welcomes all athletes and spectators to Cairns for the

IRONMAN CAIRNS GREAT BARRIER REEF
ASIA-PACIFIC CHAMPIONSHIP
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EXPLORE GREAT LEAVE GREATER

Discover more things to do and who is open for business at:
CAIRNSGREATBARRIERREEF.COM
Previously we announced our Safe Return to Racing event guidelines in an effort to make the current racing environment as safe and risk free for you as possible while still delivering exceptional race day experiences for everyone in our community.

You can always refer to the Return to Racing resources, part of our IRONMAN Smart Program, here.

Below is a summary of the key measures we are implementing this year. However please thoroughly read the entire AIG.

OVERALL

- If you or an immediate family member living in the same household have COVID-19 symptoms (click here for list of symptoms) from 12 August up to and including race day 27 September, please do not attend the event. Contact us at cairns@ironman.com or 1300 761 384 by 3:00pm Sunday 27 September to discuss your event entry options. Requests received after this time will not be considered.
- Hand washing or sanitising stations are available at all points of entry to controlled spaces.
- Pre and post massage services are unavailable onsite.
- Virtual briefings replacing physical briefings.
- 1.5m marked spacing throughout the Venue. Please ensure you follow social distancing.

PRE EVENT

- All individuals are asked to please download and turn on the Commonwealth Government COVID-19 app prior to attending the event.
- Individuals are discouraged from car-pooling with anyone from outside of their immediate household.
- Check-In and bike racking will be by appointment only. Athletes will receive an email three weeks from race day with a link to book these times. Athletes are asked to please arrive within their appointment times.
- Athletes will be asked to review and update medical and emergency contact details prior to arrival onsite. Athletes will receive an email three weeks from race day with instructions.

ONCE I ARRIVE (PRE RACE)

- Introducing QR Codes (provided 1 week prior to event). Your QR code will be scanned at multiple spots throughout Check-In.
- All Athletes may undergo basic health screening which will consist of a verbal questionnaire and potential temperature check prior to Athlete Check-In. For further information on screening click here.
- You will be required to come during your selected appointment time. Please note you do not need to arrive at the start time, rather you can come anytime within the 50min time slot.

TRANSITION

- Relay Teams – Timing chips will be changed within a designated area pre T1 and post T2 instead of at the bike rack.
- Increased Transition space available for athletes between bikes, rows and entry / exits.

SWIM

- Swim Starts are athlete only areas with spectating available from public spaces.

AID STATIONS

- Athletes are encouraged to be self-reliant on course, carrying their own hydration and nutrition during competition. Aid stations are available for additional support and re-supply.
- Hydration will be provided in single serve takeaway bidons on cycle courses and single serve takeaway cups at all other stations.
- Nutrition will be provided in single serve or original packaging takeaway options.
- Cycle course products will be distributed by volunteers to moving cyclists. All other stations will present spaced products on tables for contactless collection by athletes.

Continued over page
FINISH LINE/RECOVERY
- We encourage athletes to engage in no-touch finish line celebrations
- Relay Teams - Only the team runner will be permitted down the finish line
- Medals and towels collection point, rather than volunteer catchers
- Athletes will be encouraged to remove their own timing chip
- Hydration and nutrition products offered are single serve and packaged supplied via table counter service for the athletes to collect and takeaway
- The Cairns Airport Arrival Lounge will not be available
- Participants will be asked to leave the event site once they have completed their race and collected their bags and bike. This will be communicated to all participants in advance of the event

PRESENTATIONS
- Collection of Athlete Awards at Event Information during scheduled times

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN
- During Athlete Check-In you will be asked to ‘opt in’ and confirm you intend to accept a slot should you qualify for the IRONMAN 70.3 World Championship.
- If you are successful in obtaining a Qualification slot, we will be in contact 24hrs after the race to advise. You have 48hrs to complete your registration and pay the registration fee. If you do not complete the registration within 48hrs, the slot will roll down.
- You cannot change your mind after Athlete Check-In, therefore if you are unsure, its better to ‘opt in’.
QUEENSLAND IS HOME TO WORLD-CLASS EVENTS

Qantas Wallabies v New Zealand, Bledisloe Cup
October 2020

QUEENSLAND.COM/EVENTS

IT’S LIVE! in Queensland
Hello and welcome to the 2020 IRONMAN 70.3 Cairns. 2020 has certainly been a year like no other and we are excited to be able to welcome you to stunning Tropical North Queensland for this year’s event.

IRONMAN 70.3 Cairns will operate under a COVID Safe Event Plan, which has been developed in consultation with stakeholders including several Queensland Government departments, Cairns Regional Council, Douglas Shire Council, Emergency Services, and Triathlon Queensland, along with event contractors and suppliers.

The COVID Safe Event Plan has been developed to manage the risks associated with the transmission of the virus, with our event to be the first IRONMAN event to take place in Oceania since the COVID-19 pandemic was declared.

Central to the event’s COVID Safe Event Plan is IRONMAN COVID Safe Principles, which focus on tracing, education, enhanced hygiene, density reduction, touchpoint minimisation, Athlete self-reliance and screening.

The 2020 IRONMAN 70.3 Cairns, will be the ninth edition of this exciting event. Throughout its evolution the event has become known as the “IRONMAN in Paradise”, boasting an experience that extends well before and past the race day excitement. Hosted in Tropical North Queensland athletes and their support crew have easy access to the Great Barrier Reef, the Daintree Rainforest, tablelands and the tropical island surroundings.

