



# 24TH SEPTEMBER 2022

# ATHLETE GUIDE



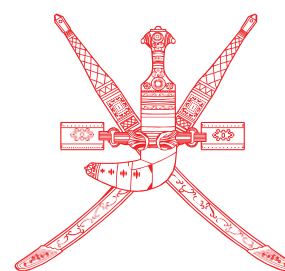




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Hawana Salalah is proudly developed by **MURIYA**, subsidiary of internationally acclaimed builder, **ORASCOM DEVELOPMENT HOLDING (ODH)** and **OMAN TOURISM DEVELOPMENT COMPANY (OMRAN)**, the leading government arm for tourism development in Oman.

## OFFICIAL HOTELS

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# WELCOME TO OMAN

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Sultanate of Oman, a country on the south-eastern coast of the Arabian Peninsula in Western Asia. Formerly a maritime empire, the oldest continuously independent state in the Arab world. Located in an area bordering the mouth of the Persian Gulf, the country shares land borders with Saudi Arabia, United Arab Emirates, and Yemen, and shares maritime borders with Iran, and Pakistan. The coast is formed by the Arabian Sea on the southeast, and the Gulf of Oman on the northeast.

Much of the country's interior falls within the sandy, treeless, and largely waterless region of the Arabian Peninsula known as the Rub Al-Khali.

The Sultanate of Oman fuses historic Middle Eastern culture with contemporary city life, creating an unforgettable race and holiday destination. Swim in the warm, calm and clear waters of the Arabian Sea next time.

Welcome to The Sultanate of Oman  
where **'beauty has an address'**





## WELCOME NOTE

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Dear Friends,

It is a big honor to welcome you all  
to Oman & IRONMAN 70.3 Salalah 2022.  
I am more than happy and excited that you  
decided to join us and race in our beautiful country.



We are proud to be hosting IRONMAN 70.3 Salalah for the very first time, and  
look forward to providing you with a unique experience you will never forget.  
I am very excited to meet every athlete at the finish line!

As the race director and an active athlete I believe, "there's nothing impossible  
until you try it out".

Wish you an amazing race week, and hope that you discover our beautiful  
country, feel our hospitality, make new friends, and have an experience that will  
have us seeing you for years to come!

Thank you once again for choosing us!

**Mohamed Al Obaidani**

**Race Director - IRONMAN 70.3 Oman Muscat & Salalah**





# HEAD REFEREE'S MESSAGE

## REMINDER OF PENALTIES

### BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties. 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 tents, located on the bike course at KM 45 and at the exit of the transition 2*).

### YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop next to the referee during 30 seconds. 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.

### PENALTY TENT

If you receive a blue card, the tent to serve your penalty is located on the bike course at the U-turn - KM 45, at T2 - KM 90 at the Exit of this area



**Abbas Moosa**  
Head Referee -  
IRONMAN70.3 Salalah

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 2022 IRONMAN Competition Rules.

	<b>Blue Card</b> 1. blue card: five-minute time penalty 2. blue cards: ten-minute time penalty 3. blue cards: DSQ Penalty served in a penalty tent on the bike course e.g. Drafting
	<b>Yellow Card</b> 30 second Stop and Go time penalty served next to the referee e.g. Blocking the progress of other athletes
	<b>Red Card</b> Disqualification (DSQ) e.g. Non-compliant materialm & equipment
<b>ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION</b>	

Triathlon is an individual sport, and it is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION 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.

*All the rules can be found in the IRONMAN70.3 Salalah*





# SCHEDULE OF EVENTS

## THURSDAY, SEPTEMBER 22<sup>nd</sup>

Coffee Boat for everyone, non official swim practice	09:00am – 11:00 am
IRONMAN 70.3 Salalah Expo	10.00am – 06.00pm
IRONMAN 70.3 Salalah Food Village	10.00am – 09.00pm
Registration Bib Collection	10.00am – 06.00pm
Info Desk	10.00am – 06.00pm
IRONMAN 70.3 Salalah Merchandise Store @ Village Bike	10.00am – 06.00pm
Mechanics @ IRONMAN 70.3 Salalah Expo	10.00am – 06.00pm
Welcome Party, on the Beach Outdoor	06.00pm – 09.00pm

## FRIDAY, SEPTEMBER 23<sup>rd</sup>

Coffee Boat for everyone, non official swim practice	09:00am – 11:00am
IRONMAN 70.3 Salalah Expo	10.00am – 06.00pm
IRONMAN 70.3 Salalah Food Village	10.00am – 06.00pm
Registration Bib Collection	10.00am – 04.00pm
Info Desk	10.00am – 06.00pm
IRONMAN 70.3 Salalah Merchandise Store @ Village	10.00am – 06.00pm
Bike Mechanics @ IRONMAN70.3 Salalah Expo	10.00am – 05.00pm
IRONKIDS Race start	03:30pm – 05:30pm
IRONGIRLS Race start	05:40pm - 06:30pm
IRONMAN70.3 Salalah Bike Check-in	12.00pm – 06.00pm

