ATHLETE’S GUIDE

*All information provided can be changed until the Athlete’s Briefing
<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>PLACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL 25</td>
<td>02 PM - 07 PM</td>
<td>Expo IRONMAN</td>
<td>Oceania Park</td>
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<td>02 PM - 06 PM</td>
<td>Check in</td>
<td>Expo</td>
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<td>APRIL 26</td>
<td>09 AM - 07 PM</td>
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<td>09 AM - 06 PM</td>
<td>Check in</td>
<td>Expo</td>
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<td></td>
<td>10 AM</td>
<td>Athletes’ Briefing Portuguese / English / PRO</td>
<td>Online – Youtube “Unlimited Sports Brasil”</td>
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<td>04 PM – 05 PM</td>
<td>Q&amp;A Session Meeting with Race Directors</td>
<td>Athlete’s Service Booth (Expo)</td>
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<td>APRIL 27</td>
<td>08 AM</td>
<td>IRONKIDS</td>
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<td></td>
<td>08:30 AM - 07 PM</td>
<td>Expo IRONMAN</td>
<td>Oceania Park</td>
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<td></td>
<td>09 AM - 12 PM</td>
<td>Check in</td>
<td>Expo</td>
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<td>10 AM – 11 AM</td>
<td>Q&amp;A Session Meeting with Race Directors</td>
<td>Athlete’s Service Booth (Expo)</td>
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<td>02 PM - 07 PM</td>
<td>Bike Check in (according to BIB)</td>
<td>Transition (Oceania Park)</td>
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<td>DATE</td>
<td>TIME</td>
<td>ACTIVITY</td>
<td>PLACE</td>
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<td>SUNDAY</td>
<td>APRIL 28</td>
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<td>08 AM - 06 PM</td>
<td>Expo IRONMAN</td>
<td>Oceania Park</td>
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<td>05 AM - 06:30 AM</td>
<td>Transition Area</td>
<td>Transition (Oceania Park)</td>
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<tr>
<td></td>
<td>06:30 AM</td>
<td>PRO Men Start</td>
<td>Ingleses Beach</td>
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<tr>
<td></td>
<td>06:37 AM</td>
<td>PRO Women Start</td>
<td>Ingleses Beach</td>
</tr>
<tr>
<td></td>
<td>06:44 AM - 07:19 AM</td>
<td>Age Groups Start (waves)</td>
<td>Ingleses Beach</td>
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<td></td>
<td>12 PM</td>
<td>TOP 3 Awards</td>
<td>Finish Line (Oceania Park)</td>
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<td>01 PM - 04 PM</td>
<td>Bike Check out</td>
<td>Transition (Oceania Park)</td>
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<td>01 PM - 04 PM</td>
<td>Lost and Found</td>
<td>Transition (Oceania Park)</td>
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<td>07 PM</td>
<td>PRO Awards (TOP 5)</td>
<td>Auditorium (Oceania Park)</td>
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<td></td>
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<td>Age Group Awards (TOP 5)</td>
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<tr>
<td></td>
<td>08 PM</td>
<td>2019 IRONMAN 70.3 World Championship Slot Rolldown</td>
<td>Auditorium (Oceania Park)</td>
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PRE RACE
1. OCEANIA PARK HOTEL
2. Transition
3. Finish Line
4. Convention Center
   • Expo
   • Medical Area
   • Awards
   • Slot Rolldown
A. Swim Start
B. Swim Exit
C. Bike Start
D. Run Start
EXPO – Oceania Park Hotel

April 25th | 02 PM - 06 PM
April 26th | 09 AM - 06 PM
April 27th | 09 AM - 12 PM

WHAT TO BRING:
- official ID with photo
- registration receipt

Athlete who doesn’t get the race kit according to this schedule won’t be able to start.

❗ Athlete who gives his/her race kit to someone else, as well as the athlete who receives it, will immediately be disqualified from the event and may be suspended for up to two years from any IRONMAN or IRONMAN 70.3 race around the world.
**PRE RACE ATHLETE PACKET**

- **BIB**: To be worn on the run
- **SWIM CAP**: For swim portion
- **ATHLETE WRISTBAND**: To be worn until the Slot Rollover
- **BIKE STICKER**: Must be affixed below the saddle
- **HELMET AND EXTRA STICKERS**: Helmet sticker on the front and extra sticker to label belongings
- **WHITE BAG**: For morning clothes or items you may need at the finish line.
- **TRANSITION BAG**: For you Bike and Run gear
- **TATTOO**: Must be applied before entering the Transition Area on Sunday.

