Welcome to IRONMAN Western Australia and IRONMAN 70.3 Western Australia and to the spectacular Busselton region, an outstanding event destination and a favorite of the IRONMAN Oceania team. We thank Tourism Western Australia and the City of Busselton for their continued support of this great event that allows us to return to this spectacular location each year.

The 2019 edition of IRONMAN Western Australia is the 16th year of the event, which debuted in 2004. The event will continue to include the half distance IRONMAN 70.3 on the same day.

IRONMAN Western Australia offers a great opportunity for those Athletes looking to qualify for the 2020 IRONMAN World Championships, with an additional 25 allocated slots, bringing the total Age Group Qualifying Slots to 65, plus two slots for the Handcycle (HC) Division.

With the successful introduction of The ROKA Swim Course in 2018, the Swim will remain in the 2 lap rolling Swim Start format along the Busselton Foreshore. This ensures greater water safety coverage, improved swimming conditions and reduce the congestion on the bike course, which will hopefully provide every opportunity to get your P.B here at IMWA.

Please note that helmet checks will now take place on the morning of the event as you enter transition, please do not leave your helmet in your gear bag on Saturday. More information can be found on Page 16 of this Guide.

We here at IRONMAN Oceania are taking the steps forward to be more sustainable. Working closely with the City of Busselton we hope to ensure the city and new Busselton Foreshore is kept in pristine condition post event. We ask all Athletes to assist us on this journey and ensure that you are discarding of rubbish in the appropriate manner and using the discard areas out on course at the Aid Stations. Furthermore, aligned to this objective, we are no longer providing single use Special Needs Bag within Race Kits. For further information, the new options are outlined in Pre Race section below.

Please ensure that you read the entire Athlete Information Guide before the race to ensure you have all the information you need for racing.

The IRONMAN Oceania team work hard to make this event happen, and we are lucky to have the support of the Local Organizing Committee to put this event on each year. Their support does not only help in delivering the event but also providing over 1200 Rio Tinto Volunteers, which is an outstanding achievement. Please make sure you take the time to thank as many Rio Tinto Volunteers as you can throughout the event.

We wish all participants the best of luck and hope that you enjoy your time in Busselton and the South West region.

I look forward to seeing you all cross the Iconic Finish Line.

Cheers,

Marty Mashford
Race Director
The McGowan Government is a proud sponsor of IRONMAN WA and IRONMAN 70.3 through Tourism WA’s Regional Events Program.

The program supports medium to large regional events across the State to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Program plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region’s unique and diverse attractions.

Tourism is a key part of the Government’s plan to diversify the economy, create jobs and develop business opportunities, especially in regional Western Australia.

Events play an important role in this plan with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism WA, to attract more visitors, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys the event and takes the time to explore the South West region.

---

The City of Busselton are once again proud to support and host IRONMAN WA and IRONMAN 70.3 WA, and welcomes all visitors and competitors who are here to take part or show support. Our journey with IRONMAN has helped to promote our region and cement us as the Events Capital of WA. We look forward to the buzz as the City comes alive with the event Expo taking place again in the Cultural Precinct, transition in Signal Park and the stunning backdrop of the Busselton foreshore to start and finish the race. The City CBD is also open for business and ready to welcome you, with many great dining and shopping experiences for all.

The City is proud of its world class, pristine environment and the many natural and built attractions it has to offer. We love to showcase all that is special about our region, and to share it with the many visitors who holiday here every year. Please make the most of your visit to the South West. Take in the amazing natural sites, visit some of our world class wineries and indulge in the array of fresh gourmet produce on offer. There is a reason the region has been named Lonely Planet’s ‘Best in Asia-Pacific’ for 2019 – it is truly spectacular.

We are extremely pleased to announce that, as of 25 March 2020, Jetstar will be running direct flights between Busselton and Melbourne three times a week – making it even easier for our Eastern States friends to make IRONMAN WA a part of their racing schedule.

To the triathletes, I hope you enjoy the course which is celebrated for being flat, fast and fabulously picturesque. To the spectators, thanks for bringing your excitement and passion to this event.

To the volunteers that work so hard to help deliver this event, we thank you. It is a true measure of how loved IRONMAN WA is here, to see how many of our locals give their time to make your dreams a reality.

We wish you all a memorable visit here in the City of Busselton and a fabulous race day. Best of luck to all.

---

MAYOR GRANT HENLEY
CITY OF BUSSELTONG
IRONMAN and IRONMAN 70.3 races are run under the IRONMAN Competition Rules. Please note that rules may vary slightly to other races that are raced under National Federation race rules. Be sure to familiarise yourself with the rules published here: https://m.ironman.com/triathlon/pages/resources/rules-and-regulations.aspx

Of particular note for Australian events are the rules relating to penalties for Yellow and Blue cards. Physically Challenged (PC) and Hand Cycle (HC) Division athletes should also refer to the IRONMAN Competition Rules – Division Article VIII and Article IX. Note that the ITU Paratriathlon Rules do not apply unless specifically referred to in the IRONMAN Competition Rules.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A Referee’s ruling is final in the case of Drafting, Blocking, and Illegal Pass infringements (Judgment Calls) and these are not subject to either protest or appeal.

To minimise the possibility of infringing the rules on race day and avoiding a visit to the Penalty Box, please observe the following:

- Ride on the left side of the bike lane
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Referees will notify athletes of a rule violation by showing the athlete a coloured card in combination with a verbal directive. It will then be your responsibility to serve the 5-minute or 60 second time Penalty(s) at the next Penalty Box.

The following are the most common rule infringements:

**Blue Card (5-minute) Penalties include:**
- Drafting – Following closer than 12 metres behind another cyclist and failing to pass in 25 seconds OR after being passed, failing to drop back out of the 12 metre draft zone.
- Illegal Pass – Passing on the left
- Littering - Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except in a discard zone at Aid Stations

**Yellow Card Penalties (60 second stop at Penalty box) include:**
- Blocking – Riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes.
- Once Overtaken, an athlete re-passing another cyclist before dropping out of the draft zone of the cyclist.
- Helmet – Failing to have your chin strap securely fastened when moving with your bike.

NOTE: that any 3 blue card Penalties across the course during the event may result in a Disqualification. Other infringements which may result in Disqualification include:

- offensive and unsportsmanlike behaviour,
- public personal toilet,
- outside assistance (from anyone other than a race official),
- athletes may not use communication devices of any types including Headphone(s), headset(s) or technical earplug(s) which are inserted or covering the ears

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair. I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Shane Burnett
Head Race Referee
IRONMAN Western Australia
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ATHLETE CHECKLIST

Whether you are returning or it is your first time at IRONMAN Western Australia, we have provided the below checklist for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule
- Book flights and accommodation ensuring you arrive in time for Athlete Check-In from:
  - Thursday 28 Nov 10.00am – 6.00pm
  - Friday 29 Nov 10.00am – 6.00pm
  - Saturday 30 Nov 10.00am – 2.00pm
  - You will only need to attend Check-In once.

- Ensure you have photo identification (drivers licence, passport etc) and bring to Athlete Check-In. You will not be able to Check-In without photo ID.
- Pre book massage - Bookings are essential and can be made by contacting Rural Fitness on 0427 553 533 or by emailing ruralfitness@westnet.com.au

- Check the athlete list online (available from Thursday 7 November) and ensure your name, country, TriClub and age group are correct (if incorrect please contact westernaustralia@ironman.com)
- Confirm that your Emergency Contact person will be contactable on race day and ensure that the full number including area / country code is provided
- Confirm your Medicare/health insurance details are current
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the venue and race day road closures
- Familiarise yourself with the course – it is your responsibility to know this on race day
- Ensure you have the following items ready for the 2020 IRONMAN World Championship in Kaliua-Kona, Hawaii Rolldown:
  - Bring photo identification
  - Bring valid credit card (Visa & MasterCard). Diners Club, AMEX & cash are not accepted for payments.

Welcome to the City of Busselton

The City of Busselton welcomes participants in this year’s Ironman event! It’s fantastic to see so many competitors here for another year of action packed adventure in one of the most beautiful and pristine parts of the world.

We hope you enjoy your stay and make the most of our world-renowned wineries, pristine beaches, internationally acclaimed surf breaks and exciting annual events calendar (with a range of music, sporting, cultural & community events year round!).