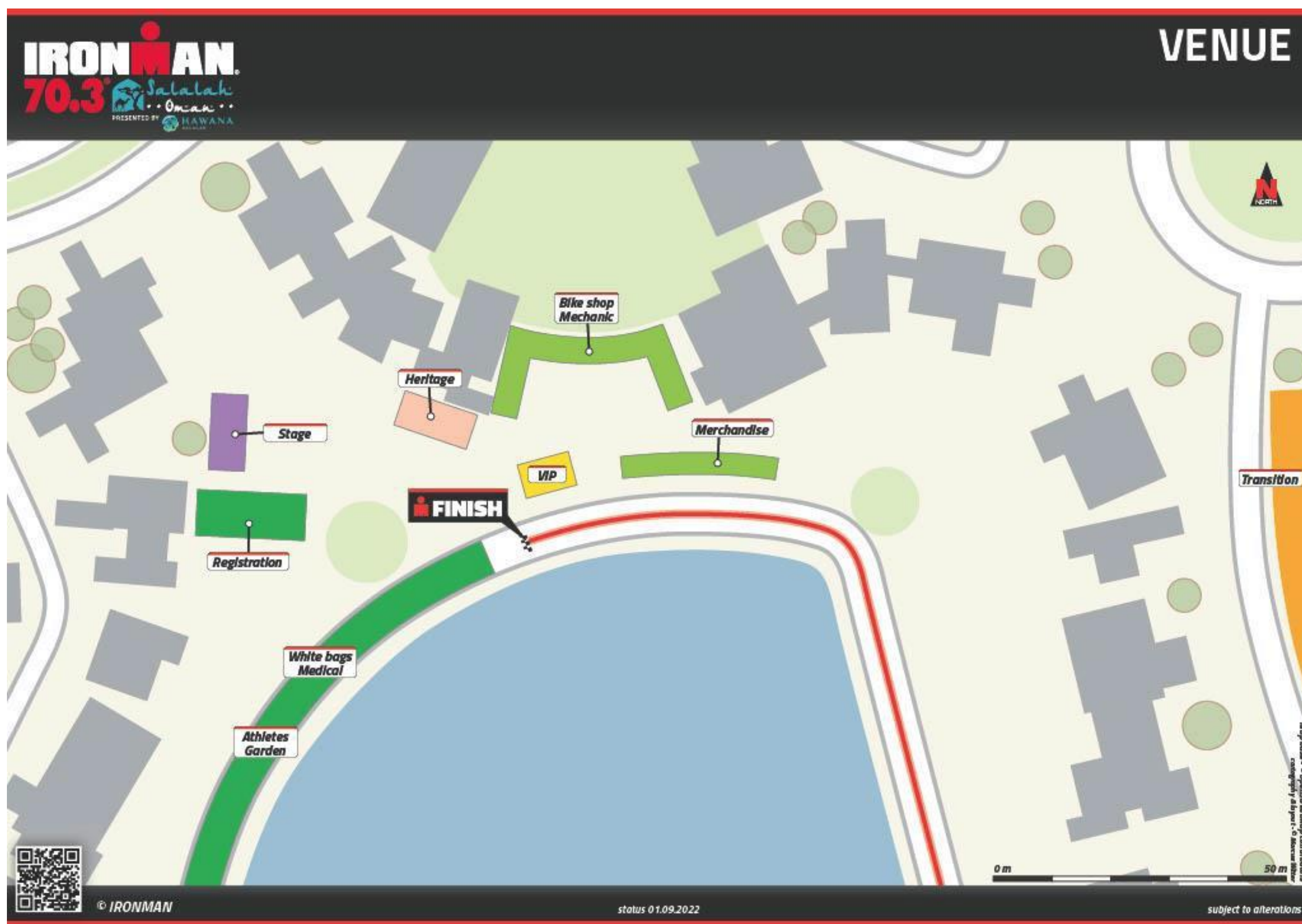
## SATURDAY, SEPTEMBER 24<sup>th</sup>

Transition open	05.00am – 06.00am
Swim warm up	05.40am – 06:00am
Race start	06.30am
Expo open	10.00am – 05.00pm
Flower ceremony	10.45am – 11.45am
Athletes garden close	03.30pm
Bike checkout	01.00pm – 05.00pm
Awards ceremony start	06.30pm
IRONMAN 70.3 World Championship Slot Allocation	08.00pm





# EVENT AREA MAP







# PRACTICAL INFORMATION

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## PERSONAL COMMUNICATION PLAN

Prior to departing to Salalah, be sure to establish a communication plan with family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency.

Even if you are in Salalah with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

## TRANSPORT

We advise athletes and spectators to use private transportation in and around Muscat, which has a great and well-developed network of highway system.

Salalah has a fun opportunity for tourists to get around the city in an easy and comfortable way.

## MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

## ROAD CLOSERS

All courses are partly or fully closed for traffic during the race day. In case of emergency, rescue vehicles with the sirens on, shall always have free passage. Please oblige and let them pass you.

## RESULT SERVICES

Throughout IRONMAN 70.3 Salalah friends and relatives can follow the [athlete's progression online on Results - IRONMAN 70.3 Salalah presented by Hawana Salalah](#).

