DIMANCHE
6 SEPTEMBRE
SWIM 1.9 KM  •  BIKE 90 KM  •  RUN 21.1 KM
The city of Sables d’Olonne is delighted to host again the IRONMAN 70.3.

With 2019 being so successful, we are eager to welcome you back for the second edition of our remarkable sporting event.

This postponed event due to the global pandemic, will be the opportunity for the city of Les Sables d’Olonne to renew with sporting events to which they are so committed.

From our iconic channel to our Remblai through our marshes and forests, this new edition will be an exceptional playground to our athletes.

A special thank you goes to the team and volunteers who are involved in this event.

Welcome to Les Sables d’Olonne.

Yannick Moreau
Mayor of Sables d’Olonne

Fellow athletes, welcome to Les Sables d’Olonne!

What a pleasure it is to once again be able to share the passion of triathlon all together. This event marks the long-awaited return of sporting events after a period of doubts, cancellations, and disappointments. This Sunday, September 6th, in compliance with the health measures enforced by the national health authorities, you will be a part of a historic race. Last year’s race was elected best IRONMAN triathlon in 2019, this year all eyes will be on you around the world. All you have to do is enjoy the exceptional racecourse that Les Sables d’Olonne and Vendée have to offer.

Us being able to take part in this triathlon this weekend, is mainly thanks to the volunteers who massively showed up to give a hand despite the current circumstances. That is why I would like to take this opportunity to say THANK YOU to them. Please also do the same throughout your adventure in Les Sables d’Olonne.

A big thank you to the town of Les Sables d’Olonne, the department of Vendée and the Pays de la Loire Region for their support, not to mention our local and European private partners.

Finally, I would like to thank you personally for your patience and support throughout these difficult months. Several measures, in compliance with barrier gestures, have been implemented in order for this race to take, I ask that you follow those rules and respect your fellow athletes of the IRONMAN community.

Have a nice race!

Matthieu Boyer
Race director

After last year’s successful edition, the Vendée Departmental Council, the main sporting partner in our department, is delighted to welcome you at this year’s IRONMAN 70.3 Les Sables-d’Olonne race: which is one of triathlon’s most demanding events.

A «dream location» in the words of the IRONMAN France Director, our region has been highlighted thanks to the prestigious Vendée Globe, which will take place just a couple of weeks after our event!

The Vendée Departmental Council supports this legendary event for the 1700 triathletes, including the world’s best, who will be competing on an exceptional racecourse.

I would like to thank the 850 volunteers, the organizing club «Les Sables Vendée Triathlon» and its president, who contribute to keeping Sport in Vendée alive.

Once again, the Vendée Departmental Council is showing their support to major events on its territory, for enthusiast’s biggest pleasure!

Yves AUVINET
President Conseil Départemental de la Vendée
After a truly successful first edition in 2019, the IRONMAN 70.3 Les Sables-d’Olonne - Vendée is once again shaping up to be one of the Region’s major sporting events this autumn.

This event highlights the affection the Loire inhabitants have for sport and competition, but it also reveals the devotion of those who bring the culture of triathlon to life in our Region, Pays de la Loire. That goes for our talented athletes to the many amateurs and organizers of sporting competitions in our region.

The Pays de la Loire Region is proud to support and be a part of this fine adventure. With the establishment of this new IRONMAN 70.3 on the Atlantic coast, the Pays de la Loire, the leading sports region in France, has once again proved itself to be a dream location for hosting major sporting events.

I would like to greet and acknowledge the people in charge and all the volunteers who have dedicated time to the organizing committee. They are the masterminds behind an amazing sporting organization that bears the colours of triathlon: hard effort, self-surpassing and a sense of team spirit.

I wish you a nice race!

CHRISTELLE MORANÇAIS
President Région des Pays de la Loire
This 2020 season has been marked by the global pandemic, COVID-19, forcing many organizations to cancel mass events, including some of ours.

As enthusiasts, experienced triathletes (Yves Cordier, Director of IRONMAN France and ex-professional triathlete), endurance athletes (many IM staff members are IRONMAN finishers and have completed Ultra Trails) and above all rigorous collaborators, we have put a lot of hard-work to be able to hold this event.

In this athlete guide, we will detail the race specifics and the measures we will implement due to COVID-19.

