:35 to 7:10 a.m. prior to the start.

Black: Run special needs bag (check-in: Sunday, November 22nd, buses next to Transition 1 at Chankanaab Park) from 5:35 to 7:10 a.m. prior to start.

White: Morning clothes bag (check-in: Sunday, November 22nd, buses in Marina Fonatur) from 6:05 to 7:10 a.m. prior to the start. All articles must fit inside the white bag, only articles fitting properly in the assigned bags will be received. Valuable objects, air pumps or back packs won’t be accepted.

We highly recommend not placing cell phones, ipods, cameras, electronic devices, watches, sunglasses, etc. inside the bags.

Please pack the correct gear in the appropriate bag.
Be sure all of your gear is clearly marked with your name and race number sticker which will be included in your packet (sticker number sheet)

The special needs bags are exclusively for nutritional purposes and/or to throw in a few extra clothes, no other items will be allowed. All bags will be discarded after the special needs station closes.

The Race Organization is not responsible for value objects left in bags.

At the end of your race, you must pick up your bags (White, Blue & Red) and Bike at T2 (Mega Super Center).

DIGITAL MANDATORY PRE-RACE MEETINGS

This year the pre-race briefings will be offered digitally in order to avoid holding large indoor gatherings.

These briefings are put together by the Race Organizers and the Mexican Triathlon Federation (FMTRI), and contain important instructions and reminders of all the competition rules.

They will be distributed via email to all participants, as well as published on all social media outlets of IRONMAN Mexico (the same way we offer the Athlete Guide).
PRE-RACE INFORMATION

MANDATORY BICYCLE CHECK-IN FOR ATHLETES:

Mandatory bicycle check-in is Saturday November 21st (Depending Your Group) in the parking lot of Chankanaab Park.

There will be free transportation from host hotels to Transition 1 (T1)—round trip. The last bus leaves each host hotel at 4:15 p.m. (Buses Capacity up to 50%, Required use of face coverings at all times / Temperature Check).

9:00 a.m. to 12:30 p.m. (Group 1 and Group 2)
12:45 p.m. to 1:00 p.m. - Sanitizing area
1:00 p.m. to 4:30 p.m. (Group 3 and Group 4)
4:30 p.m. to 6:00 p.m. – late check-in for athletes who missed their time slot

All bicycles must be checked into Transition Area 1 (T1) and left overnight.

You have the option to cover your bike computer or remove it; full bike covers are not permitted.

Bicycles must all have the competitor’s number attached to the frame.

Athletes must leave their bikes as they will be used on race day—changing of equipment, such as wheels, will not be permitted on race day.

You will have access to your bicycle starting at 5:35 a.m. to 7:10 a.m on race morning, but you will not be allowed to remove your bike from the transition area until the start of the bike leg.

Cycling shoes may NOT be left in Transition Area on Saturday November 21st, ONLY BICYCLES.

No loose gear will be allowed on the ground next to bicycles on bike check in day.

LOCAL RETAIL PARTNER DISCOUNTS:

Identify the Official Store Poster and receive attractive discounts and promotions in the best stores and restaurants.

CHANKANAAB PARK AND MARINA FONATUR WILL BE CLOSED FOR SPECTATORS (ATHLETES ONLY)

RACE DAY PARKING

The Chankanaab parking lot will be used as transition area 1 so there will not be any parking space available inside the park. Parking on the road is strictly prohibited, so please use the host hotels transportation or a taxi cab to get there.

There will also be free transportation (athletes only) at the main avenue (100 meters away from Chankanaab parking lot main entrance) to the swim start at the Marina Fonatur. (It takes about 15 minutes to get from T1 to the start line at Marina Fonatur.)

MARINA FONATUR
Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!
RACE MORNING CHECK-IN PROCEDURE / BODY MARKING:

The transition 1 area will open at 5:35 a.m. on race day. Plan to arrive early.

To maintain physical distance, there will be NO body marking at IRONMAN Cozumel. Athletes will not need to be body marked for the race. To ensure they are able to be properly identified, athletes must wear their self-marked swim cap on the swim, their stickered helmet on the bike and their race bib on the run. Athlete wristbands must also be worn from Athlete Check-In until the end of the event weekend.

Bike / Run Special Needs Bags stations will be located at Km 97 on the bike course and Km 21 on the run course. The special needs stations are for special nutritional purposes or extra gear only.

All bags will be discarded after the special needs station closes. Leave your bike and run special needs bags at the respective buses outside T1.

RACE PHOTOGRAPHS

Finisher Pix Photo is proud to have been selected as the official photographers for the event. Finisher Pix will photograph all athletes and make these photos available on the event web site a few days after the event.

So what do you need to do?
1. Be sure you have your race / bib number visible at all times
2. Raise your arms and SMILE when you cross the finish line!

ALL WORLD ATHLETE PROGRAM (AWA)

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.

App Ironman Live Tracker:

Family members & friends will be able to follow you live online on race day.

All they need to do is download the IRONMAN Live Tracker app and select 2020 IRONMAN Cozumel.

Facebook/Instagram:

Follow Us for event latest news IRONMAN Mexico

Congratulations on becoming a 2020 Gold All World Athlete!

As an IRONMAN All World Athlete, you’ll enjoy a host of benefits at many of your 2020 races*, including priority access to athlete registration, an early entry to the race program. A complete list of benefits will be posted along with all of the AWA program information on the website within the next few weeks.
NEVER FORGET YOUR RACE!

