

2026

2ND JUNE 2024



RELAY GUIDE



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IRONMAN
70.3 SWITZERLAND
RAPPERSWIL-JONA

REACH FOR THE STARS

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TABLE OF CONTENTS

| | |
|------------------------|----|
| Welcome message | 3 |
| Head referee's message | 4 |
| Registration | 6 |
| Race package | 8 |
| Check In & Transition | 10 |
| Race day | 11 |



WELCOME MESSAGE

Dear athletes,

welcome to Rapperswil-Jona!

We are thrilled to welcome you to the 2024 edition of IRONMAN 70.3 Switzerland, nestled in the picturesque region around Lake Obersee. The entire town and its surroundings, along with our dedicated organizing committee and enthusiastic volunteers, are eagerly awaiting your arrival in the charming City of Roses.

Congratulations on putting in the hours to train for your RELAY participation at this race.

This guide will give you some useful information and advice for RELAYS. It does not replace the Athlete Guide. We therefore recommend that you read the event-specific Athlete Guide for more detailed information.

The day you have worked so hard for has finally arrived. It's time to enjoy your race, soak in the amazing atmosphere, and to have confidence in yourself. Believe in the dedication that has brought you to this moment. Remember, we're here to support you every step of the way.

We wish all athletes a successful and memorable race day. Let the beauty of Rapperswil-Jona inspire you as you take on this challenge. Enjoy it and don't forget to smile when you cross the finish line.

See you very soon!



Sahra Walter
Race Director

HEAD REFEREE'S MESSAGE

Rules




Please make sure that you are familiar with the general IRONMAN rules and the specific rules that relate to each discipline for the relevant athlete. It is the responsibility of each team member to understand the course they must complete and the time they must be in place for the swim start, transitions and finish.

Kathrin Petrow

IRONMAN 70.3 Switzerland
Head of referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the [2024 IRONMAN Rules](#).

REMINDER OF PENALTIES

| | |
|---|--|
|  | Blue Card 1 blue card: five-minute time penalty Penalty to be performed in the Penalty Tent at the run out <i>Drafting</i> |
|  | Yellow Card 30 second time penalty served in the next Penalty Tent at run out <i>e.g. Blocking the progress of other athletes</i> |
|  | Red Card Disqualification (DSQ) <i>e.g. Littering, Non-compliant material or equipment</i> |

BLUE CARD

DRAFTING is the only violation that will result in a BLUE CARD violation, and an athlete will incur a time penalty to be served in the Penalty Tent.

YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop 30 seconds in the Penalty Tent (BIKE) or to stop next to the referee for 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations, should an athlete receive excessive YELLOW CARD violations.

RED CARD

An athlete receiving a red card will be immediately disqualified.

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

It is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of DRAFTING violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

2024 rules

All the rules can be found in the IRONMAN 2024 regulations and the particularities of the race in the athlete guide.



2022 IRONMAN 70.3
M35-39
1006
ANDREA

2022 IRONMAN 70.3
M35-39
1004
ALBERTO

REGISTRATION

Process for the registration

Please note, any changes to team members must be made no later than 10 days before race day. Any changes after this date will not be accepted:

You will not be able to change team members at registration.

If any of the team members cannot attend registration prior to race day there must be no changes.

It is possible for a relay team, that only one team member or the team captain is eligible to register and collect the race pack for the whole team. The QR-Code from the team captain is needed.

1

There is no need of a triathlon license for a relay team.

2

An email will be sent to each team member with a QR code during the race week.
Print or save the team captain's QR code to your smartphone to present it at registration.

Please report to the volunteers by following the signage.

Please note that we will not assign BIB numbers before the opening of the registration.
BIB numbers will be allocated on a first come, first served basis at the registration desk.

Collect your race number and team package by presenting your [identity cards](#). A wristband will be provided to each team member. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race.

3

4







Reminder of registration hours

| Date | Opening hours | Location |
|----------------|------------------|------------|
| 31th May 2024 | 12 pm – 06.45 pm | SGKB Arena |
| 01st June 2024 | 10 am – 05.45 pm | SGKB Arena |