## COURSE INFORMATION

[Athletes can get information on all courses at: Course - IRONMAN 70.3 Salalah presented by Hawana Salalah](#)





# PRACTICAL INFORMATION

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## PARKING

Parking is located close to the venue at Hawana Salalah. While there are plenty of parking spaces, we ask that you carpool with another athlete when possible to ease traffic congestion on race morning. Please give yourself enough time race morning to get to transition area with ample time to prepare for race day. Roads can be congested as athletes and spectators converge on the area in a short period of time.

## LOCATIONS:

- Hawana Salalah - Salalah
- IRONMAN village
- Race area
- Swim start, transition area
- Opening/ award ceremony
- Expo
- Medical area





# REGISTRATION

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## ATHLETES REGISTRATION:

**Thursday, 22<sup>nd</sup> Sep 10am – 6 pm Hawana Salalah**

**Friday 23<sup>rd</sup> Sept 10am – 4pm Hawana Salalah.**

Please, bring your PHOTO IDENTIFICATION CARD.

Registration will be NOT open on race day. If you do not check in during registration hours, you will not be able to race. ALL RACE PACKAGE MUST BE PICKED UP BY 4pm ON FRIDAY, 23<sup>rd</sup> of September.

Athletes competing in IRONMAN 70.3 Salalah events are required to check-in at the venue during the dates and times listed in the Athlete Guide and Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency.

IRONMAN 70.3 Salalah will try to accommodate the athlete to the best of our ability if the athlete informs IRONMAN 70.3 Salalah. Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made.

## One Day License

**You must pay your one day license fees: 15\$. If you haven't done it online, you can still pay at the registration.**

**Individual and All Team Relay Members required to pay one day licence fees.**

## YOUR RACE PACKET WILL INCLUDE:

- Race bib number
- Swim cap
- Bike/Helmet stickers
- Transition and street wear bag stickers
- Transition Bags and street wear bag
- Athlete wristband
- Athlete Backpack

## TRANSITION AND STREET WEAR BAGS

During registration athletes will receive bags:

- White bag (Street wear)
- Blue bag (bike gear)
- Red bag (run gear)





# RACE PACKAGE

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## 1 BIB NUMBER

You must wear your bib on your back for the bike course and in front for the run course. You can use safety pins if you wish.

However, as you must change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.

## STICKERS

You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seat post of your bike, 1 sticker to stick on the front of your helmet.

## ATHLETE'S WRISTBAND

**Your wristband** with your race number printed on will be placed on your wrist in registration. You must always wear this wristband from this point until the Awards Ceremony as this is essential to gain you access into the athlete only areas. **Relay** Teams will be issued with three wristbands.

The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race.

You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.

## 1 SWIM CAP

You must wear the swim cap given to you when you collect your bib number during the SWIM.

## BAGS

You will be issued with three bags at registration. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue or red bag prior to the race start on Saturday but you must ensure that all the items you need are in the bags on bike check-in when you rack. Please note that you cannot mark these bags, other than with your race number sticker.

\*Any marking will be removed by the referees and may result in a penalty.

**Athletes must wear the official race items given to them during the registration.**

**Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip. Failure to comply with this rule will result in disqualification.**





# RACE PACKAGE

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## BLUE BIKE BAG

Should contain the kit you need for the bike discipline, including your helmet and bib number on a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

This bag is racked in transition area. Leave this bag for you to collect in the same area

## RED RUN BAG

Should contain the kit you need for the run discipline. After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet. Drop this bag in transition area on Friday. Leave this bag for you to collect in the same area.

## WHITE BAG (STREET WEAR BAG)

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race.

Leave this bag in transition designated place.

Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key) you may need at the finish line in your morning clothes bag. Leave the bag in the designated drop area at transition. Your morning clothes bag may be retrieved after the race inside Athletes garden.

Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted.





# ATHLETES CHECKLIST

## PRE-RACE:

- Directions to hotel, athlete registration, race start race finish
- Attend registration, locations of transition zone and race briefing
- Study the race courses and plan your nutrition

## RACE DAY - SWIM:

- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided White (Morning Clothes Bag)

## MISCELLANEOUS:

- Body glide
- Antibacterial
- Contact or RX glasses
- Heart rate monitor & chest strap
- Towel
- Hair ties
- Chap stick
- Post-race clothing
- Extra tri kit for practice

## RACE – BIKE:

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
- CO2 Cartridge(s)
- Spare Tire or Tube and Tire levers
- Valve Stem Extenders
- Patch Kit or Wrench Set/Tools
- Vaseline
- Sunscreen
- Helmet and Sunglasses
- Bike Shoes and Socks
- GPS Watch or Bike Computer

## RACE DAY - RUN:

- Fuel Belt/ Race Belt Safety Pins+ Bib Number
- Hat/Visor
- Running Shoes and Socks
- Sunglasses
- Water Bottle





# PRE-RACE INFORMATION

## MANDATORY ATHLETES BRIEFING

Athletes are required to attend the athlete briefings, which will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly, any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts. **The race briefings will be held in on Thursday, 22<sup>nd</sup> of September at 6:30 pm in Hawana Salalah area.** We strongly recommend novice athletes attend the briefing to benefit from the additional information included in these briefings about preparation, bike and bag racking. It also gives more time to orientate and make sure you have all your equipment ready for the race day.