The IRONMAN 70.3 Cairns offers a course that is arguably the most spectacular on the Oceania event calendar. In fact, the Cairns to Port Douglas bike course has been voted as one of the best bike courses globally in for the past three years. From reef to World Heritage listed rainforest, and a finish line in the heart of the Cairns CBD, the race has become a ‘must-do’ on the IRONMAN calendar, and there is every reason to believe the hype.

An exciting update that we can’t wait for you to see and enjoy is our updated run course. While on the run you’ll still experience the energy of the Cairns CBD, but different from previous years, you’ll be completing your 2 laps of the run course in a clockwise direction after exiting Transition 2. We’ve aimed to make each lap more direct and tried to ensure that you won’t be spending too much time away from the heart of the Cairns Esplanade and the Finish Line Precinct.

Please ensure that you read this Athlete Information Guide thoroughly as there is not a formal athlete briefing. New for this year, we will be hosting a virtual Race Director briefing, where we’ll go into more detail around the specific changes for this years event. Make sure to tune in.

Finally, a massive thank you to the Cairns and Douglas Shire community and volunteers who are ready and waiting to support you during your IRONMAN 70.3 journey. The town and regions surrounding Cairns and Port Douglas are amongst the most welcoming areas in Tropical North Queensland and I encourage you to take the time to explore what it has to offer.

We wish all participants the best of luck and hope that you can enjoy your time in Tropical North Queensland.

See you at the Finish Line.

Nick Christopher
Race Director
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

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official’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.

Following are the most common rule infringements:

**Blue card 5-minute penalties include:**

- Drafting – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- Illegal pass – passing on the left
- Littering - discarding items, EG. Tyres, bidons, gel wrappers etc., On any part of the course except within designated litter zones near aid stations.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty box.

**Yellow card stop start penalties to be served at the next 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.

**Yellow card stop start and correct penalties include:**

- Helmet – failing to have your chin strap securely fastened when moving with your bike.

Note: that any 3 infringements 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),
- The use of electronic equipment including telephones, including the use of earphones or other communication devices.

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.

Lyndell Murray
Race Referee
The event is sanctioned by Triathlon Australia and raced under [IRONMAN Race Rules](#).
All Athletes should read and understand the race rules prior to race day. Below highlights some of the race rules.

### Swim

**Section 4.01 General**

(c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)

(g) Individual paddlers or escorts are prohibited; (DSQ)

**Section 4.02 Wetsuit Rules**

(c) A wetsuit may cover any part of the body except the face, hands, or feet;

(e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

**Section 4.04 Illegal Equipment**

(a) Headsets or headphones are prohibited during the swim segment of the race, (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

### Bike

**Section 5.01 General**

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

(c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for Athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete’s final race time);

(g) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

**Section 5.02 Equipment**

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly);

### Run

**Section 6.01 General**

(a) Athletes may run, walk, or crawl;

(b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for Athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete’s final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

**Section 6.02 Illegal Equipment**

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

### Finish Line

**Section 6.03 Finish Line Conduct**

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

*Continued over page.*
PROTESTS

Section 3.06 Right of Protest or Appeal

(a) The Athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body, and/or the Competition Rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the to the process set forth by the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group Athletes must participate and compete in the age-group division corresponding to the Athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each Athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.
GREAT BARRIER REEF MASTERS GAMES
CAIRNS
20–23 May 2021
REGISTER NOW!
www.gbrmg.com.au
Message from the Minister for State Development, Tourism and Innovation
The Hon Kate Jones MP

Welcome to the Cairns Airport IRONMAN Asia-Pacific Championship and IRONMAN 70.3 Cairns.

COVID-19 is the biggest challenge we’ve ever had to face. This event is a significant step forward in the economic recovery of Cairns and the Great Barrier Reef – encouraging visitors to come back, pumping thousands of dollars into local businesses and supporting local jobs.

It’s thanks to the excellent efforts of Queenslanders that restrictions have eased and we can start to focus on our economic recovery.

Events are vital to the Palaszczuk Government’s strategy to rebuild Queensland’s economy and support local jobs long into the future.

The Cairns Airport Asia-Pacific Championship IRONMAN Cairns offers a stunning course and electric atmosphere with the spectacular Cairns and Great Barrier Reef as the backdrop, earning the event the title of the World’s Best IRONMAN in the 2018 Athlete Choice Awards.

The Palaszczuk Government is proud to support this event through Tourism and Events Queensland.

To all those participating, I wish you all the best of luck.

If you’re visiting, I encourage you to stay, support local businesses and experience all that Cairns and the Great Barrier Reef has to offer.

The Hon Kate Jones MP
Minister for State Development, Tourism and Innovation

Message from the Mayor Bob Manning

There is no denying that 2020 has been an unusual year – so it is with pride and admiration for organisers that we welcome the competitors, officials and supporters to Cairns – for the 2020 IRONMAN Cairns and IRONMAN Cairns 70.3.

Cairns Regional Council is committed to supporting events that attract visitors to our region and lift community spirit. There is no doubt that IRONMAN Cairns fulfils this objective in full. I congratulate the team from IRONMAN and all stakeholders for the work that has gone on behind the scenes to make this much-loved event happen in a safe environment.

This year’s event will be different to others, however there are some things that won’t change including the spectacular course, the enthusiasm of supporters and the dedication of athletes.

On behalf of the people of Cairns I wish all competitors a successful event. I congratulate you on your commitment and support of this event and your determination to continue training in difficult times. May your dedication be rewarded on race day. Cairns is proud to host this iconic sporting event and we are eager to showcase our region’s attractions and hospitality.