RACE PACKAGE

Your team package includes:

| | |
|---|---|
| <p>2 BIB: The cyclist must wear the BIB on his back for the Bike Course and the runner in front for the Run Course. You can use safety pins to attach them, but we recommend that you get a running belt.</p> <p>Don't forget to fill in your medical information on the back.</p> |  |
| <p>1 Swim Cap: When swimming, a swimming cap provided by the organizer MUST be worn. It is permitted to wear a 2nd swimming cap underneath if required.</p> |  |
| <p>1 sticker sheet: Stickers: You will also have a sheet of stickers for the team; please place relevant sticker on the bike, helmet and bags:</p> <p>3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet, 3 sticker to stick on your wristband.</p> |  |
| <p>3 athlete wristbands: A wristband with a QR code will be placed on the wrist of each team member when you collect your BIB. This wristband will identify you as an official athlete and must be worn during the whole week of the race.</p> <p>The wristband is required for medical identification and grants you access to the transition zones and athlete areas during, before and after the race. You may not remove your bike and equipment from the transition area after the race if your wristband is not attached to your wrist. The wristband identifies you as an official athlete.</p> |  |
| <p>3 athlete backpacks: Pick up your backpacks at the IRONMAN Merchandise FanShop after registration. The backpack includes two Transition Bags & 1 Street Wear Bag: Your belongings can be placed in these bags. (see next page)</p> |  |
| <p>3 athlete shirts: One for each team member will be given to you at registration. It must not be worn at the race.</p> |  |

Athletes must wear the official race items given to them during the registration.
Certain items must be worn: the official Swim Cap, wristband, stickers, BIB number and Timing Chip.

Failure to comply with this rule will result in disqualification.

Transition Bags

At the IRONMAN Merchandise FanShop , you will receive the athlete backpacks which include the Transition Bags. For the relay teams it is not mandatory to use them, but you can hand them in if needed (*optional*).

BLUE BAG / BIKE BAG



May contain the gear the cyclist needs for the Bike Course, including the helmet with stickers on the front, bib number fixed with 2 points, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, etc.
Or the post race clothes for the swimmer.

Drop off in Transition:
Saturday from 10.00 am to 06:00 pm
Entry on Raceday until 07.50 am



RED BAG / RUN BAG

May contain the gear the runner needs for the Run Course: running shoes, socks, nutrition, etc.
Or the post race clothes for the cyclist.

Drop off in Transition:
Saturday from 10.00 am to 06:00 pm
Entry on Raceday until 07.50 am



WHITE BAG / STREET WEAR BAG

This is your Streetwear Bag: it can be used to put any additional clothing one of the team member wears before the race and anything one of the team member may require after the race.

Drop off on race morning in the SGK Arena.

Don't forget to stick your race number on your bags before handing them in!

CHECK IN & TRANSITION

Schedule reminder – Saturday 1st June

| Time | Description | Location |
|---|-------------------------------------|---|
| ONLINE available during the event week | Race Briefing | Official website of the IRONMAN 70.3 Switzerland, Rapperswil-Jona |
| Saturday, 1st June 2024 10 am – 6 pm | Check In Bike & Bag | Transition |
| 2 pm | Latest race updates and Q&A Session | IRONMAN Village / Food Village |

Like individual athletes, relay teams must also rack their bike the day before and go through the same checks. We do advise that all team members attend Transition so you can familiarise yourselves with the meeting point and the route.

Timing Chip

The athlete checking the bike in will be the one who receives the Timing Chip as they exit bike Check In. This athlete is responsible for ensuring that the relay member doing the swim, receives this before the race starts.

If the swimmer is not wearing the Timing Chip, the swimmer will not be able to start the race. Please note that each relay team will only receive one Timing Chip, it is not one Timing Chip per person.



WHAT IS THE TIMING CHIP FOR?

The Timing Chip will register your start time as you cross the timing mat at the Swim Start and provide your swim time, bike time, run time, finish time, transition splits, relay ranking.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

The cyclist must collect your Timing Chip when exiting Transition on Saturday, 1st June 2024.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on the left ankle of one of the team member during the entire race.

**Your Timing Chip is a loaner.
You must return the Timing Chip directly after you cross the Finish Line
– otherwise you will be charged for it.**

WHAT IF I LOSE MY TIMING CHIP?

If you lose your Timing Chip, please contact a team leader or volunteer in the Transition. Our team will provide you with a replacement chip so that you can continue the race including timing.

RACE DAY

Relay specificities

Swim start

Relay swimmers are allowed to start from Block 2 onward. Your team will be allocated to one of the block's according to the estimated swim time of your swimmer.

Please note, that after 07:50am the area with the bikes will be closed for all athletes including relays. Relays can access the handover zone in the transition only.