FinisherPix® | Powered by Smiles

Order your personal race photos here: www.finisherpix.com
www.facebook.com/finisherpix | #finisherpix
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:
awa@ironman.com

Benefits for this race:
- * Priority Access to Athlete registration
- * All World Athlete logo on bibs
- * All World Athlete Swim caps
- * Early bike check in (specific details in All World Athlete email)
- * All World Athlete Tattoos

**TRANSITION ZONE 1**

The Transition Area 1 (T1), will be located in the CHANKANAAB Park parking Lot, and will open on race day at 5:35 a.m. All athletes must be out of transition 1 (T1) 30 minutes before the start and head to the Marina Fonatur.

After you delivered your orange and black bags on the T1 buses, reviewed your Transition 1 Items, please take a 300 meter walk towards the new highway to take the buses again and go to the start line. It takes about 15 minutes to get from T1 to the Marina Fonatur.

The access to the start line zone is only for athletes, don’t forget your bracelet.

**MARINA FONATUR**

Prior to the swim start on race morning, place any items (e.g., dry clothes, hotel room key, meds) you may need after you finish in your morning clothes bag. The morning clothes bag drop buses will be clearly marked and will be located in Marina Fonatur. The event organizers are not responsible for items or bags so please do not place any valuables, mobile phones, cameras, electronic equipment, etc., in your morning clothes bag. After the start your morning clothes bag will be transported to T2 next to the Cozumel City Hall. You may collect it after the race.

Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted.

The transition 2 (T2), will be located at the covered MEGA Supercenter parking lot in front of the Cozumel City Hall. At the end of the bike stage, you must hang your bike at the racks of T2. There will not be any surveillance in T2 (MEGA Soriana Supercenter parking lot) after 01:25 am. on Monday, November 23rd. The Organizing Committee won’t be held responsible for any bikes after this hour.

**PRE-SWIM AND SWIM START**

All athletes have to use disposable face coverings throughout the Rolling Start process, and just prior to entering the water will discard them into waste containers. It is highly recommended to bring disposable face covering for this besides the one Athletes will use during the weekend.

Athletes will enter the water in a continuous stream through a controlled access point (approx. 3 Athletes every 10 seconds), all while maintaining safe distance from other Athletes. An athlete’s times will start when they cross timing mats at the start line. Athletes will self-seed on race morning based on their projected swim time (maintaining safe distance). Volunteers and staff will be in the staging area with signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.

Age Group Athletes will begin to enter the water at 7:15 a.m. It is expected to take 50 minutes for all athletes to enter the water; everyone will be in the water by 8:05 a.m.

There will be 8 pre-swim corrals marked with estimated swim time.

- Corral 1.....Under 01:00 h (2.4mi)
- Corral 2.....01:00 - 01:10 h (2.4mi)
- Corral 3.....01:10 - 01:20 h (2.4mi)
- Corral 4.....01:20 - 01:30 h (2.4mi)
- Corral 5.....01:30 - 01:40 h (2.4mi)
- Corral 6.....01:40 - 01:50 h (2.4mi)
- Corral 7.....01:50 – 02:00 h (2.4mi)
- Corral 8.....Over 02:00 h (2.4mi)

There will be no opportunity to warm up in the water prior to the swim start, and attempting to do so can result in disqualification.

FACE COVERINGS ARE REQUIRED AT ALL TIMES IN COZUMEL
SWIM COURSE

SWIM COURSE SUMMARY

SWIM COURSE – 2.4 MILES (3.8 KM), (POINT TO POINT)

The 2.4 mile swim starts at the MARINA FONATUR and finishes at the concrete dock south of the dolphinarium at Chankanaab Park. The course is point to point.

During the swim, athletes must follow the buoy course. Paddle Surfers with orange long sleeve shirt will be on your left and Paddle Surfers with yellow long sleeve shirt will be on your right. A bigger buoy will mark the turns.

- On race morning, athletes will walk 350 meters aprox from the T1 to the buses to be transported to Marina Fonatur (swim start).

- The water visibility is 100%, buoys will be placed every 100m for your reference along the course.

SWIM COURSE RULES AND INSTRUCTIONS

1. Once you arrive at the swim start on race morning (Marina Fonatur), leave your morning clothes bag at designated drop area. You cannot leave any gear at your bicycle rack (T1).

2. Athletes who wear glasses may place them, prior to the start, on the table which will be located next to the swim finish gantry at T1. Be sure to label them with your name and race number.

3. Don’t forget to bring the swim cap and timing chip provided at athlete check-in. Failure to wear the official swim cap may result in your disqualification.

4. Since the projected water temperature on race day is 84 F wetsuits will not be permitted.

5. There will NOT be an opportunity to warm up in the water prior to the start.

6. Wearing swim goggles is recommended but not required.

7. No compression socks, fins, paddles or snorkels of any kind are allowed.

8. No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

9. Swimmers are required to stay on course and keep the course buoys markers to their left. Failure to do so may result in disqualification.

10. If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance to the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

11. As you exit the water, you will cross timing mats on your way to the transition area. There will be no changing tents. Public nudity is prohibited.

12. After changing into your bike gear, place your swim gear inside the empty bike gear bag and hang it in the T1 Rack.

TURN BY TURN DIRECTIONS

- Exit from start line heading southwest
- Turn left heading east.
- Turn left heading north and go to the swim finish.
- Go straight to the Transition 1 zone

LEGEND

- TRANSITION 1 AREA
- START LINE
- SWIM FINISH
- TURN BUOYS
- OUTBOUND SIGHTING BUOYS
- RUN OUT TO TRANSITION
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.
   • The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

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

BIKE COURSE – 112 MILES (180 KM)
(3 LAPS)

The bike course starts at the CHANKANAAB parking lot (T1), and finishes at T2 next to Cozumel City Hall in downtown. You will have to complete 3 laps along the Highway around the Island in a counter clockwise direction.