Here are the main topics:

- Face coverings are mandatory in all race venues throughout the weekend, except from the start line to the finish line.
- Bring your own face coverings as they are mandatory up to the start line of the race, and we will provide you with a face cover in the finish area.
- You must use the Hand Sanitizing Stations when they have been implemented.
- Post-race food and beverages will be provided to athletes in a lunch bow (not a buffet).
- Our Slot Allocation and Awards Ceremony will be modified.
- You must respect Social distancing in all race areas as well as during the run course, to be applied to the best of your ability.

The IRONMAN 70.3 Les Sables d’Olonne - Vendée will implement a Rolling Start in waves according to age groups. Each category will be provided with a different coloured cap and a specific bib. As a result, the benefit of «low» bib numbers for the AWA and Triclubs athletes, has been exceptionally removed for this edition.

Due to COVID-19, the registration benefits also had to be exceptionally removed.

Face mask mandatory:
- Expo Village
- Registration
- Check in bike and bags
- Bike park on race day morning
- Starting corral until the start line (timing mat, just before jumping into the water)
- Finish Line and After Finish Area (provided by the organisation)
- Check out
- Awards in case of your are on the podium

Failure to comply can result in disqualification

ATHLETE INFO & PUBLIC: Spectators must also wear face coverings as they are mandatory.

Social distancing:
In all race areas, please respect the social distancing (1.5m).

During the RUN leg, please do your best to keep 4 meters in between yourself and other athletes.
# Schedule

## Friday 4th September

<table>
<thead>
<tr>
<th>Timing</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.30am - 7pm</td>
<td>IRONMAN Expo</td>
<td>Place du Palais de Justice</td>
</tr>
<tr>
<td>10.30am - 7pm</td>
<td>Athlete check-in</td>
<td>Les Atlantes - 1 Promenade Maréchal Joffre</td>
</tr>
</tbody>
</table>

## Saturday 5th September

<table>
<thead>
<tr>
<th>Timing</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am - 7pm</td>
<td>IRONMAN Expo</td>
<td>Place du Palais de Justice</td>
</tr>
<tr>
<td>9am - 3pm</td>
<td>Athlete check-in</td>
<td>Les Atlantes - 1 Promenade Maréchal Joffre</td>
</tr>
<tr>
<td>11am - 7pm</td>
<td>Bike &amp; transition bags check-in</td>
<td>Parking Port Olona</td>
</tr>
</tbody>
</table>

## Sunday 6th September

<table>
<thead>
<tr>
<th>Timing</th>
<th>Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.30am - 7am</td>
<td>Bike park opening</td>
<td>Parking Port Olona</td>
</tr>
<tr>
<td>7.10am</td>
<td>Pro Men Start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>7.12am</td>
<td>Pro Women Start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>7.14am</td>
<td>PC Start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>7.15am</td>
<td>AG Race Start</td>
<td>Base de mer</td>
</tr>
<tr>
<td>9am - 4pm</td>
<td>IRONMAN Expo</td>
<td>Place du Palais de Justice</td>
</tr>
<tr>
<td>2pm - 5pm</td>
<td>Check out bike and bags</td>
<td>Parking Port Olona</td>
</tr>
<tr>
<td>5pm - 7pm</td>
<td>Awards Ceremony</td>
<td>Amphithéâtre Les Atlantes</td>
</tr>
</tbody>
</table>
Face mask mandatory
ATHLETE CHECK IN

License / No-license

Do you have a license affiliated to a Triathlon Federation in the UK, Netherlands, Germany, Belgium, Luxembourg, Switzerland, Italy, Spain or Portugal?

Bring your ID card / Passport and your license with you to the registration desk.

Do you have a license affiliated to a Federation from a country that's not listed above?

You must buy a one day license online from the French Federation of Triathlon (sent by email or available on our website) and bring to the registration desk your ID card / Passport and a medical certificate dated of less than one year of the race day and with the mention "triathlon in competition".

Take the information of your bib number available on our website - IRONMAN 70.3 les Sables d'Olonne - Vendée.

Go to the registration area and queue depending on whether or not you are licensed.

Pick up your race package. A wristband will be provided to you that you will need to attach to your wrist immediately. This will need to be done in front of our volunteers. This band will identify you as an official athlete and must be worn during race week until the check-out.