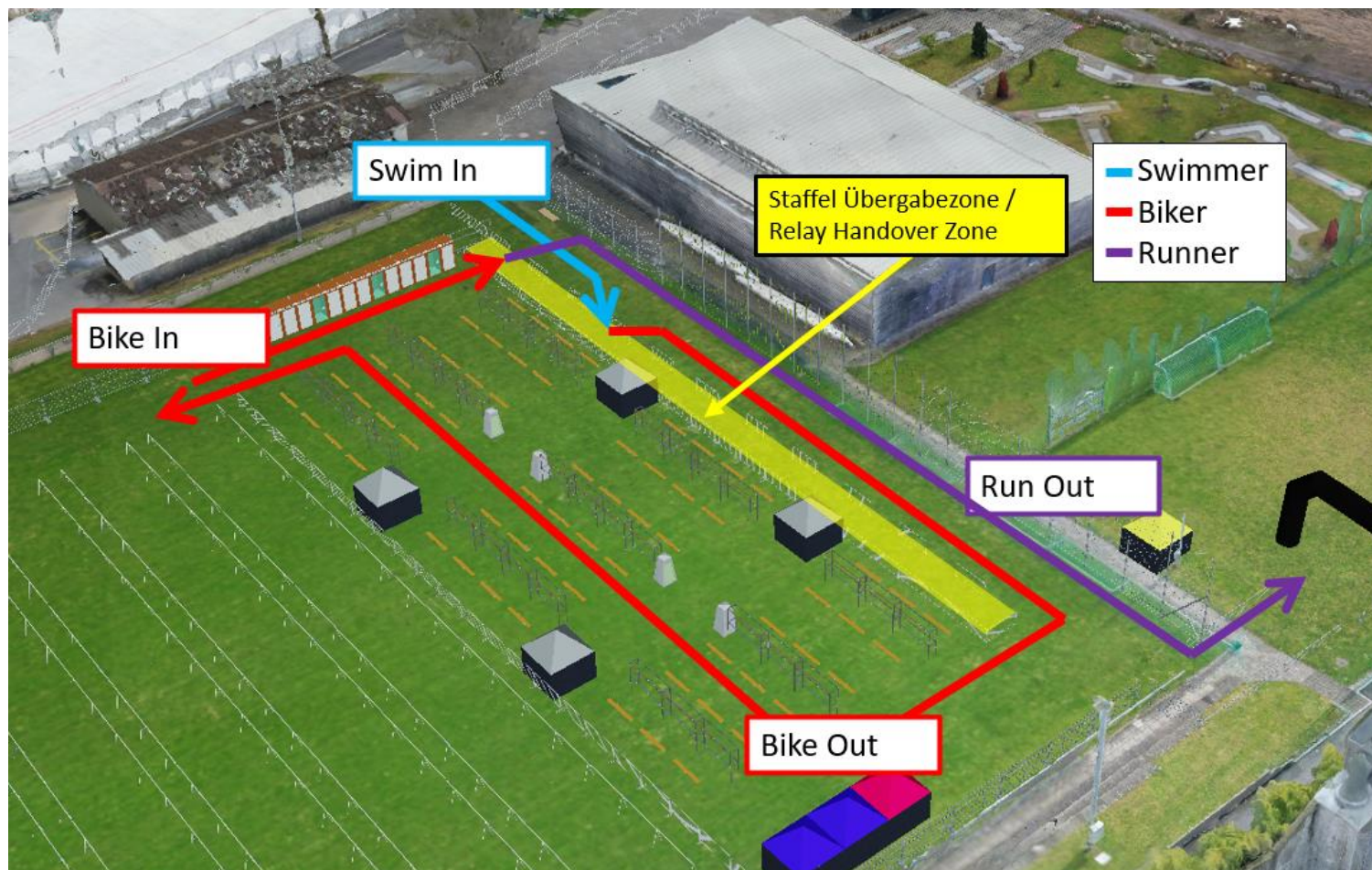
Transition meet point

In Transition, there will be a dedicated area for the relay teams. Please make sure all team members are aware of this area when racking on Saturday. Only one Timing Chip will be issued to the team at Bike Check In. You must therefore exchange the Timing Chip at the end of each discipline in the relay handover zone.

It is allowed for the biker to hand the timing chip **over** the fence to the runner. Relays must cover the same distances as individual starters.

For example:

The swimmer will run to the relay handover zone in the transition. The swimmer will exchange the Timing Chip with the cyclist who will then run to the bike and start the bike leg. Once the cyclist has completed the bike leg, they will re-rack the bike and run to the handover zone. They will give the Timing Chip to the runner who will run out on to the Run Course.



RACE DAY

Relay specificities

Finish Line

You have all earned the achievement of finish an IRONMAN 70.3 distance so we think you should all get the opportunity to run down the Finish Line together, as a team.

There will be a sign on the approach to the Finish Line which you will be able to meet the rest of your team members. Don't forget that it is still a race so make sure you're in time to meet your runner!

Each team member will receive a finisher medal. You can also get your race time recorded on the medal directly after the race (each team member can purchase their own). After the race all the relay team members have access to the Athlete Garden with refreshments.

The Timing Chip will be taken from you directly after you cross the Finish Line.

Bike Check Out

Don't forget to do the Bike Check Out.

Bike Check Out times: Sunday 02nd June, 3 pm – 06.30 pm



***ENJOY YOUR
TEAM RACE!***