## SWIM PRACTICE

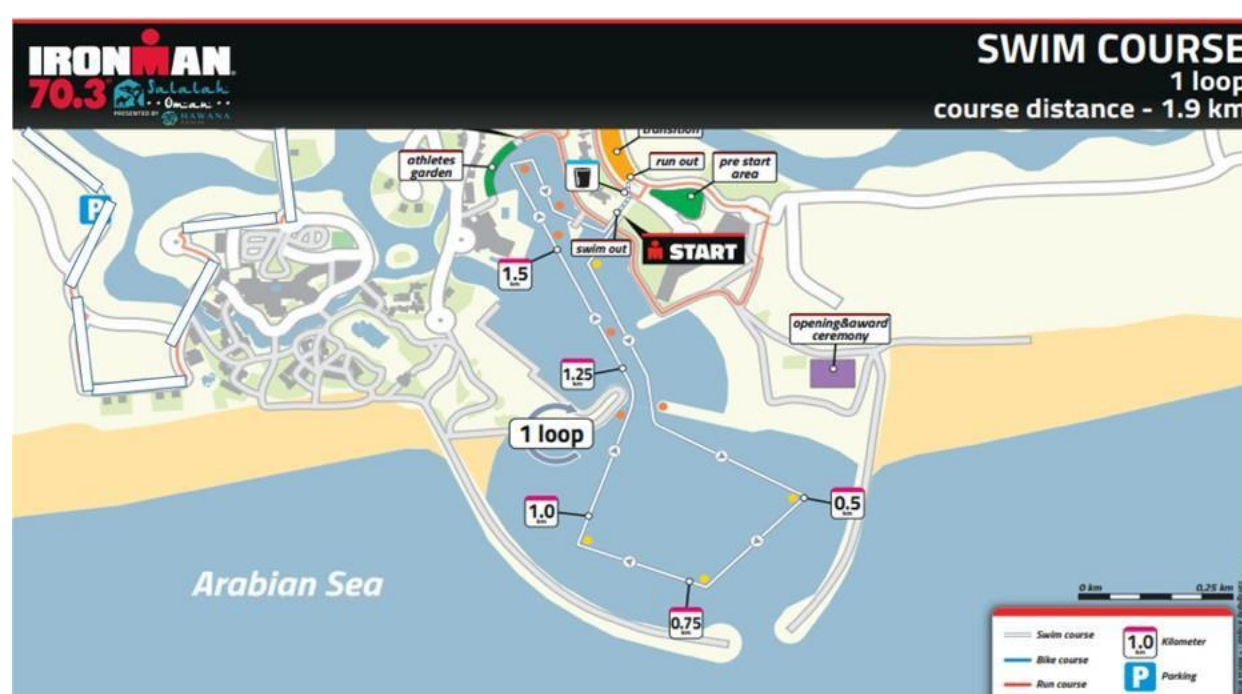
Thursday, 22<sup>nd</sup> and Friday, 23<sup>rd</sup> of September from Hawana Slipway at swim start.

No lifeguard on duty - swimming on your own risk!!! The swim practice will take place at the official swim course of IRONMAN70.3 Salalah.

All athletes should have registered and collected their athlete wristband from registration before they are able to join the swim.

Athletes should wear their Official Swim Cap provided in registration.

Enjoy the coffee boat ;)



## PASTA PARTY

Welcome Banquet will take place on Thursday 22<sup>nd</sup> September from 6:30pm.

All athletes with their wristband will be allowed.

For family and friends, extra charge will be required. You can buy the ticket at the registration or at the entrance. The entry for kids under 12 years old is free.





# BIKE CHECK-IN

## MANDATORY BIKE AND TRANSITION BAGS CHECK-IN

Transition area located at Hawana Salalah will be open on Friday from 12pm to 6pm. All athletes must check-in the following items.

**Bike, Bike Helmet, BIB Number, Blue Bike Bag, Red Run Bag,**

- At transition you will need your bike, helmet, blue bag with all your bike gear in it and red bag with all your run gear in it.
- Be ready before you get to the entrance to transition:
  - You must have your helmet on with the strap fastened and wearing your race number,
  - Your race number stickers must be on the bike, helmet, red bag, blue bag and your wristband will be checked as you enter transition. Without all these items, you will not be able to rack your bike.
- You must rack your bike according to your race number.
- You must hand in your red and blue bags.
- It is NOT allowed to leave anything next to the bike or on the ground. Race marshals will remove all items not safely secured to the bike.
- Due to the risk of windy conditions, you are only permitted to cover handlebars, seat and pedals, and not the entire bike. Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors.
- Full bike covers will be removed from any bikes left in transition once bike check-In is over.
- At bike check-in you must place the BLUE bike bag and RED run bag on the designated racks in the transition area. The location is marked with your race number.
- Helmets must be placed in the BLUE bike bag.
- Bikes shoes secured to pedals, gels and bars attached securely to the bike, bottles secured in bottle-cages
- Only athletes and race officials are permitted access to transition area. For security reasons, no bikes, helmets, RED run bag or BLUE bike bags are to be removed from transition area, once checked-in.
- You will have access to your bicycle beginning at 05.00 AM on race day morning but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.
- Please note that it is not allowed to mark your bike in any way with balloons or similar The race marshals will remove such effects.
- Overnight security is provided in transition area Only athletes are allowed in transition area.
- Athletes are responsible for ensuring that their bike and helmet are in safe, working order, organizer will not be responsible for any bike failures.