Face mask mandatory

ATHLETE CHECK IN

How does it work?

1. An email has been sent with your bib number and QR code. Print it or keep it on your smartphone and present it at the registration desk.

2. Schedule reminder

   Date   Timing     Location
   Friday 4th   10.30am - 7pm    Les Atlantes, 1 Promenade Maréchal Joffre
   Saturday 5th   9am - 3pm     Les Atlantes, 1 Promenade Maréchal Joffre

3. Take the information of your bib number available on our website - IRONMAN 70.3 les Sables d'Olonne - Vendée.

4. Go to the registration area and queue depending on whether or not you are licensed.

   Pick up your race package. A wristband will be provided to you that you will need to attach to your wrist immediately. This will need to be done in front of our volunteers. This band will identify you as an official athlete and must be worn during race week until the check-out.

   Face mask mandatory
COVID-19 MEASURES

- Wash your hands with the gel provided by the organization
- It is mandatory to wear a face mask
- Avoid groups
- Respect social distancing
- Respect the traffic flow direction

REGISTRATION AREA

WE LOVE WHAT YOU LOVE.

#WeAreACTIVE

Support, technology, and services at every step of the way. From people who love the sport as much as you do.

888.906.7622 | ACTIVEendurance.com
info@ACTIVEendurance.com
Race package includes:

- **One bib**: You must wear your bib fixed by Three (3) points in your back during the bike segment and in the front during the run segment.

- **One swim cap**: You must wear it during the swim segment. Stick your tattoo on it.

- **Stickers board**:
  - Three stickers for the «RUN» «BIKE» «STREET WEAR» bags
  - One sticker for your bike tube
  - One sticker for your helmet (front side)

- **Three Tattoos**: One for your left calf - One for your left arm - One for your swim cap

**«BIKE» & «RUN» bag**:

* Drop off your gear bags next to your bike in the Bike Park on Saturday the 5th from 11am to 7pm.

- Put your gear for Transition 1 (SWIM to BIKE) in the **BLUE** bag.
  - Bib number fixed with 3 points
  - Helmet with your bib number on the front side
  - Bike shoes (if you have not fixed it on your bike)
  - Jacket, arm muff, etc.
  - Nutrition, sun glasses, etc.

- Put your gear for Transition 2 (BIKE to RUN) in the **RED** bag.
  - Run shoes
  - Socks
  - Nutrition
  - Sunscreen
  - Etc.

The «BIKE» gear bag goes on the left hand side of your bike.
The «RUN» gear bag goes on the right hand side of your bike.

**«STREET WEAR» bag**:

* Drop off: in front of Les Atlantes, close to the swim start on race day morning.

- Put your gear for after the race.
- Do not put valuable or fragile objects
The «check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

**Schedule reminder**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time frame</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday 5th</td>
<td>11am - 7pm</td>
<td>Parking Port Olona</td>
</tr>
</tbody>
</table>

**BIKE SERVICE**

Our partner France Bike Rental offers you a last check of your bike before the start.

More information and book your slot: www.francebikerentals.com >>

**Bike check in - BIKE & RUN bags drop off**

Come to the bike park entrance with your bib number fixed by 3 points and your stickers stick on front of your helmet and on the saddle tube.

Bike brakes will be checked as well as the handlebars. Disc brakes are allowed.

Place your bike on the rack according to your bib number. Covering your bike is prohibited (DSQ). The «BIKE» gear bag goes on the left hand side of your bike. The «RUN» gear bag goes on the right hand side of your bike. No gear can be placed outside of the bags.

Bike shoes can be clipped on your bike and nutrition or bottles can be placed on your bike on race day morning.

Check again your BIKE bag for Transition 1 and your RUN bag for Transition 2. Do not forget to leave your bib in your BIKE bag.

**Face mask mandatory**

**Timing chip**

The timing chip will be provided at the end of the bike check-in at Parking Port Olona.

Do not lose it or forget it on race morning!
**Race Tracking**

**Directly on site**
Known in the world, the channel of Vendée Globe is the perfect place to follow the swim segment. On the run course, you can go everywhere from the Port to Lac de Tanchet, along the Remblai or close to the Finish Line. Athletes will also run on the beach (during 300m). Bring your towel, your parasol, and enjoy the race.