Cr Bob Manning
Mayor, Cairns Regional Council
Event Schedule is up to date as at 15/9/2020 and is subject to change. View the Event Schedule online and on the IRONMAN Oceania App for the most up to date.

### THURSDAY 24 SEPTEMBER 2020

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<td>11:00am - 3:00pm</td>
<td>IRONMAN Merchandise Store Open</td>
<td>Cairns Esplanade</td>
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<td>11:00am - 3:00pm</td>
<td>Cairns Event Information Open</td>
<td>Cairns Esplanade</td>
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### FRIDAY 25 SEPTEMBER 2020

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<td>9:00am - 5:00pm</td>
<td>Cairns Event Information Open</td>
<td>Cairns Esplanade</td>
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<tr>
<td>9:00am - 5:00pm</td>
<td>IRONMAN Merchandise Store Open</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>12:00pm - 5:00pm</td>
<td>Check-In - Cairns Airport IRONMAN Cairns &amp; IRONMAN 70.3 Cairns</td>
<td>Cairns Esplanade</td>
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<td>3:00pm - 5:00pm</td>
<td>Bike Transfers to Palm Cove (Bike drop off at T2)</td>
<td>Fogarty Park, Cairns</td>
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### SATURDAY 26 SEPTEMBER 2020

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<tr>
<td>8:00am - 2:00pm</td>
<td>COMPULSORY Run Transition Bag Drop Off at Transition 2</td>
<td>Fogarty Park, Cairns</td>
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<tr>
<td>8:00am - 11:00am</td>
<td>Bike Transfers to Palm Cove (Bike drop off at T2)</td>
<td>Fogarty Park, Cairns</td>
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<tr>
<td>8:00am - 4:30pm</td>
<td>Palm Cove Event Information Open</td>
<td>Palm Cove</td>
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<tr>
<td>8:00am - 4:30pm</td>
<td>COMPULSORY Overnight Bike Racking - Cairns Airport IRONMAN Cairns and IRONMAN 70.3 Cairns</td>
<td>Palm Cove</td>
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<tr>
<td>8:00am - 5:00pm</td>
<td>Cairns Event Information Open</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>8:30am - 1:30pm</td>
<td>Shuttle Service to Palm Cove depart Cairns every 30 minutes.</td>
<td>Fogarty Park, Cairns</td>
</tr>
<tr>
<td>8:45am - 4:45pm</td>
<td>Shuttle Service to Cairns depart Palm Cove every 30 minutes.</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>9:00am - 12:00pm</td>
<td>Check-In - Cairns Airport IRONMAN Cairns &amp; IRONMAN 70.3 Cairns</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>9:00am - 5:00pm</td>
<td>IRONMAN Merchandise Store Open</td>
<td>Cairns Esplanade</td>
</tr>
</tbody>
</table>
## EVENT SCHEDULE

Event Schedule is up to date as at 15/9/2020 and is subject to change. View the Event Schedule online and on the IRONMAN Oceania App for the most up to date.

### SUNDAY 27 SEPTEMBER 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00am - 4:20am</td>
<td>Shuttle Service to Palm Cove depart Cairns - IRONMAN COMPETITORS</td>
<td>Spence St, Cairns</td>
</tr>
<tr>
<td>4:30am - 5:00am</td>
<td>Shuttle Service to Palm Cove depart Cairns - 70.3 COMPETITORS ONLY</td>
<td>Spence St, Cairns</td>
</tr>
<tr>
<td>4:30am - 6:15am</td>
<td>Cairns Airport IRONMAN Cairns Transition 1 Open</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>4:30am - 9:30am</td>
<td>Palm Cove Event Information Open</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>5:00am - 7:00am</td>
<td>IRONMAN 70.3 Cairns Transition 1 Open</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>5:30am - 6:10am</td>
<td>Shuttle Service to Palm Cove depart Cairns - SPECTATORS</td>
<td>Spence St, Cairns</td>
</tr>
<tr>
<td>6:30am</td>
<td>Race Start - Cairns Airport IRONMAN Cairns</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>7:20am</td>
<td>Race Start - IRONMAN 70.3 Cairns</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>7:30am - 11:00am</td>
<td>Shuttle Service return from Palm Cove to Cairns departing every 30 minutes</td>
<td>Palm Cove</td>
</tr>
<tr>
<td>10:00am - 7:00pm</td>
<td>IRONMAN Merchandise Store Open</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>10:00am – 10:00pm</td>
<td>Cairns Event Information Open</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>11:29am (approx)</td>
<td>First Finisher - IRONMAN 70.3 Cairns</td>
<td>Lagoon Car Park, Cairns</td>
</tr>
<tr>
<td>11:30am - 4:30pm</td>
<td>IRONMAN 70.3 Street Gear Bag &amp; Transition Bike Bag Collection</td>
<td>Fogarty Park, Cairns</td>
</tr>
<tr>
<td>12:35pm (approx) - 5:30pm</td>
<td>IRONMAN 70.3 Bikes &amp; Transition Run Bag Collection</td>
<td>Fogarty Park, Cairns</td>
</tr>
<tr>
<td>2:32pm (approx)</td>
<td>First Finisher - Cairns Airport IRONMAN Cairns</td>
<td>Lagoon Car Park, Cairns</td>
</tr>
<tr>
<td>2:30pm – 11:00pm</td>
<td>Cairns Airport IRONMAN Cairns Streeg Gear Bag &amp;Transition Bike Bag Collection</td>
<td>Lagoon Car Park, Cairns</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Shuttle Bus departure for Palm Cove</td>
<td>Spence St, Cairns</td>
</tr>
<tr>
<td>4:45pm (approx) - 11:00pm</td>
<td>Cairns Airport IRONMAN Cairns Bikes &amp; Transition Run Bag Collection</td>
<td>Fogarty Park Cairns</td>
</tr>
<tr>
<td>11:15pm (approx)</td>
<td>Last Finisher - Cairns Airport IRONMAN Cairns</td>
<td>Lagoon Car Park, Cairns</td>
</tr>
</tbody>
</table>