## BIKE CHECK-IN

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- When racking your bike, take your time to familiarize yourself with transition.
- There will be volunteers in transition to answer any questions, ask them, don't wait until race day.
- **You collect your chip on way out of transition after your bike check-in. You need to wear your chip on your left ankle during the entire race.**

### WHAT IS THE TIMING CHIP FOR?

The chip will register your individual 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, overall and age group ranking.

### WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting Bike and Bags check-in zone.

### WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race.

Please note that you must have your timing chip on for Bike Check-Out. So, keep it on even if you drop out of the race.

### WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement so you can continue the race.

After Friday 6pm, NO athletes are allowed access to transition area, until race morning.

- Athletes will have access to both their bikes, and red and blue bags on race morning between 05.00am and 06.00am Please, note that it will not be possible to check-in or register on race morning!

## Be ready for the Race start at 06.30am!!!





# RACE DAY INFORMATION

## RACE MORNING PROCEDURE

- Transition opens at 05.00 am on race day morning:
- Remember to bring your timing chip, swim cap, and wetsuit (Optional).
- Bike technicians and pumps will be available in transition race morning.
- Please do not wear your bib number in the swim, ; leave it with your gear and put it on before you head out on the bike course.
- You do not need your bib number on the swim. The bib will not hold up for the duration of the race if it gets wet.
- Transition closes at 06.00 am, All athletes must be out of transition and headed to the swim before this time.

## TIMING CHIP

Please have your timing chip attached to your left ankle.

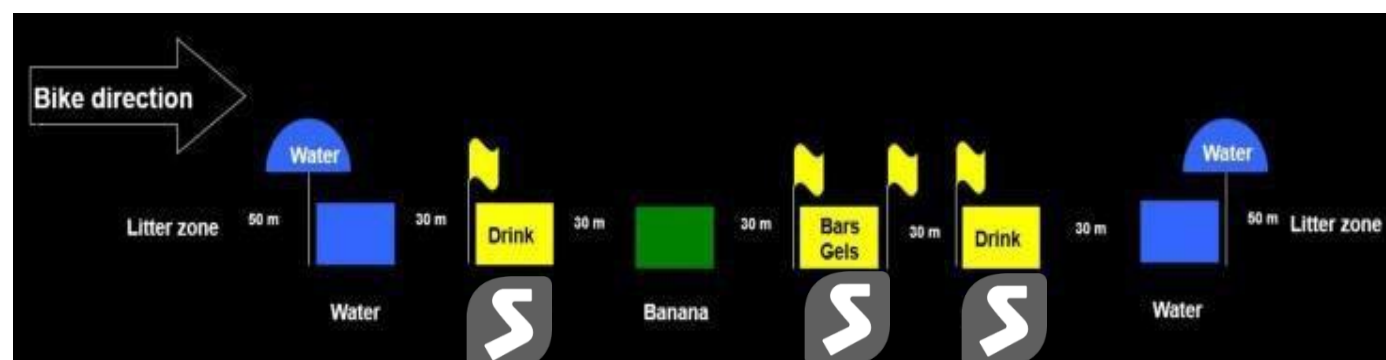
## AID STATIONS

There will be 3 Aid Station on Bike Course and 3 on Run Course including 2 water stations.

Medical Service will be close to each Aid Station, Swim exit and Finish line.

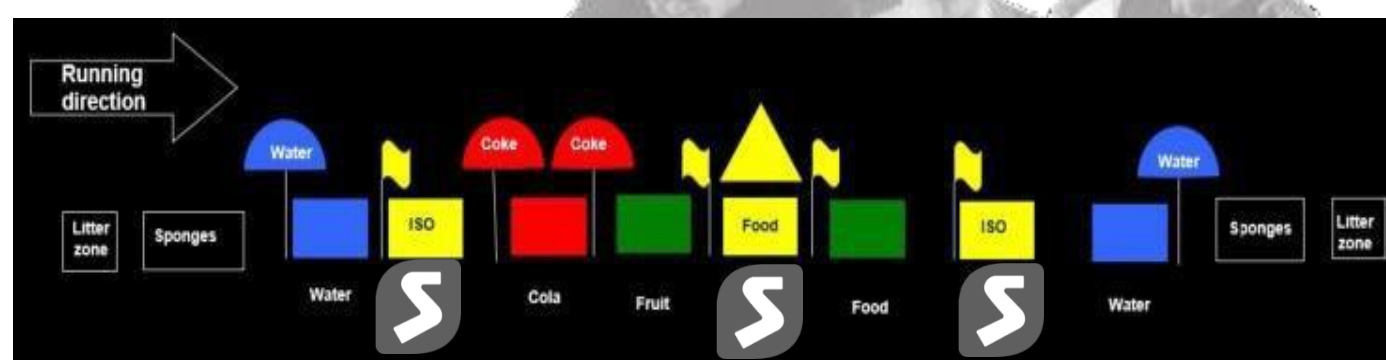
### BIKE

- Water
- Bananas
- Gels bars
- ISO



### BIKE

- Water
- Cola
- Fruits
- ISO drinks
- Bars Gels













# RACE DAY INFORMATION

## CUT OFF TIMES

01:10:00	
05:30:00	 + T1 + 
08:30:00	 + T1 +  + T2 + 

TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME NOT ON THE GUN START TIME