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**IN CASE YOU ARE UNABLE TO PERSONALLY CLAIM YOUR BIKE AND GEAR AT THE BIKE CHECK OUT**

- **TICKET**:
  - Bike Check Out Ticket
  - Bike Check Out Location: 2018 IRONMAN 70.3 Brasil
  - Bike Check Out Time: 12:00 PM - 3:00 PM
  - Ticket Information: You will need your bib number and watch, and the number from your helmet sticker.
Online – Youtube Unlimited Sports Brasil

April 25th – 10 am
Online Athlete’s Briefing is mandatory.

You Tube /UNLIMITED SPORTS BRASIL

Q&A Session
with Race Directors

Athlete’s Service Booth – EXPO

APRIL 26th | 04 PM – 05 PM
APRIL 27th | 10 AM – 11 AM
PRE RACE BIKE CHECK IN

Transition Area – Oceania Park Hotel

April 27th SATURDAY

- All bikes and must be checked in on Saturday and left overnight.
- Bikes will not be permitted to enter transition on race morning.
- Only athletes with the wristbands on may enter the Transition.
- All bikes must be placed in the appropriate numbered spot on the bike racks.
- Only bikes will be checked-in on Saturday.

BIKE CHECK-IN ACCORDING TO BIB

<table>
<thead>
<tr>
<th>Time</th>
<th>Bib Range</th>
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<tbody>
<tr>
<td>02:00 - 03:00</td>
<td>#1201 - 1800</td>
</tr>
<tr>
<td>03:01 - 04:00</td>
<td>#0901 - 1200</td>
</tr>
<tr>
<td>04:01 - 05:00</td>
<td>#0601 - 0900</td>
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<tr>
<td>05:01 - 06:00</td>
<td>#0301 - 0600</td>
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<tr>
<td>06:01 - 07:00</td>
<td>#0001 - 0300</td>
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- No Gear bags or any other material will be allowed.
- The bike sticker must be placed below the bike saddle before the Bike Check-in.
- Athletes will be allowed to cover their seats. Full bike covers are not allowed and will be removed from any bikes left in transition once Bike Check-In is over.
- There will be mechanic’s support available.
- Timing chips will be on the bike racks, according to BIB.

WHITE AND TRANSITIONING BAGS, INCLUDING HELMET AND BIKE SHOES MUST BE PLACED ONLY ON SUNDAY.
FinisherPix will be at
IRONMAN 70.3
Florianopolis to capture your race memories.

www.finisherpix.com
The race start (A) can be changed until the race day to point (B).

TURN BUOYS
- ORANGE BUOYS ON THE LEFT
- INTERMEDIATE BUOYS
- YELLOW BUOYS BOTH SIDES ALLOWED

Cut-off time: 1h and 10m

The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete will have 1 hour and 10 minutes to complete the 1.9km swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.
The course can be changed from B to A according to race day currents.

**COURSE**

**SWIM**
1.9km
1 LAP

**TRANSITION**

Wetsuit permitted in case of temperature up to 24.5°C

Pro athletes – 21.9°C

Wetsuit peelers available at the swim exit if permitted according to race day water temperature.
COURSE
BIKE
90.1km
1 LAP

Athletes are responsible for placing the bikes back at the rack, in the correspondent number.
(There will be no staff at the dismount)

SHIMANO Bike Technicians the bike course and Transition Area.

Cut-off time: 5 hours

The bike course will close 05 hours after the final scheduled Age Group starts the swim. Each athlete will have 05 hours to complete the swim, T1, bike course regardless of when they start the swim. Any athlete that takes longer than 05 hours to complete the swim, T1 and bike course will receive a DNF.

Km 30 and 60
Km 45
Km 15 and 7
The run course will close 08 hours after the final Age Group starts. Each individual athlete will have 08 hours to complete the entire course. Individual athletes who take longer than 08 hours to complete the entire course will receive a DNF.
RACE DAY
RACE DAY
TRANSITION

April 28th
SUNDAY
5:00 to 6:30 am

Bike Mechanics
Bike Pumps
Port-o-let
Water
Vaseline and Sunblock

WHITE BAG: MORNING CLOTHES AND ANY ITEM YOU MAY NEED AT THE FINISH LINE.
- Dry clothes, Keys, medication, etc.
- Leave the bag in the designated drop area in Transition.