### MONDAY 28 SEPTEMBER 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am - 11:00am</td>
<td>Cairns Event Information Open &amp; IRONMAN Award Collection</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>8:00am - 2:00pm</td>
<td>IRONMAN Merchandise Store Open</td>
<td>Cairns Esplanade</td>
</tr>
<tr>
<td>9:00am - 11:00am</td>
<td>Transition 2 Open for Cairns Airport IRONMAN Bike Collection</td>
<td>Fogarty Park Cairns</td>
</tr>
<tr>
<td>9:00am - 11:00am</td>
<td>Cairns Airport IRONMAN Cairns Transition Bike / Run Bag Collection &amp; Special Needs Bag Collection</td>
<td>Fogarty Park Cairns</td>
</tr>
</tbody>
</table>
ATHLETE CHECK LIST

PRE EVENT

- Book/confirm accommodation & flights (if applicable)
- Ensure event registration is confirmed (check for confirmation email)
- Familiarise yourself with event schedule (know all Check-In/drop off times)
- Ensure you have booked your appointment time for Athlete Check-In and Bike Racking. You will receive an email three weeks from race day with a link to book these times
- Ensure you have booked your time for Bike Transfers and Shuttle Bus. You will receive an email three weeks from race day with a link to book these times
- Review/update of medical & emergency contact details check. You will receive an email three weeks from race day with instructions.
- Pack photo ID in your luggage
- Familiarise yourself with the course - it is your responsibility to know this on race day
- Check Athlete List online & on event app
  note: web list won’t be updated after 7 September 2020. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via email – cairns@ironman.com or phone 1300 761 384

ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start & finish line)
- Familiarise yourself with road closures
- Check-In and collect race kit.
- Rack bike or drop off for bike transport
- Drop off Transition Bags (see page 25 for suggested items in your transition bags)
- Pack items for race day
- Teams – Familiarise yourself with team transition entry point

RACE DAY

- Ensure you have all items for your race including, Helmet, Timing Chip & Wetsuit/Trisuit, Bike Transition Bags etc
- Enter Transition for last minute checks, set up gear
- Drop off Bike Pump (if relevant)
- Drop off Street Gear Bag (if relevant)
- Start the race - be at the start line at least 15 minutes prior to your start time
- Finish the race
- Collect your medal & finisher towel
- Recover
- Collect your items – Street Gear Bag, Bike Pump, Bike & Transition Bags

POST RACE

- Have your medal engraved at the Official IRONMAN Merchandise Tent
- If an award winner – collect award from Event Information during specific times
- Upload your #medalmonday photo on your social media
1. RACE BIB NUMBER
Worn on the front and attach with race belt (supplied by Athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

2. ATHLETE WRISTBAND
Secured at Athlete Check-In and must be worn at all times until post event. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.
NO WRISTBAND = NO ACCESS

3. TATTOOS
Number Tattoo: Place on right bicep.
Category Tattoo: Place on left calf.
Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with a permanent marker.

4. SWIM CAP
Provided Roka swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top.
Swim caps are Latex.

5. STREET GEAR BAG
Place items required for post race (collected in the recovery area). Drop off race morning. Must use bag supplied.

6. BIKE SEAT POST STICKER
Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

7. HELMET STICKER
Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER
Place sticker on bike pump prior to drop off on race day.

9. STREET GEAR BAG STICKER
Remove sticker from backing sheet wrap the label around the string on the bottom right hand corner of your street gear bag and stick securely onto the back of itself.

10. TRANSITION BAGS
Use bag supplied and attach relevant sticker. Includes equipment and items required for the race. Run Transition Bag must be handed in on Saturday. Bike Transition Bag can be handed in Saturday or race morning.

11. BIKE TRANSITION BAG STICKER
Remove sticker from backing sheet and place on front of bike bag, where indicated.

12. RUN TRANSITION BAG STICKER
Remove sticker from backing sheet and place on front of run bag, where indicated.

Note: Timing Chips are to be collected during Check-In. For more information see page 21.
Please note the below information relates to the Relay Teams and outlines specific team details and difference to the Individual race. Teams must still read the complete AIG for all relevant information but please note the team information below.

**RACE KIT**
Please refer to page 17 to see all inclusions in your race kit.

**Please note the team differences:**
- Race Bib Number – This is worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Street Gear Bag - each team member will receive

**Tattoos:**
- Number Tattoo – worn by runner
- Category Tattoo – worn by runner

**CHECK-IN**
Each team member will be required to attend Check-In. The first team member to attend Check-In will receive the Race Kit. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

Each team member when they attend Check-In will complete their own process and collect their own gifts.

It is recommended where possible, that all Relay Teams Check-In together.

**TRANSITION**
The change over between team members will occur within the teams change over area. Team members will stand within the teams change over area and call out their team members name. You will then, exchange the timing chip. Your timing chip is your relay baton.