Every lap will go by the City Hall which is located next to T2 and the finish line. Upon leaving T1 at Chankanaab park, turn right on the Cozumel highway for about 12 miles towards the south side of the Island (Punta Sur), at this point you will head north for about 9 miles right next to the ocean, with strong cross winds, until the junction with Juarez Ave. (at a place called Mezcalitos), where you will turn left and go straight until 30th Ave. where you’ll turn left and go straight until 11th street, turn right and go straight until City Hall to complete lap 1.

You will have to complete two more laps to finish this beautiful bike course. The first two laps are 39.5 miles each (63k), and the third lap is 33 miles (54k). The entire course is flat and the pavement is in perfect conditions.

** Important: Due to the strong cross winds during a portion of the bike segment, the use of full DISC wheels will be strictly forbidden (all other wheels like HED three spoke or similar will be allowed), please take this into consideration when selecting your racing wheels. Race officials will monitor this at bike check in.

There will be five (5) on-course aid stations (approx 12.5km between each other) (20km, 30km, 43km, 55km, 69km, 82km, 92km, 105km, 117km, 131km, 145km, 155km, 168km) to keep athletes well fueled during the bike leg, plus a special needs station (97km, exclusively for nutritional purposes or extra clothes).

All Orange bags will be disposed after bike aid stations closure.

TECH TIPS & OTHER DETAILS

Bike inspection 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 bikes.

Prior to mandatory bike check-in on Saturday, be sure your bar-end plugs are in place and you have no loose spokes, brakes, headsets, stripped cables, etc. Adjust the hubs and position handlebars correctly. Ensure that cables and tires are in good condition and sew-up tires are glued properly onto the rims. Securely fasten all equipment you may carry with you on race day.

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, thus we recommend you bring your own. You must give your pump to a family member or friend before race start, since pumps will not be stored with your pre-swim bags.

For security and safety reasons, bikes will not be allowed out of the transition area once bike check-in begins on Saturday. No one will be allowed to enter the bike compound unless accompanied by a race official.

On race day, bike tech vehicles will patrol the course to aid in emergency repairs, but it is the sole responsibility of every athlete to carry the necessary items to make their own repairs and continue with their race.

BIKE SHIPPING

Tri Bike Transport offers bicycle transport to Cozumel (a service that is available from USA and Mexico for this event). This service will be located adjacent to finish line.

If you choose not to use this service, we recommend you to travel with your bike as part of your luggage. Race organizers recommend that you do not send your bike via any other shipping service in order to avoid inconveniences with Mexican customs. The potential for a long delay is too great a risk.

Most airlines recommend that you use the following procedures when shipping your bike:

Pack your bike as if you were shipping eggs. Do everything you can to ensure damage-free delivery. Boldly label your bike case with your name, address, etc., so it can be identified quickly. If you plan to arrive in Cozumel immediately before the bike check in, you risk having your bike arrive after you do.

Plan ahead!

BIKE TECH SERVICES

The official bike shop and technical provider of the event will open their event store and tech service center at the expo & packet pick up, official host hotels and transition area. Shops will be staffed by expert bike technicians and stocked with great deals on a variety of merchandise (tires, tubes, CO2, and more).

Please look at the event official program for service dates and times.

During race day, bike tech services will be located at each bike aid station and a movil scooter tech between each aid station.