TRANSITION BAG: BIKE AND RUN GEAR
- No bags, backpacks or suitcases will be allowed at the Transition Area. Use your Transition Bag (athlete packet) to place all your items next to your bike.
- Helmets, cycling shoes and nutrition items can be attached to the bike.
- No loose gear will be allowed on the ground if not next to the bike in transition.
**RACE DAY**

**SWIM START**

**ACCESS TO THE BEACH – “BAR DO ZE”**

Warm up allowed until 6:20 AM.

Athletes must wear the swim cap from the Athlete Packet. Any athlete who starts in the incorrect wave will be disqualified.

<table>
<thead>
<tr>
<th>Time</th>
<th>Wave</th>
<th>Age Groups</th>
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<tbody>
<tr>
<td>06:30 AM</td>
<td>PRO M</td>
<td>M 30-34 (L-Z)</td>
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<tr>
<td>06:37 AM</td>
<td>PRO W</td>
<td>M 40-44 (L-Z)</td>
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<tr>
<td>06:44 AM</td>
<td>M 35-39 (A-K)</td>
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<tr>
<td>06:51 AM</td>
<td>M 50-54 (A-K)</td>
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<tr>
<td>06:58 AM</td>
<td>M 30-34 (A-K)</td>
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<tr>
<td>07:05 AM</td>
<td>M 45-49 (A-K)</td>
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<td>07:12 AM</td>
<td>M 25-29</td>
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<td>07:19 AM</td>
<td>M 18-24 (A-K)</td>
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<td>M 40-44 (A-K)</td>
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<td>M 55+</td>
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</table>

The athlete that for any reason have decided not to start the race, or exit the water before finish the swim portion, must IMMEDIATELY communicate the Organization.
RACE DAY AID STATIONS

BIKE

EVERY EACH 15 KM APPROXIMATELY

- Water (500ml)
- Sports Drink (500ml)
- Banana
- Port-o-lets

RUN

EVERY EACH 2 KM APPROXIMATELY

- Water
- Pedialyte PRO
- Soda
- Cake
- Bread
- Fruits
- Salt Biscuit
- Salt
- Port-o-lets
Effective and fast hydration for better physical performance

The only one with Zinc

Optimal balance of water, glucose and electrolytes
EXTRA STATIONS

RED BULL

RUN

RED BULL CAN

PAPER CUP (diluted with water)

STATIONS

KMs

04 - 10 - 17
Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep 6 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.

Complete your pass within 25 seconds to avoid a DRAFTING call. Passed athletes must be seen making immediate and constant rear progress out of the drafting zone.

Do not throw ANYTHING outside of aid stations zone. Bike station – 100 m before / 300m after Run Station – 30m before / 50m after

NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).
GENERAL RULES

PENALTIES

DRAFTING

BLOCKING

SOUND DEVICES

LITTERING

30 seconds stop and go

time penalty served at the penalty

5 minute time penalty

served at the penalty box

3 BLUE CARDS

Disqualification

PENALTY BOX at the Transition Area

ALLOWED

CONSUME WATER AND FOOD

PLACED ON ATHLETE'S BIKE

NOT ALLOWED

USE THE TOILET AND

EQUIPMENT ADJUSTMENTS

Read the complete Race Rules available at the official website: ironmanbrasil.com.br.
It's an athlete duty to have complete knowledge of the race rules.
POST RACE
### FINISHER Area

After getting through the finish portal, athletes will have access to medical assistance, massage, port-o-lets, food, water, soda and sports drink.

Friends or family members are not allowed to enter the finish chute and cross the finish line with any athlete.

### BIKE Check out

**April 28 – 01 to 04 PM**

Athletes must present their bib number or a companion may withdraw only by presenting the bike check-out ticket, personal identification and athlete’s BIB number.
Lost & Found

APRIL 28th – 01 to 04 PM
Transition Area

Official Results

28 de ABRIL – 18:00
Oceania Park Hotel – Convention Center

Questions derived from the application or interpretation of the race’s specific regulation will be received from 06:15 to 06:45 PM. IRONMAN live / IRONMAN Tracker results are not official.

Awards Ceremony

APRIL 28th – 07 PM
Oceania Park Hotel – Convention Center
Elite (Top 5), Age Groups (Top 5) and Triclab.
IRONMAN 70.3 WORLD CHAMPIONSHIP 2019

APRIL 28th – 08 PM
Transition Tent

40 slots

Nice – France
2019 September 07/08

€ 425 + processing fees

The athlete must not leave the room until the end of the Slots Allocation.

If the athlete accepts the slot, it is assumed that he won’t change his/her mind before paying it.
SEE YOU AT THE FINISH LINE!

#IM703FLORIPA