**IRONMAN.com**
On IRONMAN.com, a link will bring you on the LIVE coverage with the ranking and the position of your favorite athletes as well as other options.

**IOS & Android IM Tracker**
Download the app IM Tracker on your smartphone to follow the race and know the ranking, position of your favorite athletes and more.

---

**Face mask mandatory for the public in the race venue**

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**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.
**RACE DAY**

**Stick your tattoos**

They must be stuck on the left side of your swim cap, calf and arm.

If you wear compression socks, put your tattoos on so that they are visible.

**SOS TATTOO : How to stick it on your skin?**

* Remove the light protect layer
* Put the tattoo on your skin with the sticky side - narrow in direction of the top.
* With your hand or a sponge, get your tattoo wet for few minutes.
* When it is ready, the paper will slide off by itself.
* Let it dry during one minute! You are ready!

**BIKE PARK**

Come to the bike park entrance with the tattoos stuck on your left arm and calf, and your timing chip attached on your left ankle.

Check your tire pressure. Clip your shoes on your pedals if you want as well as your nutrition.

Due to COVID-19, you can leave your bike pump next to your bike, behind your BIKE gear bag, aligned with your bike.

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**STREET WEAR bag**

All your gear for after the race should be in your STREET WEAR bag.

**Drop off :** on race day morning close to the start area, you will find a dedicated area with volunteers. From 5:30am to 7:50am.

**Advice :** the rolling start will last 50 minutes. Wear your gear until few minutes before giving them to the volunteers to stay warm.

You will get your bag back after the race at same place, in front of Les Atlantes.

**Toilets**

Toilets in the bike park are reserved for the SWIM to BIKE and BIKE to RUN transitions. Toilets are available in the race start area, please use them and keep the toilets clean.

**Schedule reminder**

**Timing** | **Description** | **Location**
--- | --- | ---
5:30am - 7am | Bike park opening | Parking Port Olonna
7:10am | PRO Men start | Base de mer
7:12am | PRO Women start | Base de mer
7:14am | PC Start | Base de mer
7:15am | Race start | Base de mer
8am | Last swimmer in the water | Base de mer
9am - 4pm | IRONMAN Expo | Place du Palais de Justice
2pm - 5pm | Bike and bags check-out | Parking Port Olonna
5pm - 7pm | Awards Ceremony | Amphithéâtre Les Atlantes

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**Cut off Time**

- **SWIM : 1h15**
- **BIKE + SWIM : 5h35**
- **SWIM + BIKE + RUN : 8h05**
Rolling Start

6 athletes will start every 8 seconds.

Wave start is given at a specific time, by age category.

**CAUTION:** Do not forget to check your age category at registration before the start. You can be 29 years old on the day of the race, but be in the M30-34 category.

Cut off time

Swim cut off: 1h15

Relays

Start at 7.38am

I lost/forgot my timing chip

If you have forgotten your timing chip before your start, you can pick up a new one close to the swim start, underneath the «SWIM» arch. A volunteer with a sign board «SOS PUCE / SOS CHIP» will help you.

If you have lost your timing chip during the swim, you can pick up a new one in transition 1, at the exit of the bike park.
COVID-19 MEASURES

SWIM START

SWIM Rules

It is forbidden to wear you bib during the swim segment (DSQ).

It is not allowed to give your material (swimsuit, swim cap, goggles...) to another person at the exit of the water.

You must take off your swimsuit in the transition area (yellow card - 30 seconds penalty).

Swimsuits De Soto Water Rover and Speedo Elite Triathlon with specific technology on the forearms are forbidden.

How the start will work?

There are only 5 starting corralls.

At 7.10am (PRO Men Start) the first 5 age groups must be in their starting corralls, ready to go! (M40-44 first then M18-24, M30-34, W39 & -, M35-39).

When one category starts, the following categories will be asked to step forward and feed themselves into the starting corral, according to the start schedule.

Swim entrance is in front of Les Atlantes, close to the STREET WEAR bags.

Wear the face mask at swim start up to the timing mat
Trash cans will be available close to the Start line for you to dispose of your mask

Respect social distancing in the starting corral
TRANSITION 1

Take your «BIKE» bag.