FACE COVERINGS ARE REQUIRED AT ALL TIMES IN COZUMEL
BIKE
SPECIAL NEEDS DIAGRAM

FACE COVERINGS ARE REQUIRED AT ALL TIMES IN COZUMEL
BIKE COURSE
RULES AND INSTRUCTIONS

1. All bikes must display the bike frame number clearly visible, bike number will be a sticker that you have to affix to your bike seat frame.
2. Tandems, fairings or any add-on device designed exclusively to reduce resistance are not allowed. Any new, unusual or prototype equipment will be subject to determination of legality by IRONMAN and / or the Chief Race Official.
3. All bikes must be checked in the Saturday prior to race day. Race officials reserve the right to reject any bike or helmet not meeting safety standards. If the bike does not meet safety standards, the athlete will be required to correct the problem before participating in the race. Once your bike is checked into the transition area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will not be permitted.
4. Position Rules:
   a. Absolutely NO DRAFTING behind another bike or any other vehicle is allowed.
   b. Athletes must ride single file on the far right side of the road except when passing another rider. Side-by-side riding is not allowed.
   c. Overtaking Age Group and Elite riders may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.
   d. Riders must keep 12 meters (~6 bike lengths) distance between bikes except when passing.
   e. An overtaken rider must fall back 12 meters (~6 bike lengths) before attempting to regain the lead from a cyclist ahead.
   f. Athletes committing rule violations will be notified “on the spot” by an official.
   g. The official will:
      I. Call out your race number and notify you that you have received either a BLUE CARD for drafting, or a YELLOW CARD (1 minute) for any other penalty. The official will show you the corresponding color card.
      II. He/she will instruct you to report to the next penalty box (PB) on the course. There will be TWO (2) PBs on the course and one (1) in Transition area 2 (T2) . (Please Check Bike Course Map)
      III. He/she will instruct you to report to the next PB and tell the PB Official whether you received a BLUE CARD or a YELLOW CARD. If you fail to report to the next PB, you may be disqualified.
      IV. The race officials will have race numbers marked by the PB official with a “/” for drafting or a “P” for all other penalties.
      V. The athlete must register, via the sign-in sheet.
      VI. He/she must resume the race immediately, upon having their numbers marked with a “P”, for all non-drafting violations (YELLOW CARD).
      VII. Risk disqualification for not reporting to the PB.
      VIII. The athlete will be disqualified if he/she receives any combination of three penalties. If you are disqualified, you may finish the bike course but may not start the run.
      IX. Risk disqualification for not reporting to the PB.
       5. Shoes may NOT be placed beside the bike. Shoes and shirts must be worn at all times.
       6. Each participant must wear the IRONMAN Cozumel issued race number at all times while on the course. One of the two bib numbers must be placed low on the BACK of rider’s jersey where it is clearly visible (OPTIONAL for Bike Course / MANDATORY for Run Course).
       7. CPSC-approved helmets are required during the entire bike leg. It must be worn when running in and out of the transition area. Any athlete riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.
       8. No individual support is allowed. Ample aid stations will be provided. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete and should be warned to stay completely clear of all athletes to avoid disqualification. It is incumbent upon each athlete to reject immediately any attempt to assist, follow or escort from someone outside the race. Bike bottles must be tossed toward the bottle drop at the entrance and/or exit of an aid station. A penalty will be assessed for discarding a bike bottle or any other litter/trash outside the designated drop zone.
       9. Each participant is responsible for the repair and maintenance of their own bike. Assistance by anyone other than race personnel will be grounds for disqualification.
       Each cyclist should be prepared to handle any possible mechanical malfunction.
       Technical support does not include the normal changing of flat tires. A limited number of neutral technical support vehicles will be on the course to assist with emergency repairs whenever possible.
       10. Participants are expected to follow directions and instructions of all race officials and public authorities. Failure to do so may result in disqualification.
       11. Athletes may walk along the course with their bike, if necessary, but may not make progress on the bike course unless they carry, push or pull their bikes along with them.
       12. All participants must mount and dismount in the marked zones at the transition area. Under no circumstances should an athlete ride their bike inside the transition area.
       13. Headsets or headphones are not allowed during any portion of the race.
       14. If an athlete needs minor medical assistance, there will be medical personnel at every aid station, where he/she may receive treatment. Depending upon the level of care required, ambulances may take the athlete to the nearest hospital to receive treatment. If you have a problem, please go to an aid station for further assistance.
       15. If you don’t respect littering area, you’ll be subject of penalization.
       16. After completing the bike portion and upon entering the transition 2 area, There will be no changing tents. Public nudity is prohibited.
       17. After changing into their run gear, athletes must place their bike gear inside the empty run gear bag and leave it at the designated bag drop.
IN THIS EVENT
DRAFTING IS PROHIBITED
BE SAFE, BE FAIR,
DON’T CHEAT!

I

DRAFT

IRONMAN

Cozumel
FACE COVERINGS ARE REQUIRED AT ALL TIMES IN COZUMEL

ATHLETE GUIDE: 2.4 MILES SWIM · 112 MILES BIKE · 26.2 MILES RUN
MANTENTE BIEN HIDRATADO.

#SIGUESUDANDO
LOCAL TRAFFIC LAWS

Please remember that members of the local community use the bike course roads. You are an ambassador for the sport and IRONMAN Cozumel, 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.

When training, please follow these suggestions:

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 container. 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.

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.

TURN BY TURN DIRECTIONS

• Mount your bike, exit transition 1 and head southeast until Gral. Rafael E. Melgar St.
• Turn right on Gral. Rafael E. Melgar St. and head southwest
• Continue on Gral. Rafael E. Melgar St. and turn left heading southeast onto Quintana Roo C-1
• Continue on Quintana Roo C-1 and turn left heading Northwest onto Transversal Highway
• Turn left onto 30 Av.
• Turn right onto Quintana Roo St.
• Turn left onto Gonzalo Guerrero St.
• Turn right onto 15 Sur St.
• Repeat steps 2 - 8.
• In the last loop, Turn right onto Quintana Roo St. and go straight to transition 2 zone.
• Dismount

LEGEND

TRANSITION 1 AREA
TRANSITION 2 AREA
START LINE
FINISH LINE
1° LOOP MILE
2° LOOP MILE
3° LOOP MILE
1° LOOP KILOMETER
2° LOOP KILOMETER
3° LOOP KILOMETER
U - TURN
BEGIN 2ND LOOP
WATER / AID STATION
MECHANICAL SERVICE

FACE COVERAGE ARE REQUIRED AT ALL TIMES IN COZUMEL
Completing in a triathlon event requires training on a bike. To be fully prepared, it’s important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

**BEFORE YOU RIDE**

1. **IT STARTS WITH YOUR BIKE**
   - Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
   - Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
   - Keep your bike clean and your chain lubed.
   - Use front and rear lights when riding in low light conditions – this may be required by law in your area.
   - Tires should be inflated to the recommended pressure.

2. **LEARN THE BASICS**
   - Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
   - If you’re unfamiliar with shifting gears, practice doing this in a low-traffic area.
   - Practice riding a straight line, and cornering (right, left, U-turns).

3. **SUIT UP**
   - Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
   - Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
   - Choose clothing that is visible in low-light conditions.

4. **BE PREPARED TO RIDE**
   - Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
   - Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. **PLAN AHEAD**
   - Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
   - Always obey all traffic signals and signs.
   - Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
   - Select a ride distance appropriate to your fitness.

6. **INFORM OTHERS**
   - In the event of an incident, someone should know where you are riding.
   - Always carry personal identification with you and emergency contact information.
   - Carry a cell phone for emergencies.

**DURING THE RIDE**

7. **STAY ALERT**
   - Leave the playlists and podcasts for indoor workouts.
   - Don’t use your phone while riding – pull off the road if you need to make a call or send a text.
   - Don’t take photos and selfies while riding.
   - Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
   - Be able to see and hear what is going on around you. When riding in the aero bars, do not look down at the road, look ahead.
   - When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
   - Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   - Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aero bars.