- Athletes have 8 hours and 30 minutes to complete the race based on their individual start time. Times are calculated based on the individual start time not on the gun shot time.
- Aid station stops, transitions, etc., will be included in your total elapsed time.
- Splits will be recorded for each segment of the race.
- The following cut-off times apply for each segment of the race:

## SWIM CUT-OFF (1 HOUR 10 MINUTE)

- Each athlete will get the full 1 hours and 10 minutes to complete the 1.9Km swim regardless of what time they enter the water.
- IRONMAN 70.3 Salalah officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

## SWIM+ BIKE CUT-OFF (5 HOURS AND 30 MINUTES)

The cut-off is after 5 hours and 30 minutes after Swim and Bike from your actual time start.

## RUN CUT-OFF

Athletes must finish the race within 8 hours and 30 minute

IRONMAN, reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point. Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or for 2023 IRONMAN 70.3 World Championship.





# ENVIRONMENTAL PARTNER

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# TRANSITION AREA MAP







# LOGISTICS AND RENTAL PARTNER

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# SWIM COURSE

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An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

## WETSUIT RULES

- The suits can be worn in water up to a temperature of 24.5°C.
- Prohibited wetsuit: Wetsuits cannot measure more than 5 mm thick.

## SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

## SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification).
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (YELLOW card - 30 second penalty).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

**All the rules can be found in the IRONMAN 70.3 Salalah 2022 regulations**





# SWIM COURSE

## SWIM START

Line up in the pre-start area marked with your estimated swim time. It will take approx. 20 minutes for all age group athletes to start.

### Start Age Group at 06:30 am

- Start box: 50+
- Start box: 45
- Start box : 40
- Start box: 35
- Start box: 30
- Start box: 25
- Start box: 20