For more information, visit our website: www.busselton.wa.gov.au.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
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<tbody>
<tr>
<td><strong>Thursday 28 November</strong></td>
<td></td>
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<tr>
<td>6.00am - 8.00am</td>
<td>Practice Swim</td>
<td>Busselton Jetty Foreshore</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>Information Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>Become One Activation Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>IRONKIDS Check-In</td>
<td>Information, Cultural Precinct, Queen St</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>IRONMAN Official Merchandise Store &amp; Expo Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>Athlete Check-In Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td><strong>Friday 29 November</strong></td>
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<tr>
<td>6.00am - 8.00am</td>
<td>Practice Swim</td>
<td>Busselton Jetty Foreshore</td>
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<tr>
<td>7.00am - 8.00am</td>
<td>Women For Tri Practice Swim</td>
<td>Busselton Jetty Foreshore</td>
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<tr>
<td>8.30am - 10.30am</td>
<td>Women For Tri Morning Tea</td>
<td>The Goose</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>Information &amp; Drop Out Clerk Open</td>
<td>Cultural Precinct, Queen St</td>
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<td>10.00am - 6.00pm</td>
<td>Become One Activation Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>IRONKIDS Check-In</td>
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<tr>
<td>10.00am - 6.00pm</td>
<td>IRONMAN Official Merchandise Store &amp; Expo Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td><strong>Saturday 30 November</strong></td>
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<tr>
<td>6.00am - 8.00am</td>
<td>Practice Swim</td>
<td>Busselton Jetty Foreshore</td>
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<tr>
<td>7.00am - 8.15am</td>
<td>IRONKIDS Check-in &amp; Bike Racking Open</td>
<td>Transition, Signal Park</td>
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<tr>
<td>8.30am</td>
<td>IRONKIDS Race Start</td>
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<tr>
<td>9.00am - 5.00pm</td>
<td>IRONMAN Official Merchandise Store &amp; Expo Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>9.00am - 5.00pm</td>
<td>Information &amp; Drop Out Clerk Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>9.30am Approx.</td>
<td>IRONKIDS Random Prize Draw</td>
<td>IRONMAN Finish Line, Foreshore Carpark</td>
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<tr>
<td>10.00am - 2.00pm</td>
<td>Become One Activation Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td><strong>IRONMAN Tour Times:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.30am, 12.30pm, 1.30pm, 2.30pm</td>
<td>IRONMAN Western Australia Transition Tour with Rob Goyan &amp; IRONMAN U Coach Stuart Harlsey</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td><strong>70.3 Tour Times:</strong></td>
<td></td>
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<tr>
<td>12.00pm - 12.30pm</td>
<td>Information Session and Q &amp; A with your Race Director</td>
<td>Cultural Precinct Stage, Queen St</td>
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<tr>
<td>12.00pm - 12.30pm</td>
<td>Compulsory Bike Racking &amp; Gear Bag</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>11:00am - 5.00pm</td>
<td>Compulsory Bike Racking - IRONMAN 70.3 Western Australia Athletes</td>
<td>Transition, Signal Park</td>
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<tr>
<td>11.00am - 5.00pm</td>
<td>Athlete Check-In Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>12.00pm - 12.30pm</td>
<td>IRONMAN 70.3 Western Australia Transition Tour with Raf Baugh</td>
<td>Transition, Signal Park</td>
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*Event Schedule is up to date as at 27 October 2019. Please check the event schedule on the website as times are subject to change.*
**EVENT SCHEDULE**
*Event Schedule is up to date as at 27 October 2019. Please check the event schedule on the website as times are subject to change.*

### Sunday 1 December

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
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<tbody>
<tr>
<td>4.15am - 5.15am</td>
<td>Compulsory Helmet Check &amp; Transition Open - IRONMAN 70.3 Western Australia Athletes</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>4.15am - 5.15am</td>
<td>Street Gear Bag Drop Off - IRONMAN 70.3 Western Australia Athletes</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>4.15am - 6.45am</td>
<td>Transition Open - IRONMAN Western Australia Athletes</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>4.15am - 6.45am</td>
<td>Street Gear Bag Drop Off - IRONMAN Western Australia Athletes</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>4.15am - 6.45am</td>
<td>Special Needs Bag Drop Off - IRONMAN Western Australia Athletes</td>
<td>Exit of Transition, Signal Park</td>
</tr>
<tr>
<td>4.15am - 12.30am</td>
<td>Finish Line Information &amp; Drop Out Clerk Open</td>
<td>Busselton Jetty Foreshore</td>
</tr>
<tr>
<td>5.30am</td>
<td>Rolling Race Start - IRONMAN 70.3 Western Australia</td>
<td>Nr. The Goose</td>
</tr>
<tr>
<td>6.25am</td>
<td>Pro Male Race Start - IRONMAN Western Australia</td>
<td>Nr. The Goose</td>
</tr>
<tr>
<td>6.30am</td>
<td>Pro Female Start - IRONMAN Western Australia</td>
<td>Nr. The Goose</td>
</tr>
<tr>
<td>7.00am</td>
<td>Age Group Rolling Start - IRONMAN Western Australia</td>
<td>Nr. The Goose</td>
</tr>
<tr>
<td>8.00am - 5.00pm</td>
<td>IRONMAN Official Merchandise Store &amp; Expo Open</td>
<td>Cultural Precinct, Queen St</td>
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<tr>
<td>Approx 9.31am</td>
<td>First IRONMAN 70.3 Finisher</td>
<td>IRONMAN Finish Line, Foreshore Carpark (West of Equinox)</td>
</tr>
<tr>
<td>Approx 2.25pm</td>
<td>First Pro Male Finisher &amp; Presentations</td>
<td>IRONMAN Finish Line, Foreshore Carpark (West of Equinox)</td>
</tr>
<tr>
<td>Approx 3.31pm</td>
<td>First Pro Female Finisher &amp; Presentations</td>
<td>IRONMAN Finish Line, Foreshore Carpark (West of Equinox)</td>
</tr>
<tr>
<td>11.30am - 5.30pm</td>
<td>Bike Check-Out - IRONMAN 70.3 Western Australia Athletes</td>
<td>Transition, Signal Park</td>
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<tr>
<td>4.00pm</td>
<td>Presentations - IRONMAN 70.3 Western Australia</td>
<td>The Equinox, Queen St</td>
</tr>
<tr>
<td>4.30pm</td>
<td>2020 IRONMAN 70.3 World Championship, Taupo, NZ Rolldown Ceremony</td>
<td>The Equinox, Queen St</td>
</tr>
<tr>
<td>6.15pm - 11.15pm</td>
<td>Bike and Gear Bag Check-Out - IRONMAN Western Australia (Note: Special Needs bags will only be available Monday for collection)</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>12.30am</td>
<td>Last Finisher Expected (17 hours)</td>
<td>IRONMAN Finish Line, Foreshore Carpark (West of Equinox)</td>
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### Monday 2 December

<table>
<thead>
<tr>
<th>Time</th>
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<th>Venue</th>
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<tbody>
<tr>
<td>8.00am - 12.00pm</td>
<td>Information &amp; Lost Property Collection Open</td>
<td>Cultural Precinct, Queen St</td>
</tr>
<tr>
<td>8.00am - 2.00pm</td>
<td>IRONMAN Official Merchandise Store - IRONMAN Finishers Range Open</td>
<td>Cultural Precinct, Queen St</td>
</tr>
<tr>
<td>9.00am - 11.00am</td>
<td>Transition Bike, Gear Bags &amp; Special Needs Check Out - IRONMAN Western Australia Athletes Only</td>
<td>Transition, Signal Park</td>
</tr>
<tr>
<td>11.30am</td>
<td>Official Results &amp; 2019 IRONMAN World Championship Kailua-Kona, Hawaii Qualifying Slots Posting</td>
<td>The Equinox, Queens St</td>
</tr>
<tr>
<td>12.00pm - 1.00pm</td>
<td>2019 IRONMAN World Championship Kailua-Kona, Hawaii Kona Roll Down Ceremony</td>
<td>The Equinox, Queens St</td>
</tr>
<tr>
<td>1.30pm - 2.30pm</td>
<td>Awards Ceremony - IRONMAN Western Australia Athletes (All Athletes &amp; Spectators Welcome)</td>
<td>The Equinox, Queens St</td>
</tr>
<tr>
<td>2.30pm - 5.00pm</td>
<td>Official IRONMAN After Party</td>
<td>The Equinox, Queens St</td>
</tr>
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</table>
JOIN NOW

Annual Membership triathlon.org.au

FIND YOU START LINE
Save on race entry fees.
Family Memberships available.

WE’VE GOT YOU COVERED
You are covered under Triathlon Australia policy for personal accident and third party public liability while training and participating in TA Sanctioned events.