8. **OBEY THE LAW**
   - Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
   - Know the traffic laws for your area, especially those regarding riding two abreast or single file.
   - Know where the vehicles are around you and anticipate that drivers may not see cyclists.
   - When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9. **COMMUNICATE**
   - Use verbal and hand signals so others know if you are stopping or turning.
   - Make eye contact with drivers and other cyclists.
   - While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
   - Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10. **SAFETY FIRST**
    - Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
    - If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
    - When riding in a group, avoid riding in the aero bars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
    - Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.
The run course is flat and passes through many of Cozumel’s signature sites, including its waterfront walk, downtown main plaza, and historic neighborhoods. Run course stations are located every kilometer, although the entire course will be marked every 1 mile and every 5km.

The finish line is at the City Hall plaza in downtown Cozumel. After finishing the bike leg, hang your bike in T2, There will be no changing tents.

The run will start towards the north along the main street (Rafael Melgar Ave.) until reaching the turnaround point near the Cozumel Golf Course. It will be an out and back 3 lap course. Each lap is 8.7 miles (14k).

**RUN COURSE RULES AND INSTRUCTIONS**

1. No form of locomotion other than running or walking is allowed.
2. Runners must wear their bib number at all times on the course. Race numbers issued by IRONMAN Cozumel identify the official participants in the race. Folding, cutting or intentionally altering the bib number is strictly prohibited. The bib number must be placed on front of the runner and securely attached. Race belts may be worn. Shoes and shirts are required on the run segment, bare torsos are not allowed.
3. This is an individual event. Individual support vehicles or non-participant escort runners are prohibited and will result in the athlete’s disqualification. Teamwork in the form of outside assistance, which provides an advantage over single competitors, is not allowed. A non-participant escort runner includes participants who have withdrawn from the race, been disqualified or finished the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside a participant, may not pass food or other items to a participant and should be warned to stay completely clear of all participants to avoid disqualification. It is incumbent upon each participant to immediately reject any attempt of assistance from anyone. It is permissible for a participant who is still competing to run with other participants who are still competing.
4. Runners are expected to follow the directions and instructions of all race officials and public authorities.
FACE COVERINGS ARE REQUIRED AT ALL TIMES IN COZUMEL

RUN
SPECIAL NEEDS DIAGRAM
LESS THAN 100 CALORIES

NO ADDITIONAL SUGAR
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 participants, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DQ).

After crossing the finish line, all athletes will receive a face covering. It is very important for athletes to use the mask provided throughout the post race area and recovery zone.

EVENT SANCTION

Mexican Triathlon Federation (FMTRI) will sanction the IRONMAN Cozumel and the event will abide by their rules and their officials. Any abuse of marshals, race officials or volunteers is grounds for immediate disqualification.

IRONMAN CUT OFF POLICY

SWIM
The swim course will close 2 hours and 20 minutes after the last age group athlete starts the swim (Rolling Start). All athletes still in the water after the cut-off time will be disqualified and will not be permitted to continue the bike portion of the race.

BIKE
The bike course will close 10 hours and 30 minutes after the last age group athlete starts the swim (Rolling Start). All athletes still on the bike course after the cut-off time will be disqualified and will not be permitted to continue in the race. For those athletes who have not finished their 2nd bike lap (72 Mile) prior to 3:40 pm, will not be able to proceed to their 3rd lap of the bike course due to cut off time.

RUN
The IRONMAN Cozumel course will close 17 hours after the last age group athlete starts the swim (Rolling Start). Runners still on the course after that time will be given the opportunity to unofficially finish the race, upon the sole discretion of race organizers and public authorities. Athletes who finish before the cut off time but have a finishing time of more than 17 hours will be considered a DNF and will not be eligible for age-group awards or for IRONMAN World Championship slots or roll down.

PARTIAL CUT OFF TIMES:
Considering that the last age group athlete starts the swim at 8:05 am (Rolling Start):

BIKE
Mi 73.32 at 3:45 pm (Mega Super Center)
Mi 90.7 at 4:45 pm (Punta Sur)
Mi 103.1 at 6:07 pm (Mezcalitos)

MARATHON
Mi 17.4 at 11:11 pm
Mi 21.7 at 11:57 pm

RULES
APPLYING TO ALL STAGES OF RACE

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

1. Participants are expected to follow directions and instructions of all race officials and public authorities.
2. Course marshals shall have authority to disqualify any contestant.
3. Medical personnel shall have ULTIMATE and FINAL authority to remove a contestant from the race if the contestant is judged to be physically incapable of continuing the race without risk of serious injury or death.
4. Medical transport of any contestant will result in disqualification.
5. The Medical Control Rules set forth by FMTRI, in harmony with WADA regulations and policies on banned substances, will be binding on all participants. In addition, other rules and regulations, even if not yet recognized by the WADA, may be instituted, if such occurs, you hereby agree to abide by them.
6. Should any participant have an Adverse Analytical Finding according to the WADA code, all procedures with regards to handling of the sample, notification, testing of the B Sample, adjudication and suspensions will be performed in accordance with the WADA code.
7. Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship, are grounds for immediate disqualification and will result in the suspension of the contestant from competing in any other IRONMAN event in the future.
8. If an athlete decides to withdraw from the race at any time, it is the responsibility of the contestant 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 contestants are on the course at all times. Failure to comply after withdrawing from the race may result in contestant being prevented from competing in any IRONMAN event in the future.
9. IRONMAN Cozumel 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 meetings.
10. As an FMTRI-sanctioned race, the IRONMAN Cozumel will subscribe to FMTRI rules specifically.
11. Communication devices of any type are strictly prohibited during competition. Use of such devices may result in disqualification.
12. IRONMAN does not allow the transfer of an athlete’s registration to another; no exceptions will be made to this rule. Any attempt to transfer registration will result in disqualification and suspension from future participation in any IRONMAN event.
About Us

We are the leading medical service providers in the Mexican Caribbean.