Put your swim gear away in your «BIKE» bag and then put it back in it’s place on the left hand side of your bike and make sure all gear is in the bag.  
**Your helmet must be attached, chinstrap closed. (yellow card - 30 second time penalty)**

Jump on your bike after the mount line, at the exit of the bike park. **(yellow card - 30 seconds penalty)**

**DNF**

In case of withdrawal, tell a referee and only to a referee.

**Do not forget to keep your chip with you.** You need it to get your gear and your bike back during the check out from 2pm to 5pm. No check-out will be allowed outside check-out hours.
**Cut Off Time**

5H35 : SWIM + T1 + BIKE

**Aid Stations**

KM 23 - KM 53- KM 73

**Products**

- ENERVIT Gels: Orange or Raspberry with caffeine
- ENERVIT Bars sans gluten: Apricot or Red fruits
- ISO Drink ENERVIT: Orange
- Water
- Bananas

**Profile**

+ : 600m  
- : 600m

Main difficulty: Series of rolling up and down. Wind can be an additional factor of difficulty.
BIKE Rules

It is mandatory to obey traffic regulations

Drafting is not allowed. You must keep a 12-meter distance between the leading edge of your front wheel and extending back to the front wheel of the bicycle behind. You must pass the other competitors in 25 seconds maximum.

If you do not respect the drafting rules, referees will give your a blue card (5min to do in the penalty area)

Blue card - BIKE
5 minutes to serve in penalty area location 50 meters prior to the Bike Park on the right

Yellow card - BIKE
30-second «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

Please keep in mind the social distancing.

TRANSITION 2

Take your «RUN» bag.

it’s place on the right hand side of your bike and make sure all gear is in the bag.

If you loose your chip during the bike, you can get another one at the end of the transition 2.

DNF

In case of withdrawal, tell a referee and only to a referee.

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out from 2pm to 5pm. No check-out will be allowed outside check-out hours.
BIKE COURSE

**Enervit**

Enervit Sport Gel: A glucosesyrup-DPs based gel. A gluten free, high-energy concentration formula containing 25g of carbs, a vitamin mix and 25mg caffeine (Raspberry flavour only). Available in Orange & Raspberry with Caffeine flavour.

Enervit Sport Competition Bar (30g): A gluten free high-energy concentration bar with a low fat level to digest carbohydrate-mix based formula with 72g of carbs. Available in both Apricot & Red Berry flavours.

Enervit Sport ISO drink: A carbohydrate-electrolyte containing 25g of carbs per serving. The drink will be served in Enervit paper cups.

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**Enervit Sport ISO drink**: A carbohydrate-electrolyte containing 25g of carbs per serving. The drink will be served in Enervit bottles.

**ORGANICS by Red Bull**

**Simply Cola**

A lightly carbonated soft drink containing various natural flavours from plant extracts. One 250ml can contains 32mg caffeine. It is NOT an energy drink. The cans are 100% recyclable. For more product information visit ORGANICS by Red Bull®

The product will be served diluted in bottles.

**Red Bull Energy Drink**

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins and sugar. One 250ml can contains 80mg caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.

RUN COURSE

**Enervit**

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ON-COURSE NUTRITION PRODUCTS

DES MINÉRAUX AVANT, PENDANT ET APRÈS L’EFFORT

C’est parce qu’elle apporte naturellement des minéraux, du sodium et des bicarbonates que St-Yorre est l’eau choisie par les triathlètes pour s’hydrater.

WWW.ST-YORRE.COM – REJOIGNEZ LA COMMUNAUTÉ SUR STYORRERUNNING
RUN

TOTAL CUT OFF TIME : 8h05

First part of 1.9km along the Chanel before a short part of 300m on the sand. Then you will have to run three 6.2 KM laps.

Aid Stations

LAP 1 : KM 2.6 / 4.1 / 5.2 / 7
LAP 2 : KM 8.8 / 9.9 / 11.4 / 13.2
LAP 3 : KM 15.1 / 16.6 / 17.7 / 19.5

Products : Self service is not allowed. Only the volunteers can give you the products.