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TriathlonAustralia
@TriAustralia

triathlon.org.au

AIS

TRIATHLON
AUSTRALIA
**CULTURAL PRECINCT - QUEENS ST**
- IRONMAN Sport & Lifestyle Expo
- Official IRONMAN Merchandise
- Athlete Check-In
- Information (Thursday – Saturday & Monday)
- Bike Mechanics (Thursday – Friday)
- Stage - Pro Q & A’s, Race Director Q & A, First Timers Q & A
- Medal Engraving

**BUSSELTON JETTY FORESHORE**
- Information (Sunday Only)
- VIP
- Finish Line
- Recovery
- Post Finish Massage
- Street Gear Collection
- Finish T Collection
- TriClub Village
- First Aid
- Practice Swims

**SIGNAL PARK**
- Transition (IM & 70.3)
- Bike Mechanics (Saturday – Sunday)
- Bike Pump Drop
- Special Needs Drop
- Street Gear Tent

**THE EQUINOX**
- IM&70.3 Rolldown and Awards/ After Party

**THE GOOSE**
- Swim Start

**VENUE MAP**
Click map to view online
“Anything is possible...”

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IRONMAN Official Partner
AUSTRALIA SERIES

Europcar
moving your way
CHECK – IN

When
Thursday 28 Nov 10.00am to 6.00pm
Friday 29 Nov 10.00am to 6.00pm
Saturday 30 Nov 10.00am to 2.00pm

All Race Kits must be picked up by 2.00pm Saturday 30 Nov. If you do not Check-In during these times you will not be eligible to race. Allow extra time when making travel arrangements, Busselton is a 3hr drive from Perth (airport).

Where
Cultural Precinct, Queen St Busselton. Please do NOT bring your bike into the Check-In queue. Bike racks will be available within the Cultural Precinct.

What you will need
Photo Identification (Drivers Licence or Passport). You will not be able to pick up your race pack without ID.

Only the person registered can pick up their Race Kit at Check-In. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else’s name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

ID Wristband
Your ID wristband must be worn at all times as this will be your entry to ‘athlete only restricted areas.’ Your ID wristband will be secured to your wrist prior to leaving Check-In. This is your only means of entry to Transition to rack your bike pre-race and to collect your gear and bike after the race. IRONMAN will not allow access into these area’s without athletes wearing their wristband.

No Wristband = No Access.
Pro Male – Black
Legends – Gold
Pro Female – Silver
Age Groupers – Blue

INDIVIDUAL CHANGES

All changes to Individual’s registrations will need to be made prior to 5pm, 22 November. Please ensure that when the athlete list becomes available online one month prior, if any details are incorrect to contact the race office westernaustralia@ironman.com or 1300 761 384. After this time all changes can be made onsite at the Help Desk located within Athlete Check-In.

YOUR RACE KIT

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number</td>
<td></td>
</tr>
<tr>
<td>Pro Male</td>
<td></td>
</tr>
<tr>
<td>Pro Female</td>
<td></td>
</tr>
<tr>
<td>Legends</td>
<td></td>
</tr>
<tr>
<td>Age Groupers</td>
<td></td>
</tr>
<tr>
<td>Sticker Sheet</td>
<td></td>
</tr>
<tr>
<td>Bike Seat Post Number Sticker</td>
<td></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td></td>
</tr>
<tr>
<td>Special Needs Stickers</td>
<td></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td></td>
</tr>
<tr>
<td>Gear Bags Stickers</td>
<td></td>
</tr>
<tr>
<td>Tattoos Race Number Tattoo, Category Tattoo</td>
<td></td>
</tr>
<tr>
<td>ID Wristband</td>
<td></td>
</tr>
<tr>
<td>Bike Collection Card</td>
<td></td>
</tr>
<tr>
<td>Coloured ROKA Swim Cap</td>
<td></td>
</tr>
<tr>
<td>Gear Bags</td>
<td></td>
</tr>
<tr>
<td>Street Gear Bag (39cm wide, 49cm long)</td>
<td></td>
</tr>
<tr>
<td>Athlete Gift (Including sponsor items)</td>
<td>We didn’t want to ruin your surprise.</td>
</tr>
</tbody>
</table>
BIKE COLLECTION CARD

The Bike Collection Card is located within your race pack. This card can be used for a loved one to collect your Bike and Gear Bags from Transition during Bike/Bag collection times. Please ensure you sign the card prior.

SPECIAL NEEDS BAGS *NEW IN 2019

Athletes will no longer receive plastic Special Needs bags within their race bags. This is to align with IRONMAN Oceania’s direction and with the support from IRONMAN Western Australia Local Organising Committee to move in the direction of a sustainable event.

Athletes will have two options if they wish to use Special Needs both on the Bike and Run course.

Option 1:

Purchase a reusable/insulated IRONMAN Blue Bike and Red Run Special Needs bags through Active upon registration.

Cost:

- Both Bags: $7.50 + 8% Active = $8.10.
- Single Bag (either Bike or Run): $4.00 + 8% Active Fee = $4.32

In the case you didn’t purchase upon registration, please see the steps below.

How to purchase:

1. Log into your Active account at www.active.com (log in via the 'log in', in the top right-hand corner)
2. Head to ‘my events’ and locate your IRONMAN Australia entry
3. Select ‘purchase additional’ and follow the steps.
4. Whilst checking in on site, you

Collection & Onsite purchases will also be available from in the Cultural Precinct at Check In during opening times.

Option 2:

Provide your own reusable bag with the dimensions no bigger than 20x20x20cm.

RACE DAY INFORMATION

Special Needs Bags must be dropped off in the designated area on the morning of the race, upon exit of Transition on the way to swim start. Athletes should only include perishable items inside Special Needs bags as this station is for nutritional purposes.

Your race kit includes your special needs bag sticker which must be visible on the front of your special needs bag. Bags without a proper sticker will not be accepted.

IRONMAN® is not responsible for the contents. Although we try to expedite assisting you in obtaining your Special Needs bag at the station, the volume of athletes may require that you stop and find your bag.

IRONMAN will be rejecting any bags that aren’t reusable or larger than the size specified.

All bags must be collected at Bike and Gear Bag Check-Out on Monday 2 Dec.

BIKE RACKING AND GEAR BAG CHECK-IN

When
Saturday 30 Nov 11:00am – 5:00pm

Where
Transition, Signal Park Busselton You must have already Checked-In and picked up your Race Kit prior to racking your bike and checking-in your gear bags.

No bike or gear bags will be able to be Check-Out after 5:00pm on Saturday 30 Nov. Please ensure you plan your travel to pick up your Race Kit prior to 2pm and Check-In your bike prior to 5pm.

What you will need

Bike Racking –

You must have your bike seat post sticker attached to your bike and be wearing corresponding numbered ID wristband to enter Transition. Your bike seat post sticker will be found in your Race Kit.

Competitors are responsible for ensuring that their bike is in a safe working order, prior to presenting them at Bike Check-In. See the Triathlon Australia Rules for equipment standards at https://m.ironman.com/triathlon/pages/resources/rules-and-regulations.aspx
Bike and Run

Gear Bag Check-In –
It is compulsory that all Athletes Check-In their Blue Bike and Red Run Gear Bag on Saturday.
Suggest items to include in your Gear Bags –

<table>
<thead>
<tr>
<th>Blue Bike Gear Bag</th>
<th>Red Run Gear Bag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike Shoes (or on bike)</td>
<td>Running Shoes (compulsory)</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Bib Race Number (compulsory)</td>
</tr>
<tr>
<td>Socks</td>
<td>Sunglasses</td>
</tr>
<tr>
<td>Change of Clothes</td>
<td>Hat</td>
</tr>
<tr>
<td>Nutrition and fluids (or on bike)</td>
<td>Socks</td>
</tr>
<tr>
<td>Towel</td>
<td>Change of Clothes</td>
</tr>
<tr>
<td></td>
<td>Nutrition and Fluids</td>
</tr>
</tbody>
</table>

PLEASE NOTE, YOU WILL NOT HAVE ACCESS TO THESE BAGS ON RACE MORNING.

Pre-Race Training
Remember the Road Rules. Do not ride two abreast on narrow road sections and obey all traffic rules. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Western Australia and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.