We have presence in 6 cities in Quintana Roo: Cozumel, Playa del Carmen, Tulum, Puerto Morelos, Mahahual and Cancun.

Each hospital is fully equipped with state-of-the-art technology, an excellent team of bilingual certified physicians and highly qualified staff.

Our Certifications

[Image of certification logos]
RACE TIMING

The race will be timed with MyLaps® Technology. You must wear your timing chip at all times while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim start and leave it on until after you finish the run. You may apply Vaseline around your ankle. It will not affect the chip. Volunteers will help you remove the chip at the finish line.

If you do not start the race on Sunday, you are still responsible for returning the chip to race management. Chips shall also be returned by mail to: 424 San Jeronimo PB1 Col. Jardines del Pedregal Alcaldia Alvaro Obregon ZC 01900, Mexico City.

NO CHIP = NO TIME

BICYCLE AND GEAR BAGS RECOVERY:

You are required to pick up your bicycle and bike and run gear bags at the second transition area (T2) after the race (Sunday 3:50 p.m. – Monday 1:25 a.m.). You must have your athlete wristband on for entry into the transition area.

There will not be event provided shuttle bus service from T2 to host hotels after the race, you may get a taxi right next to T2, please note that some of the host hotels are along the race course, you may expect delays to get to your destination.

Anyone using the ticket to claim gear will have to go through health screening.

MEDICAL

There will be medical staff and facilities throughout the race course. Trained individuals will be stationed along the swim course to assist you in case of an emergency.

Additionally, there will be a primary medical aid station at the finish, as well as mobile medical teams roaming the course. Over half of the visits occur after participants have finished the race. Please do not leave the recovery area until you and your friends are sure you are okay, until you can drink without vomiting and stand without dizziness. The medical aid station at the finish line will officially close 8 hours and 30 minutes after the last swim start. All athletes seeking medical attention after that time will be referred to local emergency room facilities. All medical expenses incurred are the sole responsibility of the athlete and not of IRONMAN 70.3 Cozumel. Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your ongoing participation could result in serious harm or death.

During events of extreme endurance, the body’s pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water, sports drinks or other supplies from volunteers when you’re on your bike to avoid an accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid an accident or injury to yourself or another.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Feedback from previous IRONMAN contestants indicates we can never over emphasize the importance of hydrating prior to and during the event.

IRONMAN 70.3 Cozumel’s Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.
AID STATIONS

Bike:
There will be five (5) on-course aid stations (approx 12.5km between each other) (20km, 30km, 43km, 55km, 68km, 82km, 92km, 105km, 117km) to keep athletes well fueled during the bike leg, plus a special needs station (97km, exclusively for nutritional purposes or extra clothes).
Aid stations will supply you with Gatorade regular formula (orange flavor) in ready-to-drink sport top bottles, water, Bars, Fuel 2 Go (gel), ice, bananas and restrooms. Be sure to toss empty bike bottles and sports nutrition wrappers at the drop targets at each aid station. Water bottles will be exchanged at the aid stations and prepared by volunteers (PPE) following all new protocols. If you wish, there will be 600ml bottles of water in case you wish to fill your water bottle by yourself.
Individual water bottles will not be returned to athletes.
Bike aid stations will close 10 hours, 30 minutes after the last age group athlete starts the swim (Rolling Start).
To avoid risk, please reduce your speed in order to use bike aid station. If your speed is high, you won’t be able to take items from each aid station.
Volunteers will hand out products at the aid stations and all volunteers will wear Personal Protective Equipment (PPE).

Marathon:
The aid stations will be self-serve, meaning that runners will grab and go, and therefore, there will be very few volunteers on hand, each of whom will merely restock the aid station tables. On the run course, aid stations will be located approximately every kilometer and will offer Gatorade regular formula (lemon-lime and orange flavor), water, Pepsi, Fuel 2 Go (gel), ice, tangerine, pretzels, peanuts and mosquito repellent.

There will be portable toilets at each of the aid stations on the bike and run course, with their proper spacing between each.

All volunteers will wear Personal Protective Equipment (PPE).

Fuel 2 Go is a Mexican company dedicated to the development of products focused on sports nutrition. All the products are developed by nutritionists from the Mexican Federation of Sports Nutrition (FMND).

GEL 2 GO

GEL 2 GO are acai-flavored sports gels, made from a mixture of carbohydrates created specifically for athletes. Its consumption before and during exercise helps maintain glucose levels all the time, increasing oxidation rates and improving physical performance.

The gel contains 25.4 grams of a mixture of 3 different types of carbohydrates: maltodextrin, fructose, and isomaltulose; each one with different absorption speed, being the ideal combination to provide energy in the short, medium and long term. The gel also contains 50 mg of natural caffeine, which has an ergogenic effect during exercise, delaying the onset of fatigue and increasing the time of exercise. Furthermore, Gel 2 Go helps to regain electrolytes lost during physical activity thanks to its sodium (50 mg) and potassium (27.9 mg) content.

It has been seen that during moderate intensity exercise or long duration intermittent exercise (greater than an hour), the consumption of 30 to 60 grams of carbohydrates has great benefits in performance. Due to this, it is recommended to consume a gel 15 minutes before starting the competition, and then consume a gel every 30 minutes to ensure a carbohydrate intake of approximately 50 grams per hour.