- ENERVIT Gels : Orange or Rasberry with caffeine
- ENERVIT Bars sans gluten : Apricot or Red fruits
- ISO Drink ENERVIT : Orange
- Water, St-Yorre sparkling water, Coca-Cola, Red Bull
- Bananas

RUN Rules

Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

Athletes cannot accept help from anyone during the race.

Due to the COVID-19 measures, you must try to respect 4 meters between you and other athletes.

4 meters to respect

Yellow card - RUN

30-second «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

Please keep in mind the social distancing.
Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures.

Do not stay on the Finish Line to avoid gathering and to respect health measures.

The medal will be given to you just after the Finish Arch. The organisation will provide you a mask. Please wear it immediately. Not complying with this rule can result in disqualification.

**After-Finish**

Pick up your «STREET WEAR» bag.

Enter into the Atlantes to pick your Finisher Shirt and a «lunch box». Because of the COVID-19, we cannot provide a buffet and massages at the After Finish area.

**Lunchbox**: Water, St Yorre Sparkling water, Chips, Coca-Cola, Red Bull, Cheese, Bread with cereals, salads, aperitive chips, bananas, fruits bars, Mars, exotic fruits trail, purees, local specialty

**Check - out**

<table>
<thead>
<tr>
<th>Timing</th>
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<tbody>
<tr>
<td>2pm - 5pm</td>
<td>Pick up your bags and your bike</td>
<td>Parking Port Olona</td>
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</tbody>
</table>

Entrance by RUN Exit.

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out from 2pm to 5pm.
<table>
<thead>
<tr>
<th>Timing</th>
<th>Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>5pm - 7pm</td>
<td>Awards Collection</td>
<td>Les Atlantes, Amphitheatre</td>
</tr>
<tr>
<td></td>
<td>Trophy for the Top 3 of each AG category</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Trophy for the Top 3 Relays Team (Men, Women, Mixed)</td>
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<td>Trophy for the Top 5 PRO Men &amp; PRO Women</td>
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<td>Trophy for the Top 3 TriClubs</td>
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**70.3 WORLD CHAMPIONSHIP**

Due to COVID-19, we will not have a Slot Allocation Ceremony this year; it will be 100% electronic:

During registration, our volunteers will ask each athlete if they intend to qualify for the IRONMAN 70.3 World Championships and each athlete will have to answer YES or NO. In case of uncertainty, the answer YES should be favored. Only athletes who answer YES will be eligible for the Slot Allocation.

Once the race is over, the organization will contact the pre-qualified athletes by email. These athletes will have 48 hours to confirm their slot by following the registration procedure that we will send them.

Athletes who do not respond within 48 hours will forfeit their right to qualify and their slot will be presented to the next eligible athlete in the same age group according to the usual Roll Down process.

An email will be sent to announce the completion of the Slot Allocation process once all slots have been allocated.

Warning: Check your emails and spam carefully.

Number of slots: 40 - Price: 525USD + Active fees

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**COMPEX.COM**

Compex vous fait bénéficier d'une offre promotionnelle exclusive ! Offre spéciale pour tous les participants: [https://www.compex.com/fr/ironman](https://www.compex.com/fr/ironman)

Exclusive promotional offer from Compex. Special offer for all participants: [https://www.compex.com/fr/ironman](https://www.compex.com/fr/ironman)

Lire la notice. Les électrostimulateurs Compex sont des dispositifs médicaux de classe IIa qui portent au titre de cette réglementation le marquage CE. Ce sont des appareils dédiés à la stimulation des nerfs ou de la musculature de personnes en bonne santé afin d'améliorer/faciliter la performance musculaire, obtenir une relaxation des fibres musculaires et augmenter le débit sanguin. Ils sont destinés à la stimulation des nerfs sensoriels afin d'obtenir des effets antalgiques.
MEASURES
COVID-19

AWARDS

Face mask mandatory

Only winning athletes can enter into the Amphitheatre of Atlantes.

Only one member of the TriClub can pick up the trophy.
RULES

We remind you that the complete rules and regulations are available on our website and that it is your responsibility to know them.

When issued a yellow card, no matter the course, the athlete must correct the fault (when possible) and do the 30-second penalty on spot with the referee who issued the penalty. The referee will start the stopwatch, and let the athlete know when they can carry on with their race once the penalty has been served.