During the race, team members will enter through the Teams Entry and wait in the teams change over area to meet their racing team member.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

**SWIM START**
**Rolling Start:** Team swimmers will sort themselves into the correct start group based on their swim start time. *Start times are the same for team swimmers and individual swimmers.*

**FINISH LINE**
Only runners of the Relay Teams will be permitted down the finish line. They will collect the other team members towel & medal on their behalf.
“It’s all about the journey.”

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*Terms and conditions apply.
PRE RACE INFORMATION

VENUE

Cairns Venue

Palm Cove Venue

ATHLETE CHECK-IN

See page 14 for time and location. We will be operating Check-In by appointment only. You will receive an email two weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours. Please note, no packs will be posted out prior to the event.

What you will need to bring:

- Photo ID (drivers licence or passport)
- QR Code

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted 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.

TIMING CHIP

Pick Up: Upon exit of Athlete Check-In

Hot Tip: Place the timing chip somewhere safe after collection. e.g. with your helmet

Drop Off: Timing chips will be collected within Recovery

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged $150AUD for a replacement.
BIKE MECHANICS
A limited ‘emergency service only’ will be provided in Transition 1 – Palm Cove on Saturday September 26th from 8:00am – 5:00pm. Roaming bike mechanics will be available during the race, again, providing limited services. We ask that all athletes be self-sufficient while on course.

For all pre event mechanical needs, we recommend visiting Pump N Pedals Bike Shop in Cairns prior to racking your bike in Transition.

Pump N Pedals are located at 113-117 Sheridan St, Cairns City QLD 4870.

RACE DIRECTOR UPDATE
A virtual Race Director update will be available via our Facebook page & website. This will include a high level overview of the event.

PRE RACE TRAINING
Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore we ask you to be cautious at all times and courteous to the local community.

Swim: The swim is an open water ocean swim. Athletes will complete one lap of the course before exiting into transition. Please take time to familiarize yourself with the new swim course prior to your race start.

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking). The bike course runs along the Captain Cook Highway and is a major thoroughfare from Cairns to Port Douglas. We do not encourage athletes to train on the Captain Cook Highway north of Palm Cove for safety reasons.

Run: Run on footpaths where possible and do not run more than two abreast.

PARKING
Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions).

When parking in Cairns please be aware that Lake Street Car park is open 24/7 and free on Sunday’s.

Parking in Palm Cove is limited. We strongly advise you to book the shuttle service from Cairns to Palm Cove on Saturday and Sunday to reduce the number of cars in Palm Cove on race weekend. Down Under Tours will have athlete and spectator shuttles operating on Saturday and Sunday. Please see Shuttle Bus information on page 23.

If you are driving your own vehicle we asked that you follow all parking directional signage on race day and park in designated parking areas only.

Please be advised that many of the main roads in Palm Cove are closed to traffic on Sunday to accommodate the bike course.

CHANGED TRAFFIC CONDITIONS
Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

View CTC Flyers here
SHUTTLE BUSES
Athletes and spectators are encouraged to use the shuttle bus service on Saturday and Sunday due to the limited amount of parking available in Palm Cove.

Shuttle buses leave from the corner of Spence Street and Pier Point Rd at the Reef Fleet Terminal Bus Stop (South of T2). Parking is available throughout the Cairns CBD, including the following locations:

- Lake Street Car Park. Open 24/7 – Free on Sunday
- Please follow local parking regulations when parking in the Cairns CBD

Bookings for the shuttle service must be made through the online booking and payment facility downundertours.

Costs for the shuttle buses are as follows:

Saturday, 26 September
- Adults $10 return
- Adults $5 one way (for athletes that choose to ride to Transition 1 for Bike Check-In)
- Child Spectator (Under age 16) $5 return

Sunday, 27 September
- Athletes – Free of charge (however you must still reserve this service)
- Adult Spectator $10 return
- Child Spectator (under age 16) $5 return

Further information on times and costs will be available from Information at the event and on the event website.

BIKE TRANSFERS
The unique nature of our race means there are two separate Transition areas, with Swim start and Transition 1 in Palm Cove, and Transition 2 and finish line in Cairns. These are approximately 26km apart.

We therefore offer an optional bike transfer service. Athletes are able to have their bikes transferred from Cairns to Palm Cove where they will be placed onto their respective bike rack ready for athlete.

This service is a pre-booked service only and available to all athletes, if you haven’t booked this service prior to Thursday 24 September you will need to visit Event Information on Cairns Esplanade to book.

This service is provided free of charge however bookings MUST BE MADE, please log into your ACTIVE MyEvents to purchase.

Due to the limited capacity of the trucks transporting bikes, bookings for the respective services will be allocated on a first in best dressed basis. Your bike Transition Bag will not be able to go to Palm Cove on the truck with your bike.
WHEN SPEED MEETS COMFORT
STREET GEAR BAG

Your street gear bag consists of any clothes you require post race and is collected at Recovery. The bag provided to you during Athlete Check-In must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:
- Warm clothing (jumper, tracksuit pants)
- Different footwear

*Please refrain from placing any valuables in your bag where possible.*

View page 26 for times and locations.

Bags will be transported from T1 in Palm Cove back to Cairns to be collected from the Gear Tent after you exit Recovery with your Blue Bike Transition Bag.

BIKE AND RUN TRANSITION BAGS

Bike and run transition bags contain items an athlete requires during the race. Any items required for the race that cannot be attached to your bike must be placed within the relevant bag.