<table>
<thead>
<tr>
<th>Bag</th>
<th>Drop Off Location</th>
<th>Use During Race</th>
<th>Post-Race Collection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Bike Gear Bag</td>
<td>Transition: Swim to Bike</td>
<td>Date: Saturday 30 Nov</td>
<td>Collect your Blue Bike Gear Bag from your numbered hook. Remove your bike gear and place all swim gear into Blue Bike Gear Bag.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Time: See Event Schedule</td>
<td>Location: Transition (Change Tent) - On your numbered hook.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Location:</td>
<td></td>
</tr>
<tr>
<td>Red Run Gear Bag</td>
<td>Transition: Bike to Run</td>
<td>Date: Saturday 30 Nov</td>
<td>Collect your Red Run Gear Bag from your numbered hook. Remove your run gear and place all bike gear into Red Run Gear Bag. Volunteers will then hang your bag back on the hook.</td>
</tr>
<tr>
<td></td>
<td>Time: See Event Schedule</td>
<td>Location:</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Location: Transition (Change Tent) - On your numbered hook.</td>
<td></td>
<td>Location: You will collect your Red Run Gear Bag from the Transition Change Tent during Bike and Bag Check-Out times.</td>
</tr>
<tr>
<td>Black Street Gear Bag</td>
<td>Used for post-race clothing</td>
<td>Date: Sunday 1 Dec (Race Morning)</td>
<td>The Street Gear Bag Tent is located at the exit of Transition. Please place your Street Gear Bag on your numbered hook. Your Black Street Gear Bag used for any clothes you require post event.</td>
</tr>
<tr>
<td></td>
<td>Time: See Event Schedule</td>
<td>Location: Recovery (Finish Line)</td>
<td></td>
</tr>
<tr>
<td>Special Needs Bags (if required)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blue - Cycle Special Needs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Red - Run Special Needs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bike Pumps</td>
<td>Date: Sunday 1 Dec (Race Morning)</td>
<td>Please do not drop your bike pump in the Street Gear Tent, instead drop in the Bike Pump designated area located within Transition.</td>
<td>Date: Sunday 1 Dec or Monday 2 Dec</td>
</tr>
<tr>
<td>Time: During transition opening hours. See Event Schedule</td>
<td></td>
<td></td>
<td>Time: During Bike and Gear Bag Check-Out. See Event Schedule</td>
</tr>
<tr>
<td>Location: Transition</td>
<td></td>
<td></td>
<td>Location: Transition</td>
</tr>
</tbody>
</table>
IF YOU CRASH IN TRAINING, COMMUTING OR RACING, YOU MAY NOT HAVE THE INSURANCE COVER YOU THINK YOU DO. MANY RIDERS DON’T—BUT WE CAN HELP.

KOM
FINANCIAL ADVICE
INCOME PROTECTION FOR TRIATHLETES
incomeprotectionfortriathletes.com.au

THE FACTS

1. Many insurers think mass-participation cycling-related events are high-risk and apply unfair conditions or exclusions to cycling-related claims.

2. Many major sporting federations provide 'group' insurance policies, which limits the amount they can pay out. They’re important but they don’t account for your own circumstances. There we’re mostly all insured the same.

3. Unless your Super Fund or Personal Insurance company has specifically underwritten your cycling activity, especially training and racing, you may not have the cover you think you do.

4. Our clients may be paid between 1-3 months' benefit for injuries like a fractured collarbone, arm or leg, even if they have NO time off work. However, the bone needs to be immobilised—in a sling, cast, crutches, or moon boot.

Don’t realise when it’s too late that you’re under-insured or not even insured at all.

Daniel Corbett is an Authorised Representative of InFocus Securities Australia Pty Ltd ABN 47 097 797 049 AFSL No. 236523. Full Financial Advice Pty Ltd ABN 92 606 914 112 [t/a King of the Mountain] is a Corporate Authorised Representative of InFocus Securities Australia Pty Ltd (ABN 47 097 797 049) AFSL and Australian Credit Licence No. 236523
TIMING CHIPS

You will collect your Timing Chip and confirm your identity with the timing personnel at the exit of Bike Check-In. At this stage you will re-confirm your information and ensure that your race number matches your timing chip. All athletes will also be asked to confirm their number of race finishes at IMWA. Please ensure you put your Timing Chip in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle.
- On race morning, your timing chip must be on to enter Transition. Officials will be checking this.
- If you do not start the race or pull out of the race for any reason, please return the Timing Chip to one of the Drop Out Clerks located at Information or if unable to reach this location to Event Personnel.
- If your Timing Chip is not returned or is lost, you will be charged $150AUD for a replacement.
- Timing results will include swim split, bike split, run split and finish time – overall and category results.

If Timing Chips are not worn throughout the duration of the race, race results will not be available to that athlete.

If a Timing Chip is lost during the race, you will need to inform Event Personnel in Transition, so that timing providers can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the Timing Chip, using an alternative puts you at risk of losing the chip during the race. Lack of timing data may affect validity of category results & World Championship qualifications.

BIKE MECHANICS

The Official Bike Mechanic for this event is Bike DR. Bike DR will be available during the IRONMAN Sport & Lifestyle Expo located at the Cultural Precinct, Queen St on Thursday and Friday (paid service).

On Saturday and Sunday the Bike Mechanics will be located at Transition, Signal Park.
Saturday – 10.00am – 4.00pm (gold coin donation service)
Sunday – 4.00am – 6.30am (and then available on course)

PRE-RACE TRAINING

Remember the Road Rules. Do not ride two abreast on narrow road sections and obey all traffic rules. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Western Australia and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.

TRANSITION TOURS

When: Saturday 30 Nov
Where: Transition, Signal Park
Time:
- Transition Tour 1: 11.30am
- Transition Tour 2: 12.30pm
- Transition Tour 3: 1.30pm
- Transition Tour 4: 2.30pm

Tours will take approximately 30 minutes and will cover the flow of Transition including the start and finish points of the swim/bike and run functionality. These tours are also a great opportunity to clarify any Transition specific questions.
TRANSITION AREA

**Time**
Transition will be open from 4.15am – 6.45am.

Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6.45am.

COMPULSORY HELMET CHECK RACE DAY

*NEW - Triathlon Australia officials will be conducting compulsory helmet and bike checks as you enter the Transition area. Please ensure you have your helmet on (with your helmet sticker on the front of your helmet) prior to entering Transition. You will need to place your helmet on your bike as you will have no access to your Bike Gear Bag on Race Morning.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition Opening (Sunday). See the Triathlon Australia Rules for equipment standards at [http://www.triathlon.org.au](http://www.triathlon.org.au).

BIKE PUMPS

Bike Pump Drop Off will be available on Race Morning within Transition and can be collected post event during Bike Check-Out. All bike pumps which aren’t collected during Bike Check-Out times will be donated.

STREET GEAR BAG DROP

**Location:** Street Gear Tent is located at the exit to Transition

**Time:** 4.15am – 6.45am

The Street Gear Tent is located at the exit of Transition and located within the recovery area. Your Street Gear Bag will need to be placed on your numbered hook.

Please ensure that you have the gear bag sticker (located in your Race Kit) clearly stuck to the bottom of the handle. Your Street Gear Bag will consist of any clothes you require post-race. It is compulsory to use the Street Gear Bag provided.

No bike pumps will be accepted in the Street Gear Tent.

SPECIAL NEEDS BAGS DROP

**Location:** Special Needs Vehicles are located at the exit to Transition

**Time:** 4.15am – 6.45am

If you require any special needs during the race, you will be required to drop off your Special Needs Bags (red run and blue bike) on Race Morning. The Special Needs Vehicles will be located to the northern end of Transition near the change tent.

It is your responsibility to drop the correct bag in the correct Special Needs Vehicle.

*NEW in 2019 – Ensure you read the new rules about Special Needs Bags in the Pre-Race Information section of the AIG.

RACE DAY SERVICES

**Medical**
Basic first aid is available throughout the event week. If you require medical attention, we recommend that you visit Information or seek the assistance of the event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:

- Swim Start
- Swim Exit
- Transition
- Roaming Bike & Run Course
- Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are an Australian resident or from overseas. We highly recommend that Australian residents hold valid private health insurance and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for.

Under Australian legislation, all non-Australian residents are **not** covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport. Hence it is recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.
PREPD IS A REVOLUTIONARY HYDRATION ENHANCER THAT WILL TRANSFORM THE WAY YOU TRAIN AND COMPETE. BACKED BY OVER 20 YEARS OF RESEARCH AND TESTING, PREPD IS A TWO-STEP SYSTEM PROVEN TO BOOST HYDRATION WHEN YOU NEED IT MOST, HELPING YOU PERFORM AT YOUR PEAK LONGER AND RECOVER SOONER.

PREP DHYDRATION.COM.AU
**Sag Wagon**
The Sag Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported to the closest Aid Station or back to Transition/Finish Line.