For example (please read our rules and regulation for more cases): non-compliant uniform, intentionally interfering the forward progress of another athlete, littering outside of the ecozones

When issued a blue card, the 5-minute time penalty must be done in the penalty area located 50 meters prior to the Bike Park

Reminder:
1 blue card = 5:00 Minute Time Penalty
2 blue cards = 10:00 Minute Time Penalty
3 blue cards = Disqualification

The official results will be published once the race is over.

A red card is an immediate disqualification. When issued a red card in the middle of a segment (swim, bike or run) the athlete can complete the current discipline in order to make it to the transition area but the athlete can not continue on with the rest of the race. However, the athlete must not cross the finish line.

SPECIFIC EXAMPLES

SPECIFICITES COVID-19:

Face covering:
Athletes must wear face coverings as soon as they enter our race venues for registration (Race village, Athlete Check-in, Bike Check-in, Bike Park...) and after the race (Finish line, Post-finish line area, check-out...). Failure to comply will result in a disqualification or a did not start. Referees can punish competitors before, during and after the event, from registration until final results have been published.

** I did not comply with the draft zone on the bike course, and was issued a blue card from a referee, who notified me as per the rules.

* A 5-Minute Time Penalty to do in the penalty area located 50 meters prior to the Bike Park

** I littered outside of the trash zone and a referee issued me a yellow card.

* I must stop on spot, correct the fault by throwing the waste away properly, and then serve the 30-second time penalty with the referee who issued the penalty. Then I can carry on with my race.

** I wore my bib underneath my neoprene wetsuit. A referee issued me a red card.

* I stop immediately where the referee is, and I cannot continue the race. A person from the organization will escort me to the streetwear zone where I can pick up my change of clothes. However, I will not be able to check out outside of opening hours.

** I took a shortcut in the Bike Park by passing underneath a bike rack.

* I must stop on spot, and serve the 30-second time penalty with the referee who issued the penalty. Then I can carry on with my race.
Our partner Finisher Pix will shoot you during the race.
Look at your photos 48 to 72h after the race on their website.
If you pre-order the photos, you will receive an email with a download link.
If you do not receive the email, please contact support@finisherpix.com.

If you have lost something during the event, please contact us at lessablesdolonne70.3@ironman.com.

Athletes: Safety first, please do not take any unnecessary risks. Be sure to give your emergency contact your bib and your Active account information.

Coaches: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly. If you are on site, you can go to the Medical Info Stand located near the main entrance of the Atlantes.

- If you witness a security incident:
  Please, contact 09.79.98.18.20 – security

- If you witness an accident or health problem:
  Please contact 09.79.98.18.24 – emergency services

When contacting our Security and emergency hotlines, please:
  o Keep calm
  o Be specific when providing the following information:
    Athlete’s bib number
    Exact location (e.g. the wording of a flagging post)
    The reason for your call
    The presence of witnesses
Tous ensemble, inventeurs de solutions agiles pour emmener nos clients toujours plus loin

Transport avec
manutention

Cour de ferme

Messagerie
industrielle

International

Transport avec
température dirigée

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During the cycling course, prefer bars to gels and, if you like, once or twice you can switch your supplements with traditional food (i.e. fruit or cookies).

ENERVIT ON COURSE NUTRITION

The following Enervit Sport products will be distributed to athletes at the aid stations.

ENERVIT SPORT GEL
ENERVIT SPORT ISOTONIC DRINK
ENERVIT COMPETITION BAR

ENERVIT Sport Nutrition System®

SWIM 1.9 | BIKE 90 | RUN 21
2020 OFFICIAL HELMET PARTNER

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KASK

SWIM, BIKE, RUN STRESS-FREE

Services provided for the exclusive use of Nirvana guests:
- Flights - Airport Transfers - Athlete Focused Accommodation
- Secure Bike Storage - Early Race Day Breakfast - Resort Support Team
- Dedicated Registration Desk - Private Q&A with IRONMAN Race Announcer
- Guided Course Familiarisation Tours - Access to Nirvana Pre-Start Lounge
- Reserved Table at Welcome Banquet - Race Entry for Sold Out Events

contactus@nirvaneurope.com
www.nirvaneurope.com

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70.3°
LES SABLES D'OLONNE
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