Your transition bags will be located at your bike in Transition. See page 26 for Transition process.

Drop Off/Collection: View page 26 for times and location.

Handy Tip: Remember blue bike (blue Bike Transition Bag) and red run (red Run Transition bag)

Suggested Transition Bag Items Include:

<table>
<thead>
<tr>
<th>Bike Transition Bag</th>
<th>Run Transition Bag</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bike shoes (or on bike)</td>
<td>Running shoes (compulsory)</td>
</tr>
<tr>
<td>Sunglasses</td>
<td>Race bib number (compulsory)</td>
</tr>
<tr>
<td>Socks</td>
<td>Sunglasses</td>
</tr>
<tr>
<td>Change of clothes</td>
<td>Hat/visor</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>
# BAG DROP / COLLECTION

<table>
<thead>
<tr>
<th>BAG</th>
<th>DROP OFF LOCATION</th>
<th>USE DURING RACE</th>
<th>POST RACE COLLECTION</th>
</tr>
</thead>
</table>
| BIKE TRANSITION BAG | When: Saturday 26 September 8:00am - 4:30pm or Sunday 27 September 5:00am - 7:00am | Collect your bag from your bike rack in T1. Remove your bike gear and place all your swim gear into BLUE bag. Place on ground under numbered bike rack. | When: Sunday 27 September 11:30am - 4:30pm  
Location: Street Gear Tent  
Bike Transition Bags will be transported and placed on the hook alongside your Street Gear Bag |
| Swim to Bike     | Location: T1 – Palm Cove                                                       |                                                                                 |                                                                                      |
| RUN TRANSITION BAG | When: Saturday 26 September 8:00am - 2:00pm                                | Collect your bag from your bike rack in T2. Remove your run gear and place all your bike gear into RED bag. Place on ground beside your bike. | When: Sunday 27 September 12:35pm - 5:30pm  
Location: T2 – Cairns  
Run Transition Bag will be collected alongside your bike |
| Bike to Run      | Location: T2 – Cairns  
It is compulsory to hand in on Saturday.  
There will be no access on race morning |                                                                                 |                                                                                      |
| STREET GEAR BAG  | When: Sunday 27 September 5:00am – Race Start                                | No Use                                                                          | When: Sunday 27 September 11:30am - 4:30pm  
Location: Street Gear Tent  
Street Gear Bags will be transported and placed on the hook alongside your Bike Transition Bags |
|                  | Location: Near Swim Start in Palm Cove                                         |                                                                                 |                                                                                      |
Location: Street Gear Tent  
Bike Pumps will be transported and be available from the Street Gear Tent |
|                  | Location: Near Swim Start in Palm Cove                                         |                                                                                 |                                                                                      |

Note: When you collect your bike post race, all transition bags and bike pumps should be collected at the same time.
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PRE RACE

BIKE RACKING

View the event schedule (page 14-15) for times and location.

Prior to Entry:
- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:
- Conducted by Triathlon Australia upon entry
- You, the Athlete are responsible for your bike being in safe working order
- Inspectors will be checking for such thing as:
  - End plugs on handle bars
  - Tyres in reasonable condition
  - Stripped cabling
  - At least one water bottle cage
  - Brakes in working order
  - Compliance with IRONMAN Rules

Security: Security will be situated in and around Transition overnight.

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

---

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TRANSITION

RACE DAY

HELMET CHECK
Triathlon Australia officials will be conducting compulsory helmet checks as you enter the Transition Area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike

Athletes are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. See IRONMAN Rules.

GEAR SET UP
All items required for your bike and run legs are required to be placed in your Transition Bags. Your Run Transition Bag must be handed in on Saturday. Your Bike Transition Bag may be handed in on Saturday when you rack your bike or brought Sunday morning. No other bags are to be used.

Please see more information on page 25

BIKE PUMPS
Bike pump drop off will be available on race morning near Swim Start and can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren’t collected during bike collection times will be donated.

POST RACE

BIKE COLLECTION
View the event schedule on page 15 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure all Transition bags and bike pumps are collected at the same time.
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AID STATIONS

PRE SWIM
• Glasses drop table (collection at swim exit)
• Where possible, please drop you glasses at swim exit prior to leaving Transition 1 on race morning (located at swim exit)

TRANSITION AID STATION
(Swim to Bike & Bike to Run)
Will Offer:
• Water
• PURE Electrolyte – lemon & superfruit
• Winners Sport Nutrition Energy Bar – Apple Berry Crumble
• Winners Sport Nutrition Gel – Lemon Lime
• Winners Sport Nutrition Chews – Berry
• Vaseline
• Sunblock
• Toilets

BIKE AID STATIONS
In Australia we ride on the left-hand side of the road and aid station and take-ups will normally be with the left had.

Aid Station Locations:
The Bike Course has 4 aid stations located approximately 20km apart.
• B1 – 16.5km, Wangetti
• B2 - 36km, Thala Beach
• B3 – 58km, Ellis Beach
• B4 – 78km – McGregor Road

Will offer:
• Water
• PURE Electrolyte – lemon & superfruit
• Cola
• Winners Sport Nutrition Energy Bar Energy Gels – Apple Berry Crumble
• Winners Sport Nutrition Gels – Lemon Lime
• Winners Sport Nutrition Chews – Berry
• Vaseline
• Sunscreen
• Insect Repellent
• Toilets

Process:
Slow down when entering a Bike Aid Station, 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. Volunteers will be also calling out what they are offering. Please politely advise by calling out as per your needs.
10% OFF
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RUN AID STATIONS
The Run Course has 4 aid stations located approximately 2km apart.