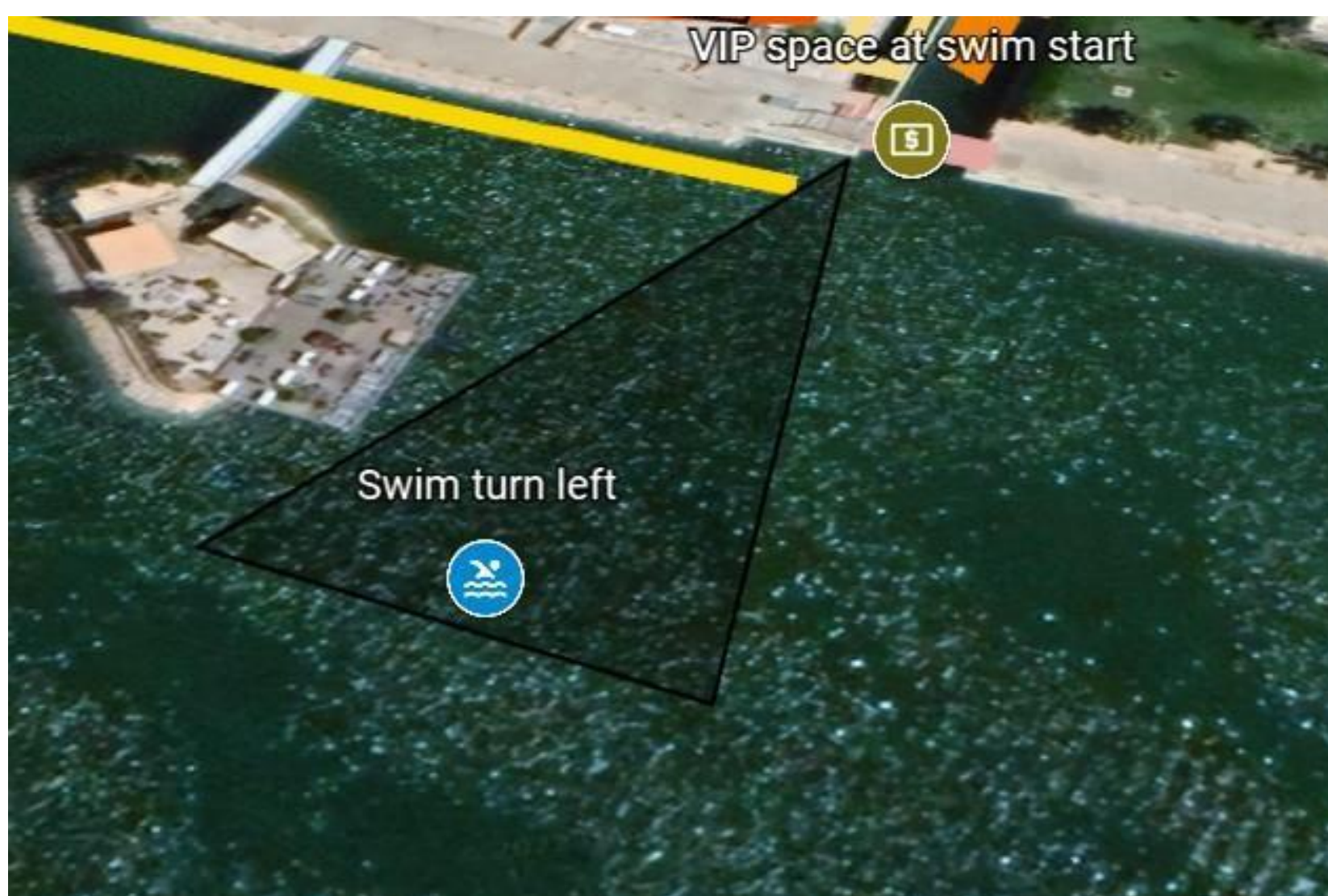
# SWIM COURSE

## WARMING UP

- Go to the swim start early enough. It is recommended to warm up in the water for a few minutes prior the start
- The start area will open at 5:40 am.
- Warm-up is possible until 6:10am.
- Make your way to the pre-start area, which is located just behind the swim start.
- Athletes will be in the pre-start area based on their estimated swim time (fast swimmers in front, slow swimmers in the back).
- You can enter and leave the pre-start area at any time until 6:10am. Therefore, take your time to prepare yourself properly for the race.

## PLEASE NOTE:

1. The estimated swim time does not have to be communicated to the organiser.
2. Make sure to leave the water at 6:10 am.







# SWIM COURSE

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## SWIM COURSE RULES

- The start of the IRONMAN70.3 Salalah will be at the Hawana Salalah area. This event will incorporate a rolling swim start.
- The Athletes will enter the water in a continuous stream through a controlled access point at 06.30 am.
- The timing chip will register each athlete's start time as they cross the timing mat at the swim start entry.
- There will be a swim warm up at 05:40 am near the swim start entry and all the athletes will be notified when to exit the waters for the start of the race.
- Volunteers will be in the staging area with signs and will assist with this process. All athletes have a cut of 1 hour 10 min to finish the swim portion of the race.
- The bike course cut off time will be 5 hours and 30 minutes; therefore, athletes are recommended not to spend too much time in the transition area
- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats and kayaks.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.





# SWIM COURSE - SWIM CHECKLIST

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## TOP 10 - SWIM Checklist

### 1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

### 2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

### 3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable.

Study the event schedule to plan for optimal arrival and preparation.

### 4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

### 5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.





# SWIM COURSE - SWIM CHECKLIST

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## 6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day.

You should never race in equipment you haven't trained in, this is not the time to test new gear.

Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

## 7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm- up prior to start.

Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

## 8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

## 9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim.

Relax and focus on your breathing as you settle into a sustainable place.

## 10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem.

The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim. If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat.

Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.





# SWIM COURSE

## SWIM TO BIKE TRANSITION

After the swim, you will go from the swim to bike transition.

Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Please inform family and friends to stay off the bike and run course.

NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be provided directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.