Should you require a Sag Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for Sag Wagon deployment. Alternatively advise volunteers at the nearest Aid Station.

Please note delays in Sag Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a Sag Wagon has been requested as this could affect their ability to locate and transport you.

**ATHLETE RACE BIB NUMBER**

Wearing your race number bib is compulsory for the Run Leg only. Your number must be clearly visible.

Upon entering the finish line, turn your bib to the front. This will ensure manual timers at the Finish Line can clearly see your number. You must not fold, cut or manipulate your race number in any way.

**ATHLETE TATTOOS**

**Race Number Tattoo**
Wearing your race number tattoo is **compulsory**.

- Where: Your race number must be displayed on your right bicep with the MDot logo at the top.
- If you are wearing a long sleeve or short sleeve Tri-Suit, place the race number tattoo on your right forearm.

**Category Letter Tattoo**
- Where: Your category letter tattoo must be displayed on your left calf.

**Best way to apply your tattoos**

The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

**I still managed to ‘mangle’ my tattoo:**

In the case your tattoo becomes faulty please see the Information staff who will be able to assist by writing your number/letter on with a permanent marker.

Any athlete who registers online after 11.59pm, 1 November unfortunately will not receive a Category Letter in their Race Kit. Please see Information on Race Morning as we can write the Category Letter on with a permanent marker.

**CUT OFF TIMES**

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individuals swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

**Swim** – 2 Hours 20 Minutes from Athletes Individual Start Time (times below based on last athlete in water)
- 8.45am – 2 km, Turn 4 the end of 1st lap (Athletes must have past turn 4 and started the 2nd lap)
- 9.50am – 3.8 km, Swim Exit (Athletes must be standing on the beach completely out of the water and pass medical examination)

**Bike** – 10 Hours 30 Minutes from Athletes Individual Start Time (times below based on last athlete in water)
- 10am – 0 km, T1 Bike Exit (Athletes must be past the mount line and riding)
- 2pm – 90 km, 2nd lap turnaround (Athletes must have past the turnaround point and started the 2nd lap)
- 3.01pm – 113 km, Tuart Drive Bike Aid Station 1
- 3.58pm – 134 km, Stirling Rd Bike Aid Station 2
- 4.58pm – 156 km, Ludlow Bike Aid Station 3
- 6.00pm – 180 km, Bike Entry Transition 2 (Athlete must have dismounted their bike and past the dismount line)

**Run** – 17 Hours from Athletes Individual Start Time (times below based on last athlete in water)
- 6.10pm – 0 km, Run Exit Transition 2 (Athletes must passed the run exit arch and started the run course)
- 10.47pm – 30.76 km, Lap Band Collection Point (3rd Pass)
- 11.05pm – 32.71km, King St U Turn
- 11.15pm – 33.86km, Finish Line Outbound Pass
- 11.51pm – 37.77 km, Guerin St U Turn
• 12.21am – 41.2 km, Lap Band Collection Point (4th pass)
• 12.30am – 42.2km, Finish Arch

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via Sag Wagons.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario’s the Race Director also reserves the right to announce new cut off times.

CONTINGENCY PLAN

If/when a contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the Event App or by the Commentator

MASSAGE

Sports and Remedial professional Massage provided by Rural Fitness is available pre and post event.

Pre and Post Event Massage/Strapping

Treatments by Top Sports Massage Professionals

- Massage Treatments $80 – 1 hour
- Strapping $20 per application

Pre and Post Massage at Busselton Tennis Club – 1 Marine Terrace, Busselton

- Thursday 28 November - 9am-5pm
- Friday 29 November - 9am-5pm
- Saturday 30 November - 9am-1pm (Professional Sporting Strapping Clinic all day Saturday 9am - 5pm)
- Sunday 1 December - Post Event (FREE light rub down - 10mins (in Recovery tent))
- Monday 2 December - 9am-5pm

There are many benefits of having a massage, these include:

- Improve circulation
- Elevates mood, reduces anxiety and aids relaxation
- Improves joint mobility and muscle flexibility
- Provides relief from pain and aids recovery from injury
- Reduces and softens scar tissue and adhesions
- Reduces muscle spasms and abnormal muscle contractions
- Greatly improves athletic performance

Mobile Massage for Groups/Clubs (min of 3 athletes)

How to book

Email: ruralfitness@westnet.com.au
Phone: 0427 553 533 - Paula

Or simply scan the QR code below
Finish Line

Friends and family members, including children, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes’ finish line experience and this may result in a DQ.

As you cross the line, volunteer catchers will be there to escort you to the secured recovery area. You will be presented with your Finishers Medal and Towel and your Timing Chip will be removed. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the Medical Tent for treatment. If you do not require any treatment you will be able to proceed to the Recovery facilities.

Unfortunately, you will not be able to re-enter Recovery once you have exited so make sure you are comfortable prior to this point. Please remember volunteers and the medical team are there to help you at any time should you require.

Medal Engraving

Commemorate your achievement by having your official finishing time engraved on the back of your bespoke finisher medal. After your race or on Monday Morning, please drop off your finisher medal at the Merchandise Store located at the Cultural Precinct, Queen St. You will complete a short form letting us know what NAME and TIME you would like to have engraved. The process takes anywhere from 5 to 25 minutes based on the event.

Please note all medals must be dropped off and collected to the Official IRONMAN Merchandise Store (located at the Cultural Precinct, Queen St) on Sunday 1 December or Monday 2 December. No medals will be posted.

Performance & Recovery Range

Use code IRONMAN25 online for 25% off

Now available at the IRONMAN® Official Merchandise Store

Magnesium Spray
Anti-Chafe Extreme
Chafe No More

Available at:
**POST RACE INFORMATION**

**RECOVERY AREA**

**Recovery & Medical**

After you have finished, you will be escorted into the Post Finish area to take advantage of the post finish facilities available. This is an athlete only area. Located within the Post Finish area will be;

- The Post Finish Recovery Area
- Male & Female Change Tents
- Access to your Street Gear Bags and Finisher Shirt
- Medical & Massage support
- Official Finisher Photo by FinisherPix

Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

**The Post Finish Recovery area will offer:**

- Water
- PURE Electrolyte Hydration – Lemon & Superfruits
- Soft Drinks
- Ice Cream & Fruit Salad
- Banana and Watermelon
- Variety of Hot Foods
- Red Bull

**FINISHER SHIRTS**

Finishers Shirts will be available to all Official Finishers post-race and can be collected from the designated tent as you exit Recovery.

**RESULTS**

All results will be available online at [www.ironmanwesternaustralia.com](http://www.ironmanwesternaustralia.com)

**STREET GEAR CHECK-OUT**

**Date:** Sunday 1 Dec  
**Location:** Transition, Signal Park  
**Time:** Available until 11.15pm

Black Street Gear Bags will be available from the Recovery Area on Sunday. In the case that you are unable to collect your Street Gear Bag on Sunday, it will be available for collection on Monday at Information.

**BIKE AND GEAR BAG PICK-UP**

**Date:** Sunday 1 Dec  
**Location:** Transition, Signal Park  
**Time:** 6.15pm – 11.15pm

**Or**

**Date:** Monday 2 Dec  
**Location:** Transition, Signal Park  
**Time:** 9.00am – 11.00am  
**Including Special Needs Bags**

It is the responsibility of the athlete to collect, hand in and pick up their bags from the appropriate locations and times, as well as ensure they are marked correctly.

**FINISH LINE PHOTO**

Get your personal race photos with FinisherPix!

FinisherPix is the official photographer at IRONMAN Australia. Your personal race photos will be available at [www.finisherpix.com](http://www.finisherpix.com). Your personal race photos will be available within 24-48 hours after the race.

- How to get your best photos:
  - Register your email address at [www.finisherpix.com](http://www.finisherpix.com) to be notified as soon as photos are online.
  - Please be sure you have your helmet sticker visible on the FRONT of your bike helmet, so we can identify your biking photos
  - Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos
  - Smile and celebrate when you cross the Finish Line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement
  - Visit [http://www.finisherpix.com/](http://www.finisherpix.com/) within 24-48 hours after the race to view, order, and share your photos from your IRONMAN Western Australia event!

**LOST & FOUND PROPERTY**

Any lost or found property that is handed in will be taken to Information at the Cultural Precinct (Thurs – Sat & Mon) and the Finish Line (Sun). Please view the times and locations Information will be open on the [Event Schedule](http://www.ironmanwesternaustralia.com). Please note that no responsibility or liability is taken by the Race Organisers for lost property.