- R1 – 1.3km / 6.1km / 11.7km / 16.4km, Hospital
- R2 – 2.8km / 4.5km / 13.3km / 14.9km, Lilly Street (Special Needs)
- R3 – 7.5km / 10km / 17.8km / 20.4km, Shangri-La
- R4 – 8.4km / 18.8km, Hemmingway’s Brewery

Will offer:
- Water
- PURE Electrolyte – lemon & superfruits
- Winners Sports Nutrition Energy Bar – Apple Berry Crumble
- Winners Sports Nutrition Gels – Lemon Lime
- Winners Sports Nutrition Chews - Berry
- Red Bull will be supplied on course at aid station 2 and aid station 4 only and served in a diluted formula of 50% Red Bull and 50% water
- Cola
- Bananas
- Crisps
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Toilets

AID STATION LAYOUT

Process:
Keep left when approaching a Run Aid Station. If you do not require any product from a Run Aid Station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

DISCARD DROP ZONES
Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.
“I didn’t quite believe the improvement so I retested many times over two months until there could be no doubt whatsoever that the hydration enhancing effects of PREPD are very real and was absolutely improving my performance. I would highly recommend to any athlete looking to improve their endurance performance and recovery.”

TIM REED - PROFESSIONAL IRONMAN

FACT: A 2% drop in hydration can reduce performance by up to 30%

PREPD is a revolutionary hydration enhancer that will transform the way you train and compete. Backed by over 20 years of university research, PREPD is proven to boost hydration, helping you perform at your peak longer and recover sooner.

READY. PREPD. GO

For more information and Stockists visit

www.prepdydration.com.au

prepdydration
CUT OFF TIMES
Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's 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 – 1 hours 10mins from Athlete’s individual start time (times below based on last Athlete in water)
• 9:05am, Swim Exit

Bike – 5 hours from Athlete’s individual start time (times below based on last Athlete in water).
• 10:11am, IRONMAN 70.3 Northern Turn Around
Any cyclists unable to reach this cut-off will be collected by event SAG Wagons. Any remaining team runners in Transition 2 will be sent out onto the HOKA One One Run Course at this time and the team will be classified as a Did Not Finish (DNF)

Run – 8 hours from Athlete’s individual start time (times below based on last Athlete in water)

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 Staff 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 Director’s 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 scenarios

The Race Director also reserves the right to announce new cut off times.

CONTIGENCY PLAN
If/when the 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.

RACE DAY SERVICES
Medical
A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed on the course maps. Athletes are responsible for any costs incurred as a result of a medical incident. This includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all Athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

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 back to the event venue.

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.
NEVER FORGET YOUR RACE

ORDER YOUR RACE PHOTOS HERE:
www.finisherpix.com
www.facebook.com/finisherpix
@finisherpix #finisherpix
FINISH LINE PHOTO
FinisherPix is the official event photographer.

How to Get your Best Photos:
• Ensure your helmet sticker visible on the FRONT of your bike helmet.
• Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
• 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.
• Smile and have your photo taken with your finisher medal and towel at the photo wall available outside Recovery.

Your personal race photos will be available within 24-48hrs after the race at www.finisherpix.com.

RECOVERY PROCESS & AREA
After passing the finish line arch, you will collect your finishers medal and towel.

You will then follow the recovery process and have the below available to you:
• Timing chip removal
• Recovery food/drink
• Medical support (if required)
• Street Gear Bag, Bike Pump & Bike Transition Bag Collection
• Official finisher photo by FinisherPix

Important: before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:
• Bottle water
• PURE Electrolyte hydration – lemon & superfruits
• Red Bull Cans
• Cola Cans
• Banana
• Takeaway Pasta Dish

POST RACE
RESULTS
Results can be viewed at the following locations:
• IRONMAN Oceania App https://www.ironman.com/im703-cairns-supporters
• https://www.ironman.com/im703-cairns

No access to online services? Visit our Event Information who can assist.

MEDAL ENGRAVING
Medal engraving is available at the Official IRONMAN Merchandise store. View the event schedule (page 15) for times. And location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected to the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY
Any lost or found property that is handed in will be taken to Event Information. You can lodge your own lost items here:

Alternatively view the event schedule (page 14-15) for times and location.

Please note: that no responsibility or liability is taken by the Race Organiser’s 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 cairns@ironman.com
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
ROKA
SWIM COURSE 1.9km

Cut off – 1 hours 10mins from Athlete’s individuals start time (times below based on last Athlete in water)

WARM UP SWIM
Age Group Athletes: Swim warm up area is located north of swim start, next to your designated swim start zones. When asked to exit the water, please listen to IROMAN Staff at swim start area.

View the event schedule (page 15) for start times.

PARATRIATHLETE SWIM START
Paratriathletes will be communicated to by the Race Director of their start time and process. If you are a Paratriathlete and require support, please contact us at cairns@ironman.com or on 1300 761 384.

ROLLING START
View the Event Schedule (page 15) for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

Four different Start Zones are available, depending on an Athlete’s expected swim time:

- Zone 1. Under 35 minutes
- Zone 2. Between 35 - 40 minutes
- Zone 3. Between 40 – 46 minutes
- Zone 4. Between 46 minutes - 1hr 10minutes

Zone signage displayed within the Swim Start area. To access the Start Zones, Athletes will need to follow the directional signage and instructions of Event Staff.