AWARDS PICK-UP

Sunday November 22nd, From 5:30pm
Place: Awards Tent, Outdoor Theater (Adjacent to the Finish line).

Awards will be given to the top five athletes in each age group and the best 5 TRICLUBs.

To adhere to the Return to Racing Guidelines, there will be no Awards Ceremony after the race.

Athletes may claim their award from the Awards Tent from 5:30 pm on race day.

To find out if you have won an award, download the IRONMAN Tracker app to view the results.

If you cannot or choose not to pick up your award between (timeframe) on race day, you may contact the race to ship it to you.

All shipping costs will be at the athlete’s expense so please try to pick up your award onsite.
When should I take Fuel2Go?

Take 1 gel 15 minutes before the competition.

Take 2 gels each hour during the competition.

Several scientific studies recommend that during a physical activity of moderate to intense intensity with a duration greater than 60 min, an athlete can benefit from an intake of 30 to 60g of carbohydrates.

Fuel2Go is an energy-dense portable packet with the necessary amount of carbohydrates to sustain energy demands and maximize your performance during the competition.

Why should I take Fuel2Go?

- Higher performance
- Greater resistance
- Less Fatigue
- Better hydration

A Fuel2Go gel contains:

- 25.4g of carbohydrates
- Sodium and Potassium: the main electrolytes lost in sweat, helping you keep hydrated.
- Caffeine: it’s a stimulant that increases alertness, reduces fatigue and provides greater resistance.

www.fuel2go.com.mx
QUALIFYING FOR THE 2021 IRONMAN WORLD CHAMPIONSHIP

SLOT ALLOCATION & ROLLDOWN PROCEDURE FOR THE 2021 IRONMAN WORLD CHAMPIONSHIP:

The 2020 IRONMAN Cozumel will have 40 slots to the 2021 IRONMAN World Championship held in Kona, Hawaii, USA, 9 October 2021. During Athlete Check-In (SPORTSTATS CHIP COUNTER) you will be asked to ‘opt in’ and confirm you intend to accept a slot should you qualify for the IRONMAN World Championship. If you are successful in obtaining a Qualification slot, we will be in contact 24hrs after the race to advise. You have 48hrs to complete your registration and pay the registration fee. If you do not complete the registration within 48hrs, the slot will roll down. You cannot change your mind after Athlete Check-In, therefore if you are unsure, it’s better to ‘optin’.

How does the Age Group Slot Allocation Work?
First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group within a particular gender.
For example, “Male 25-29” is one Age Group, and “Female 25-29” is a different Age Group.

The Allocation Process:
Before Race Day:
- Each Age Group with registered Athletes is tentatively allocated one slot each (an “Initially Allocated Slot”)
- All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

On Race Day:
- If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot
- The proportionally Allocated Slots are then allocated among all Age Groups (ie. those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

After the Race:
- Before Roll Down:
  If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.
- During Roll Down:
  If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

Other Information
Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots.
Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an Elite Athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have qualified for, or hold Professional or Elite status.
Any change in an Athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately.
Failure of the Athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

REGISTRATION FOR THE 2021 IRONMAN COZUMEL:
Online registration for next year’s IRONMAN Cozumel will be available on www.ironmanmexico.com beginning at 12:00 p.m. central time on Monday, November 23rd, 2020. There will be no onsite registration.

LOST & FOUND
IRONMAN Cozumel staff will take all found items to the awards tent. Please note that IRONMAN Cozumel is not responsible for lost objects.
We highly recommend that you mark your gear with your bib number, as IRONMAN Cozumel is not responsible for any lost items. For luggage lost while traveling, please contact your airline.

BEST OF LUCK AND WE’LL SEE YOU AT THE FINISH LINE!
TRICLUBS RACING IRONMAN COZUMEL

To be included in IRONMAN TriClub Competition and Rankings at this race, you must confirm that your TriClub name is correctly affiliated with your IRONMAN account before (Deadline time/date: Always the Friday before event weekend. Check the current TriClub Participant List HERE (link to list posted on website), and if you or your club is not listed, please email triclub@ironman.com.