**All lost property will be held for 30days post event. After this time all left over items will be donated to charity.** For any enquiries after the event please contact IRONMAN on 1300 761 384 or [westernaustralia@ironman.com](mailto:westernaustralia@ironman.com).
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
#finisherpix
Cut off time – 2 Hours 20 Minutes (2:20.00) from Individuals start time. Please also note Swim Intermediate Cut Offs listed on P19.

**COURSE SUMMARY**

<table>
<thead>
<tr>
<th>Notes</th>
<th>Approx. Distance (km)</th>
<th>Direction</th>
<th>Location</th>
<th>Compass</th>
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<td>N</td>
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<td></td>
</tr>
<tr>
<td>0.28</td>
<td>Left Turn Buoy 1</td>
<td>W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.48</td>
<td>Pass Buoy 5</td>
<td>W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>0.97</td>
<td>Pass M Dot Buoy</td>
<td>W</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.21</td>
<td>Left Turn Buoy 2</td>
<td>S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.31</td>
<td>Left Turn Buoy 3</td>
<td>E</td>
<td></td>
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<td>1.55</td>
<td>Pass M Dot Buoy</td>
<td>E</td>
<td></td>
<td></td>
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<tr>
<td>2.04</td>
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<td>N</td>
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<td></td>
</tr>
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<td>2.14</td>
<td>Left Turn Buoy 5</td>
<td>W</td>
<td></td>
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<td>2.63</td>
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<td>W</td>
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<tr>
<td>2.87</td>
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<td>S</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.97</td>
<td>Left Turn Buoy 3</td>
<td>E</td>
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<tr>
<td>3.21</td>
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<td>E</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.7</td>
<td>Right Turn Green Finish Buoy</td>
<td>s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.8</td>
<td>Total distance course leg</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

At 7.00am the Age Group Rolling Start will begin. This will involve athletes being released in intervals of pairs across the start line and timing mat. As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

**SWIM SAFETY**

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Surf Ski’s, Jet Skis and IRB’s. At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification.

Should at any point an athlete decide to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete’s responsibility to walk back to the Information located at the Finish Line and hand in their timing chip to the Drop Out Clerk located at Information.

**WETSUITS**

Wetsuits will be optional if the water temperature is below 24.5 degrees Celsius and mandatory if the water temperature is below 16 degrees Celsius.
The wetsuit thickness must not exceed 5mm for all competitors.

A provisional wetsuit ruling will be posted at the Check-In Tent and Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

If you have any questions around your wetsuit please visit www.triathlon.org.au or speak with a Technical Official at the event.

PROFESSIONAL ATHLETES

Professional Athletes will be able to warm up directly in front of their start area. The warm up area will be accessible after 6.00am once the Race Director has confirmed it is safe to do so. All Professional Athletes will need to exit the water once advised by the Race Director.

AGE GROUPERS

Warm up swims must be completed to right hand side of the Swim Start. Athletes must not use the beach in front of The Goose for warm up swims. Athletes must be out of the water by 6.15am.

SWIM CAP COLOURS

<table>
<thead>
<tr>
<th>AGE GROUP</th>
<th>SWIM CAP COLOUR</th>
</tr>
</thead>
<tbody>
<tr>
<td>MALE PRO</td>
<td>Black</td>
</tr>
<tr>
<td>FEMALE PRO</td>
<td>White</td>
</tr>
<tr>
<td>18-24</td>
<td>Maroon</td>
</tr>
<tr>
<td>25-29</td>
<td>Violet</td>
</tr>
<tr>
<td>30-34</td>
<td>Pearly Pink</td>
</tr>
<tr>
<td>35-39</td>
<td>Yellow</td>
</tr>
<tr>
<td>40-44</td>
<td>Red</td>
</tr>
<tr>
<td>45-49</td>
<td>Blue</td>
</tr>
<tr>
<td>50-54</td>
<td>Neon Green</td>
</tr>
<tr>
<td>55-59</td>
<td>Silver</td>
</tr>
<tr>
<td>60-64</td>
<td>Neon Pink</td>
</tr>
<tr>
<td>65-69</td>
<td>Orange</td>
</tr>
<tr>
<td>70+</td>
<td>Powder Blue</td>
</tr>
<tr>
<td>AWA GOLD</td>
<td>Navy (gold logo)</td>
</tr>
<tr>
<td>AWA SILVER</td>
<td>Navy (silver logo)</td>
</tr>
<tr>
<td>AWA BRONZE</td>
<td>Navy (bronze logo)</td>
</tr>
<tr>
<td>Paratriathlete</td>
<td>Neon Orange</td>
</tr>
<tr>
<td>PC/Open Exhibition Division</td>
<td>Neon Orange</td>
</tr>
</tbody>
</table>
SWIM RULES SUMMARY

- All competitors must wear official ROKA swim cap provided
- The use of snorkels, fins, gloves, paddles, or flotation devices of any kind are prohibited


TRANSITION AID STATION (SWIM TO BIKE)

Transition Aid Stations will offer:

- Water
- PURE Electrolyte Hydration – Lemon & Superfruits
- Vaseline
- Sunscreen
- Toilets

COURSE MAP

Click map to view online
THE WORLD’S MOST LOVED WETSUIT

“I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it.”

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
Course cut off time – 10 Hours 30 Minutes (10:30.00) after individuals start time. Please also note the Bike Intermediate Cut Offs listed on P19

COURSE SUMMARY

<table>
<thead>
<tr>
<th>Note</th>
<th>Approx. Distance (km)</th>
<th>Direction</th>
<th>Location</th>
<th>Compass</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0</td>
<td>Straight</td>
<td>T1 - Signal Park: BIKE EXIT</td>
<td>N</td>
<td></td>
</tr>
<tr>
<td>0.1</td>
<td>Right</td>
<td>Foreshore Pde</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>0.3</td>
<td>Left</td>
<td>Brown St</td>
<td>S</td>
<td></td>
</tr>
<tr>
<td>0.5</td>
<td>Left</td>
<td>Marine Tce Roundabout</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>0.6</td>
<td>Straight</td>
<td>B4 AID STATION Marine Tce</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>1.0</td>
<td>Right</td>
<td>Cnr Marine Tce / Carey St</td>
<td>S</td>
<td></td>
</tr>
<tr>
<td>1.7</td>
<td>Left</td>
<td>Cnr Carey St / Peel Tce</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>4.0</td>
<td>Straight</td>
<td>Navigation Roundabout</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>7.4</td>
<td>Straight</td>
<td>Int Layman Rd / Spinnaker Blvd</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>10.4</td>
<td>Left</td>
<td>Cnr Layman Rd / Forrest Beach Rd</td>
<td>E</td>
<td></td>
</tr>
<tr>
<td>15.5</td>
<td>Right</td>
<td>TURNAROUND Forrest Beach Rd</td>
<td>W</td>
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<td>20.6</td>
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<td>Tuart Dr Roundabout</td>
<td>E</td>
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<td>Straight</td>
<td>B1 AID STATION Tuart Drive</td>
<td>E</td>
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</tr>
<tr>
<td>28.5</td>
<td>Left</td>
<td>Int Tuart Dr / Ludlow Rd Nth</td>
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<tr>
<td>35.6</td>
<td>Straight</td>
<td>Int Ludlow Rd Nth / Stirling Road</td>
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<tr>
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<tr>
<td>39.4</td>
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<td>E</td>
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<td>44.3</td>
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<td>B2 Aid Station Stirling Rd</td>
<td>W</td>
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<tr>
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<td>S/W</td>
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</tr>
<tr>
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<td>S/W</td>
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<td>S/W</td>
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<td>Tuart Dr Roundabout</td>
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<td>TURNAROUND Tall Tree Crescent</td>
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<td>Tuart Dr Roundabout</td>
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<tr>
<td>80.0</td>
<td>Straight</td>
<td>Int Layman Rd / Forrest Beach Rd</td>
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<td>Int Layman Rd / Spinnaker Blvd</td>
<td>W</td>
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</tr>
<tr>
<td>88.8</td>
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<td>Cnr Peel Tce / Brown St</td>
<td>N</td>
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</tr>
<tr>
<td>89.6</td>
<td>Straight</td>
<td>Cnr Brown St / Marine Tce</td>
<td>N</td>
<td></td>
</tr>
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<td>89.7</td>
<td>Left</td>
<td>Foreshore Pde</td>
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</tr>
<tr>
<td>90</td>
<td>Right</td>
<td>Signal park – Start 2nd lap</td>
<td>N</td>
<td></td>
</tr>
</tbody>
</table>

AID STATIONS & SPECIAL NEEDS

Bike Aid Stations
The Ventum Bike course has 4 Aid Stations located approximately 22km apart.