At the official start time, the Rolling Start will begin with Athletes being released in intervals 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.

WETSUIT RULING

This event is being held outside of ‘stinger season’ but it is strongly recommended by local experts that full wetsuits or full tri-suits be worn during the swim.

Due to the expected water temperature and the current Triathlon Australia temperature cut-off for the use of wetsuits, approval has been granted by Triathlon Australia to increase the temperature cut-off for athlete safety.

If the water temperature is not greater than 26 degrees celcius wetsuits are optional. If the water temperature is greater than 26 degrees Celsius, the use of wetsuits will most likely be banned, but this will be confirmed by the Medical Director.

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

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.
ROKA
SWIM COURSE 1.9km

SWIM SAFETY
Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and they are there to support you should you require assistance.
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. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing chip removed. If your timing chip has been removed, do not attempt to re-enter the race.

COURSE CHANGES
This year's swim course will be a 1 lap course. 70.3 Athletes will start after IRONMAN athletes with a 7:20am age group rolling start.

SWIM CAPS
All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at cairns@ironman.com or via phone 1300 761 384.

Click here to view Age Group swim cap colours.
VENTUM
BIKE COURSE 90km

Cut off – 5 hours from Athlete’s individual start time (times below based on last Athlete in water)

TRAFFIC
Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

BIKE COURSE SIGNAGE
At all times, please be aware of the signage on your course. The IRONMAN Cairns course will cover a lot of the same area. Please make sure you are following the signs that refer to ‘70.3’.

COURSE MAP
RINCON 2
EFFORTLESSLY SOFT.
WEIGHTLESSLY SWIFT.

HOKAONEONE.COM.AU / FACEBOOK / INSTAGRAM / HOKAONEONEAUSTRALIA
Cut off – 8 hours from Athlete’s individuals start time (times below based on last Athlete in water)

**Course Changes**

The 2020 course will be run in a clockwise direction after exiting Transition 2. To commence the first of 2 laps, athletes will run along the Esplanade in a northerly direction, heading out to the Airport Ave turn around before returning to the Cairns CBD area. From here runners will continue along the boardwalk past the Ports North Marina, Cruise Liner Terminal and Hemmingway’s Brewery. Runners then proceed back past the finish line venue and Esplanade Lagoon. Once at the Lagoon, athletes will run towards Transition 2 where their second lap will begin.

**LAPS**

Athletes will be required to complete two laps of the run course. Lap bands will not be provided. Athletes are responsible for keeping track of their own laps while out on the run course.

**LAP SIGNAGE**

Please follow course directional signage and lap start signage while out on the run course.
PRESENTATIONS

All awards will be available for collection at the Event Information. Please keep an eye out both on the website, event app and social media pages for announcement of award winners.

- Age Group Athletes - each age group will be awarded 1st-3rd place trophies.

TRICLUB AWARDS

The top 3 TriClubs overall of the day will be awarded. For more information on the TriClub Awards and program visit here.

All awards will be available for collection at the Event Information.
The 2020 IRONMAN 70.3 Cairns will have 75 slots to the 2021 IRONMAN 70.3 World Championship held in St George, Utah, USA, 17-18 September 2021.

During Athlete Check-In you will be asked to 'opt in' and confirm you intend to accept a slot should you qualify for the IRONMAN 70.3 World Championship. If you are successful in obtaining a Qualification slot, we will be in contact approximately 24hrs after the race to advise. On the IRONMAN 70.3 World Championship registration process. Qualified athletes will have 48hrs to complete their registration and pay the registration fee. If an athlete does complete his or her registration within 48hrs, the slot will roll down to the next eligible athlete in the age group category.

You cannot change your mind after Athlete Check-In, therefore if you are unsure, its better to 'opt in'.

**How does the Age Group Slot Allocation Work?**

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

**The Allocation Process:**

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

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

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

**Other Information**

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an Elite Athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have qualified for, hold Professional or Elite status.

Any change in an Athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the Athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

Click here to view previous year’s slot allocation
WE LOVE WHAT YOU LOVE.

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

info@ACTIVEendurance.com
VOLUNTEERS

The 2020 IRONMAN 70.3 Cairns requires the support of over 500 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 2,500 hours to assist, support and motivate you from the start to the finish of your IRONMAN 70.3 journey.

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

OFFICIAL EVENT APP

The IRONMAN Oceania app has everything you need to know as an Athlete or a Spectator.

Available for both iphone and android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who’s in the lead. You can filter by age group.
- It’s super easy to find and create your own list of your favourite athletes to follow.
- You can receive notifications when the Athletes you’re following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what’s going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!

SPECTATORS

Spectators are asked to please support and participate in all COVID Safe measures outlined in the Athlete Information Guide. Key detail includes;

- **Stay home** if they or somebody they know are in contact with is sick
- Download and turn on the [Commonwealth Government COVID-19 app](#)
- Encouraged to support remotely through IRONMAN Oceania App (Apple & Google Play) or from within local COVID Safe business.
- Avoid time at areas of high density e.g. Athlete Check-In, Transition, Swim Start and Finish Line / Recovery
- Regularly clean hands and maintain 1.5m physical distancing

GET SOCIAL

https://www.facebook.com/IronmanCairns/
www.instagram.com/ironmanoceania
#IM703Cairns

WOMENFORTRI

WomenForTri’s mission is simple: “To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities.” In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived “barriers.”

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

If you have any further questions, please don’t hesitate to contact us at cairns@ironman.com or via 1300 761 384. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,
IRONMAN 70.3 Cairns Team