ATHLETE GUIDE: 2.4 MILES SWIM · 112 MILES BIKE · 26.2 MILES RUN

/tri club denmark · 101TRi Club · 108k · 226 Triathlon · 300Triathlon · 3K Sport · 3P TRI TEAM · Alaska Triathlon Club · AlinaNutriSport · All3Sports.com · Alpunto · AP Racing · AquilesMD · Army Triathlon Association · ATIX · Atlanta Triathlon Club · Austin Triathlon Club · AzTriClub · Barracudas Triathlon (Mexico) · BASE Performance Team · BAUCCO SQUAD · Bethlehem Tri Club · Big Sexy Racing LLC · BNG Endurance · BR Esportes Treinamento Inteligente · Braveheart Racing · Brazilian Runners Team - BRT · Breakthrough Performance Coaching · Brentwood Endurance Athletic Team (BEAT) · BRO Athletic Brotherhood · Buffalo Triathlon Club · C.D. Sun Tri Sports · C.E. RAYOTEAM · Cafe Paraiso Club · cbsports · Central Florida Tri Club · Champion Factory · CHUnky · Coeur d’Alene Triathlon Team · Coeur Sports · Conroe Triathletes · COREtriathlon · CPH Brasil · Cronulla Triathlon Club · CTF - Club de Triatlon Figueras · Cyclonaut Multisport · D3 Multisport · DC Triathlon Club · Dixie Devil · Dragons Querétaro · Dynamo Multisport · EC Pinheiros · El Azote Triclub · Eleonore Rocks Triathlon Team · Empire Tri Club · Endurance Nation · EnduranceMX · ENVE Racing · Even · Exceed Endurance · Extreme Endurance Team · Fast Swim and Triathlon Club · FCA Endurance · Fearless Endurance · Filipino-American Triathlon Club · Fitness Sports Triathlon · Fitter Radio Coffee Club · Frisco Triathlon Club · FW Tri Club-Friends Who Tri · Garza Team MultiSports · Geared Up · Golden Gate Triathlon Club · HissyFit Racing · Hoa Strong · IM&BEER- T TRAINER · IMC BOLIVIA · iracelikeagirl · IRONDEVLlS · IRONGUATE · IRONMID-ninobici · IronTex · ITL Coaching and Performance · joyFit · JTRI.ch · K2 Multisport · Kelowna Triathlon Club · Kennedy Law Racing · Kerberos · KTK86 · LA PANDILLA · LA TRI Club · LADIES TRI TEAM · LC Meilen Tri-Team · Loolaba Triathlon Club · MACH 5 RACING · Manocchio Triathlon Team · MARMERI · Matt Hanson Racing · Mauna Endurance · MidTN Multisport · mind2motion · Mountain Athletes · Navas Tri · Nightriders triathlon · Northside Running and Tri · Nutriperfect Triathlon · ON PACE Triathlon Training Club · OutRival Racing · PacificSpirit Triathlon Club · Paragon Training · PC Racing · Peaks Coaching Group Brasil · Peregrinos · Portsmouth Triathletes · Purple Patch Fitness · QT2 Systems · Race & Shine Sports Club · racleab · Rejlers IF · Revel Racing · Ribby Hall Triathlon Club · Rockwall Triathlon Club · Saint-Tri · Salton Sea Triathlon Club · SBR88 · Segafredo Trek Tri Team · SG Stern Gaggenau · sisu-training · Skizunft Kornwesthein Triathlon · Snake River Triathlon Club · Snakes TyM · Southern Utah Triathlon Club · Spadotto Triathlon Team · SpeedHub · SPOFITEC · SportsMetrics · Suunto Elite Team · SV Multisport Gators · T3 Coaching · t3sports_ec · Team BBMC · Team Blaze Spokane Triathlon Club · Team CHS Cycling/IRONMAN Race Team · Team Every Man Jack · Team N+1 Endurance · Team Organic Coaching · Team Orion · Team PBC · Team Red White & Blue · Team Stellafy · Team Tri Faster · Team Triumph - CO · Team Turbo Multisport · Team Zoot · Team Zoot Canada · Team_VidaFit_CR · TeamSam · The Cupcake Cartel · TMB Racing Triathlon Team · TNT Multi-Sport · Top Line Tri Club · TOWER 26 · TRAINER · Treasure Coast Triathletes · TRIFIT · Trianorte · Triathlon Club of Oklahoma City · Triathlon GGs · Triathlon Verein Berlin 09 · TRIBE - Southern California · TriBike Transport · TRICLUB Poland · TriDot Triathlon Training · TriForce Triathlon Team · Trigantium Bregenz · TriHuracán · Tri-It Together · TriKats · TriLife Racing · Trismosphere · TriOn3 · TriScottsdale · Tristar Triathlon-Club · TT3 Time Trial Triathlon · TYM Triathlon · US Military Endurance Sports · VECTOR TEAM · VESPA · VooDoo Endurance (Oregon) · Wattie Ink. · Webtreino · Windrush Triathlon Club · Wyn Republic · X3M Triathlon Mersch · X3me Sports Performance management · Zerclo Energia Helios
HAVE YOU REMEMBERED TO:
- Book flights and accommodation to arrive in time for Athlete Check-In?

PRE-RACE:
- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Valid USAT Card - if member (if you paid for a one-day license online, no need to bring a card)
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

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 Morning Clothes Bag

RACE DAY – BIKE:
- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle 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:
- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Reflective tape (if applicable)
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS:
- Body Glide
- Antibacterial Gel
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Lip Balm
- Post-Race Clothing
- Extra Swimsuit and Cap for practice swim (if applicable)
- Extra Tri Kit for practice
- Have a Great Race!
Queremos volver mejores y más fuertes.

Y para ayudar a mejorar tu salud, daremos aún más beneficios en centros de entrenamiento y competencias. Y te apoyaremos con descuentos en farmacias y laboratorios.

Conoce más: recompensas.santander.com.mx
What’s **MONEYBACK**

Shop here & get your **MONEYBACK**

1. Shop at authorized stores.
2. Your purchase must be greater than $1,200.00 MXN pesos.
3. When you purchase in cash, please note that you can only get **8.97%** of your up to $3,000.00 MXN pesos.
   No limits apply when paid in non-cash forms of payment.

You can accumulate receipts from the same stores during your trip to Mexico.

4. Ask the store for all receipts, hand written and printed, as well as you credit card vouchers.
5. Visit any **MONEYBACK** module and present the following information:
   - Copy of your passport and cruise ID
   - Hand written and printed receipts
   - Copy of your credit card vouchers
   When traveling by plane you also need to show your boarding pass and immigration fo

6. You will receive your **8.97% ** **MONEYBACK** within 45 days of leaving the count card (45 days from the time all info above is provided).*

**The following items are not subject to**
- Consumptions and services (hotels, restaurants, taxis, airplane tickets, etc.)
- Food
- Books
- Medicines
- Opened liquor bottles

*In case info is missing during presentation in any **MONEYBACK** office in Mexico, it can be sent via e-mail (see info on the back)