Bike Aid Stations Locations:
- B1 Tuart Drive 23km / 113km
- B2 Stirling Road 44km / 134km
- B3 Ludlow-Hithergreen Road 67km / 157km
- *B4 Marine Terrace 90km
  *Special Needs pick up, second lap only at approx 93km.

Bike Aid Stations will offer:
- Water
- PURE Electrolyte – Lemon & Superfruits
- Cola
- IRONMAN Energy Gels – Blood Orange
- IRONMAN Energy Bars – Rich Chocolate & Mint Bars
- Banana
- Vaseline (situated in toilets)
- Sunscreen
- Insect repellent
- Toilets

Bike Aid Station Layout

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Bike Aid Station, please stay to the right of the roadway.

There will be signs along the Aid Station listing what is on offer. Rio Tinto Volunteers will also be advising what they are holding. Please help the Rio Tinto Volunteers help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will be penalised.
BIKE RULES SUMMARY

- It is the sole responsibility of each athlete to know and follow the prescribed cycling course.
- All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority.
- Athletes must wear a bike helmet number on the front of their helmet
- The athletes’ bike frame sticker must be securely attached to the bike and must be visible from both sides
- Headsets or headphones are prohibited during the Race

If you do receive a penalty, the officials will:
- show you a blue, yellow or red card and advise you of your infringement
- tell you to stop at the next Penalty Tent if applicable
- note your athlete number and other information

Penalty Box locations:
- Stirling Road, 250m past B2 approx. 45km & 135km
- Brown St, approx. 89km & 179km


TRANSITION AID STATION (BIKE TO RUN)

Transition Aid Stations will offer:
- Water
- PURE Electrolyte Hydration – Lemon & Superfruits
- Vaseline
- Sunscreen
- Toilets
AUDAX. FOR THE PURSUIT OF SPEED
Course cut off time – 17 Hours (17:00.00) after individual’s start time. Please also note the Run Intermediate Cut Offs listed on P19.

**COURSE SUMMARY**

<table>
<thead>
<tr>
<th>Notes</th>
<th>Approx Distance (km)</th>
<th>Direction</th>
<th>Location</th>
<th>Compas</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.00</td>
<td>Straight</td>
<td>T2 - Signal Park</td>
<td>N</td>
</tr>
<tr>
<td></td>
<td>0.25</td>
<td>Left</td>
<td>Finish Line: Start Lap 1</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>0.59</td>
<td>Straight</td>
<td>R1 - Gale St</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>1.39</td>
<td>Right</td>
<td>King St Car Park U TURN</td>
<td>E</td>
</tr>
<tr>
<td></td>
<td>2.19</td>
<td>Straight</td>
<td>R1 - Gale St</td>
<td>E</td>
</tr>
<tr>
<td></td>
<td>2.54</td>
<td>Straight</td>
<td>Finish Line: Outbound Lap 1</td>
<td>E</td>
</tr>
<tr>
<td></td>
<td>3.76</td>
<td>Straight</td>
<td>R2 - VMR</td>
<td>E</td>
</tr>
<tr>
<td></td>
<td>5.56</td>
<td>Straight</td>
<td>R3 - Russell St</td>
<td>E</td>
</tr>
<tr>
<td></td>
<td>6.45</td>
<td>Right</td>
<td>Guerin St U TURN</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>7.34</td>
<td>Straight</td>
<td>R3 - Russell St</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>9.13</td>
<td>Straight</td>
<td>R2 - VMR</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>9.22</td>
<td>Left</td>
<td>Carey St</td>
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<td>Milne St</td>
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<td>9.78</td>
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<td>Lap Band Collection Point</td>
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<tr>
<td></td>
<td>9.8</td>
<td>Left</td>
<td>Geographe Bay Rd</td>
<td>W</td>
</tr>
<tr>
<td></td>
<td>10.69</td>
<td>Straight</td>
<td>Finish Line: Start Lap 2</td>
<td>W</td>
</tr>
</tbody>
</table>

4 Lap Course Route Notes

**AID STATIONS & SPECIAL NEEDS**

Run Aid Stations

The Run Course has 3 Aid Stations that are accessed twice each lap and are located approximately 2km apart.

Run Aid Stations Locations:
- R1 Gale Street
  - 0.6/2.2/11/12.6/21.5/23.1/31.9/33.5
- *R2 Georgette St (VMR)
  - 3.8/9.1/14.2/19.6/24.6/30/35.1/40.5
- R3 Russell St
  - 5.6/7.3/16/17.8/26.4/28.2/36.9/38.7
- *Special Needs pick up - just prior to R2 at 3.8/14.2/24.6/35.1

Run Aid Stations will offer:
- Splash zone
- Water
- PURE Electrolyte – Lemon & Superfruits
- IRONMAN Energy Gels – Blood Orange
- IRONMAN Energy Bars – Rich Chocolate & Mint Bars
- Red Bull will be supplied on course at Aid Station 2 only and served in a diluted formula of 50% Red Bull and 50% water
- Cola
- Bananas
- Watermelon
- Lollies
- Vegemite
- Pretzels
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Visibility Aids
- Toilets

**Run Aid Station Layout**

![Run Aid Station Layout](image)

Same conditions as per the Bike Aid Stations apply when entering the Run Aid Stations.

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Run Aid Station, please stay to the left of the roadway.

There will be signs along the Aid Station listing what is on offer. Rio Tinto Volunteers will also be advising what they are holding. Please help the Rio Tinto Volunteers help you by communicating politely as per your needs. Please discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will be penalised.
CARBON X
THE IMPOSSIBLY CUSHIONED, CARBON-PLATED SPEED MACHINE.

LIMITED AVAILABILITY AT STAND

COME VISIT THE OFFICIAL HOKA ONE ONE STAND
EXPERIENCE OUR RANGE • MEET THE CREW • TRY ON A PAIR

HOKAONEONE.COM.AU
LAP BANDS

On each lap of the run course, athletes will be required to go through a “lap band collection point”.

At this point athletes will collect a different coloured lap band based on what number lap they are currently on. The colour of lap band you’re required to grab will be displayed on a sign as follows:

- Lap 1 – White
- Lap 2 – Red
- Lap 3 – Orange
- Lap 4 - Green

When you pass the finish line for the final time, you will need to have the required number of lap bands on to run down the finish chute.

NIGHT VISIBILITY

Athletes who are running post sunset will be required to wear glow sticks or provide a suitable alternative to increase athlete visibility during the evening period. It is compulsory for all athletes to wear these from 7.30pm onwards for safety reasons. Any athlete who does not abide may risk disqualification.

RUN RULES SUMMARY

If an athlete is shown a Yellow Card they may be directed by the Technical Official to perform a 60 second stop/start penalty.

3 blue card infringements = DQ

If you receive a Red Card from a Technical Official, you must report to the Race Referee once you have completed your race. Avoid all infringements by being fair and safe.

FUELLING CLEAN PERFORMANCE
High quality natural sports nutrition // puresportsnutrition.com.au

OFFICIAL ELECTROLYTE PARTNER
OFFICIAL WELCOME
RESTAURANTS PROGRAM

Athletes will have the chance to select their own pre-race meal and enjoy the wide array of Busselton’s local restaurants. Dine in your own time and to your specific tastes at your choice of participating restaurant. You will find your $30.00 restaurant voucher in your race kit. More information

AWARDS & AFTER PARTY

Date: Monday 2 Dec
Awards: 1.30pm – 2.30pm
After Party: 2.30pm – 5.00pm
Location: The Equinox

The Awards and After Party is open to all athletes, friends and families. Athletes upon entry will receive 8 tokens to be used for Food &/or Beverages. Please ensure you are wearing your Athlete Wristband to receive the tokens.

1 token = one food item
2 tokens = one beer or wine
1 token = one soft drink

If you run out of tokens, we will have additional food tokens available for purchase onsite at $25AUD for a set of 6 food tokens. The Bar will be accepting cash. Friends and family will be able to purchase tokens also.

No wristband = no entry tokens.

More information

Awards

Each Age Group will be awarded 1st – 3rd place trophies. Professional athletes will be awarded 1st – 8th place.

Tri Club Awards

1st – 3rd will be awarded to the top TriClubs in each division.

ROLLOLDOWN CEREMONY

Date: Monday 2 Dec
Time: 12.00pm
*results will be posted near The Equinox from 11.30am
Location: The Equinox, Queens St

Sixty-Five (65) Age Group qualifying slots for the 2020 IRONMAN World Championship (October 2020, in Kailua-Kona, Hawaii) will be awarded to the top Age Group finishers.

Qualified athletes are required to claim their IRONMAN World Championship slot in-person on Monday 2 Dec from 12.00pm. Please bring a valid form of Photo ID with you and be prepared to pay the full entry fee USD $925.00 (+ 8% Active Fee) with Credit card only (No AMEX). No cheque or cash payments will be accepted.

Only Age-Group Athletes are eligible to receive World Championship qualifying slots in their respective categories. 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 they qualified for, 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 Athlete to make such disclosure will be cause for disqualification from such Event and may result in sanction from WTC Events.
MX3 Diagnostics has developed a new system that can perform rapid, lab-quality hydration testing using only saliva.

The MX3 Hydration Testing System can measure hydration status in seconds with only a small saliva sample from the tip of the tongue. Designed for elite athletes and sports teams, the handheld LAB, test strips and intelligent App work together, allowing users the ability to assess and track hydration status quickly, accurately, and easily.

The MX3 Pro Edition available NOW.

Dispenser
Lightweight and portable, the dispenser stores strips and provides a hygienic, hands-free way to load the LAB.

MX3 Pro Dashboard & App
The comprehensive hydration management portal and App provides hydration tracking over time, with data analytics to help personalize your hydration strategy and improve performance.

Test Strips (Qty 120)
These disposable test strips utilize a micro-sample of saliva from the tip of the tongue. Strips are discarded after each use.

MX3 LAB
This lightweight, handheld device can go anywhere. Simply insert a test strip into the device for an immediate, lab-quality reading of hydration status. Data automatically pushes to the

sales@mx3diagnostics.com | mx3diagnostics.com
To ensure that you don’t miss out on your qualifying slot, please ensure you are seated prior to 12.00pm as Rolldown will start on time.

Final Slot Allocation will be determined on race day based on the number of official starters.

Please see below 2018’s slot allocation as a guide:

<table>
<thead>
<tr>
<th>Division</th>
<th>Starters</th>
<th>Total</th>
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<tr>
<td>Sum</td>
<td>994</td>
<td>65</td>
</tr>
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</table>
The 2019 IRONMAN Western Australia & IRONMAN 70.3 Western Australia requires the support of over 1200 Rio Tinto Volunteers in order to deliver the event.

Our team of Rio Tinto Volunteers at the event will contribute a combined total of around 10,000 Hours to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANK-YOU to the Rio Tinto Volunteers whenever possible! Without the Rio Tinto Volunteers, we simply would not be able to run any IRONMAN events.

IRONMAN also would like you to thank the Busselton Local Organising Committee for their continued effort and support.

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
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<tbody>
<tr>
<td>Peter Gordon</td>
<td>LOC Chair</td>
</tr>
<tr>
<td>Helen Rabjones</td>
<td>Chair/ Swim Director - LOC Secretary</td>
</tr>
<tr>
<td>Tony Best</td>
<td>Medical Director</td>
</tr>
<tr>
<td>Trevor Frusher</td>
<td>Run Director</td>
</tr>
<tr>
<td>Cedric Getley</td>
<td>Bike Director</td>
</tr>
<tr>
<td>Russell Monk</td>
<td>Registration Director</td>
</tr>
<tr>
<td>Paula Dobbs</td>
<td>Massage Director</td>
</tr>
<tr>
<td>Matt Moulton</td>
<td>Finish Line Director</td>
</tr>
<tr>
<td>Jodie Richards</td>
<td>CEO B.C.C.I.</td>
</tr>
<tr>
<td>Peta Tuck</td>
<td>Events Coordinator, City of Busselton</td>
</tr>
<tr>
<td>Peta Fussell</td>
<td>MRBTA Accommodation</td>
</tr>
<tr>
<td>Val Best</td>
<td>Adopt-n-Athlete/IRONKIDS</td>
</tr>
</tbody>
</table>
**Cultural Precinct**
The main Information will be located Cultural Precinct, Queen St and will be open during the following hours:
- Thursday 28 Nov 10.00am – 6.00pm
- Friday 29 Nov 10.00am – 6.00pm
- Saturday 30 Nov 9.00am – 5.00pm
- Monday 2 Dec 8.00am – 12.00pm

**Finish Line**
Information will be open during the following hours:
- Sunday 1 Dec 4.15am – 12.30am

Information will have maps, event schedule, app information, changed traffic condition information etc. It will also have all material regarding the medical tent on the day so if loved ones are concerned about a competitor, please have them check with Information – not the announcer or medical tent.

**Ironman Official Merchandise & Expo**
Come and grab your IRONMAN Merchandise and take home a keepsake from your IRONMAN experience.

**Merchandise Trading Hours:**
- Thursday 28 Nov 10.00am – 6.00pm
- Friday 29 Nov 10.00am – 6.00pm
- Saturday 30 Nov 9.00am – 5.00pm
- Sunday 1 Dec 8.00am – 5.00pm
- Monday 2 Dec 8.00am – 2.00pm

**Finishers Range**
Be sure to check out the Expo stalls within the Cultural Precinct for some great tips and deals.
FINISH LINE PUBLIC BAR

There is no better place to catch all the action of the IRONMAN Western Australia finish line than at the Public Bar.

Located right at the finish line, with comfy seats, shade, and most importantly - cold beverages, you’ll have one of the best views in Busso as your friends and family cross the finish line (you may not even want to leave when they do...)

EVENT APP

IRONMAN Western Australia is available on the Oceania App and has everything you need to know about the event as an Athlete or a spectator:

- Live athlete tracking, race leaderboard, race results, course maps and event schedule and info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboards keep you up to date with who’s in the lead. And you can filter by age group.
- Easy, intuitive searching to find and create your own list of your fav athletes to follow.
- Check out the post-race final results.
- Always know where you are and where you want to be with interactive maps.
- Event info and clear schedules ensure you know what’s going on, where and when.

IRONMAN Oceania App is available for Apple and Android. Search for ‘IRONMAN Oceania’ in the Apple App or Google Play Stores.

GET SOCIAL

See, like and share all the excitement of IRONMAN Western Australia.

Facebook: @IRONMANWesternAustralia
Twitter: @IRONMANOceania
Instagram: @IRONMANOceania

Don’t forget to tag us in your photos! #IMWA

IRONMAN LIVE/ATHLETE TRACKING

IRONMAN Live will feature live and exclusive coverage of the IRONMAN Western Australia. With live race updates, photo, athlete tracking and video – IRONMAN Live will have the event covered. Tune into www.ironman.com or https://twitter.com/IRONMANLive on Sunday 1 December for all the latest.

You can find IRONMAN Live on the top left-hand corner of the webpage the event name will appear. Alternatively, you can visit Information onsite if you need assistance. Remember you can also track athletes through the Event App.

WOMEN FOR TRI

Women For Tri will once again have a strong presence at 2019 IRONMAN Western Australia/IRONMAN 70.3 Western Australia. The program aims at empowering women in helping the growth of female participation in triathlon and in turn providing an avenue for women to continue to succeed. We continue to strive for 50% female participation at all of our events both regionally and globally at IRONMAN.

With support from the Women For Tri Foundation and Witsup we have a great program planned. Please check out the full details at our Women For Tri website.

PARKING

Parking will available via Stanley Street to Jetty Way Car Park off Marine Terrace. Parking will also be on surrounding local streets (please ensure that you are aware of the changed traffic conditions).

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all Athletes on race day.

Changed Traffic Conditions
EVENT CONTACT DETAILS

General Event Enquires
Additional information can be found via our following details:

Website: www.ironmanwesternaustralia.com
Phone: 1300 761 384
E-mail: westernaustralia@ironman.com

Emergency Services
Police
20 Stanley Street, Busselton
Ph: (08) 9754 9555

Hospital
Bussell Highway, West Busselton
Ph: (08) 9754 0333

Medical
Busselton Medical Practice, 21 Albert Street, Busselton
Ph: (08) 9752 1133

General Contacts
Rescue & Road Services
RAC Roadside Assistance (24 Hours)
Ph: 13 11 11

Black & White Taxis
Ph: 131 008
Busselton Visitors Centre
Lot 431 Queen Street, Busselton WA 6280, Australia
Ph: (08) 9752 5800

Transport Services
Transperth
Ph: 13 62 13

Post Office
70 Prince Street Busselton
Ph: 13 13 18

Goodluck,
IRONMAN Western Australia Team
#IMWA #IM703WA