# BIKE COURSE

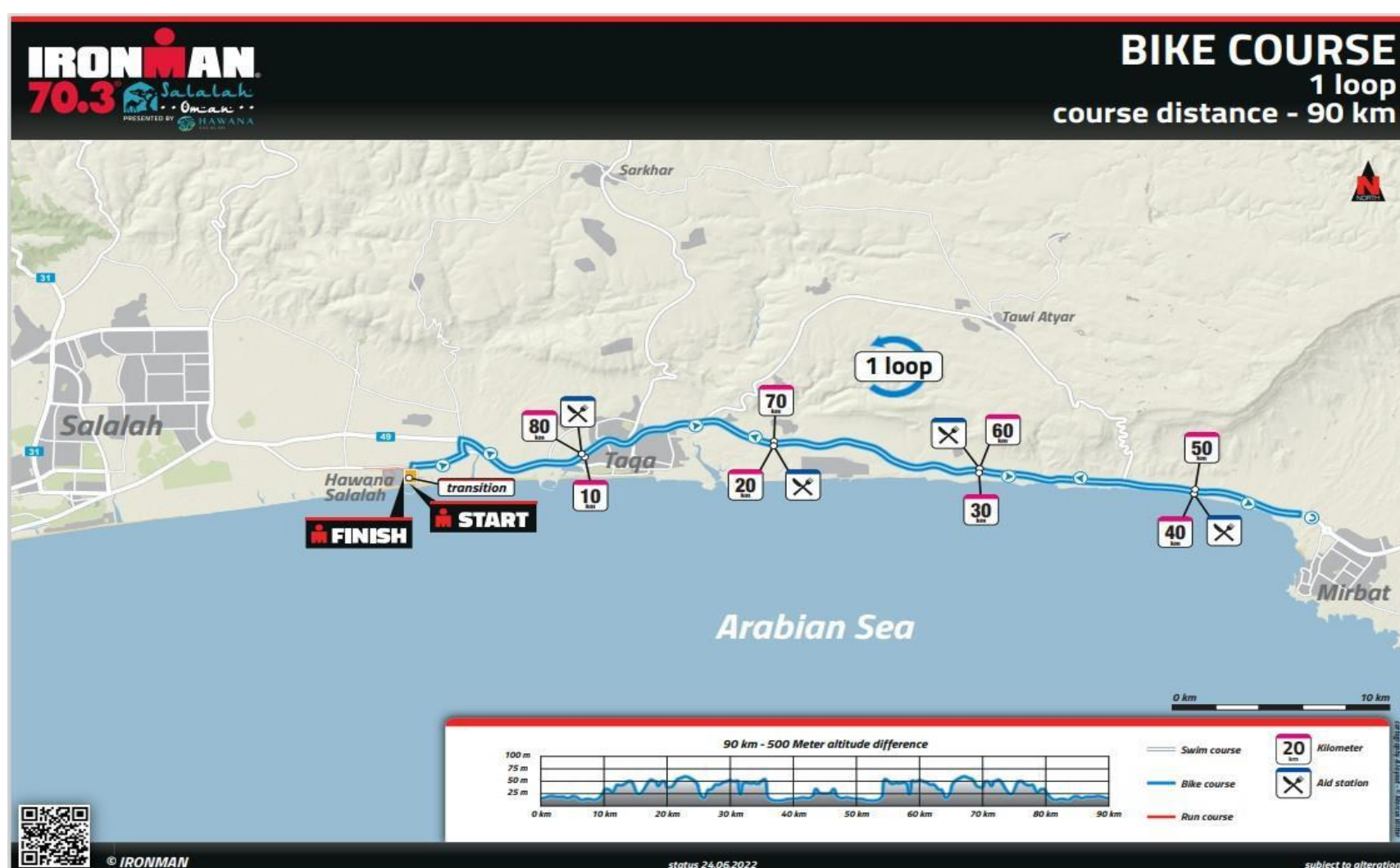
## COURSE DESCRIPTION

The bike course will be a one lap course, which start from the Hawana Salalah where the transition will be. The out-and-back 90,1 km (56-mile) bike course is flat and fast and leads athletes along the majestic coastline of the Indian Ocean with parts of the bike course on the highway that leads from Salalah to Murbatt.

Passing through the main land scape (Drbatt Waterfall) & Taqah city.

## PENALTY TENT

- All bike-course time penalties will be served in a designated Penalty Tent ("PT").
- The location of the PTs will be outside transition area. After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification.
- While in the PT, athletes can consume only the food that is on the athlete's bike or person; (DSQ).
- Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification.
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ).







# NUTRITION PARTNER

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# BIKE COURSE

## BIKE RULES

- It is mandatory to obey traffic regulations.
- **Specificity of drafting:** Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- **Absolutely NO DRAFTING of another bike or any other vehicle is allowed (blue card).**

Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of

the road, after passing.

Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back

out of the draft zone once it is entered (drafting violation).



12 meters to respect

### Blue card - BIKE

Blue card is used in case of drafting :

1st BLUE CARD Offense 5:00 minutes

2nd BLUE CARD Offense 10:00 minutes

3rd BLUE CARD Offense DSQ



When an athlete receives a blue card, he must perform his penalty at the Penalty Tents located at transition 2 Exit and make sure that the referee has noted on his number that the penalty has been performed.



### Yellow Card— BIKE

30 seconds «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.



All the rules can be found in the IRONMAN regulations.





# OFFICIAL BIKE MECIANIC

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# BIKE COURSE

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## TOP 10 BIKE CHECKLIST

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Read on for an essential checklist to get you ready for any two-wheeled challenge.

### 1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly. Keep your bike clean and your chain lubed.

Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

### 2. LEARN THE BASICS

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking. If you're unfamiliar with shifting gears, practice doing this in a low-traffic area. Practice riding a straight line, and cornering (right, left, U-turns).

### 3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while always riding and remain buckled during your ride. Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race. Choose clothing that is visible in low-light conditions.

### 4. BE PREPARED TO RIDE

Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools and be sure to carry them with you.

### 5. PLAN AHEAD

Always obey all traffic signals and signs. Where available, ride in dedicated bike lanes and where other bikes are normally present.

Select a ride distance appropriate to your fitness.

### 6. INFORM OTHERS

In the event of an incident, someone should know where you are riding. Always carry personal identification with you and emergency contact information. Carry a cell phone for emergencies.

### 7. STAY ALERT

Leave the playlists and podcasts for indoor workouts. Don't use your phone while riding – pull off the road if you need to make a call or send a text. Don't take photos and selfies while riding. Look at the road and the riders around you, not your bike computer.

Be able to see and hear what is going on around you.





# BIKE COURSE

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## 8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles. Know the traffic laws for your area, especially those regarding riding two abreast or single file. Know where the vehicles are around you and anticipate that drivers may not see cyclists. When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

## 9. COMMUNICATE

Use verbal and hand signals so others know if you are stopping or turning. Make eye contact with drivers and other cyclists. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking from, letting them know you are taking aid directly from them.

## 10. SAFETY FIRST

Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass. Your hands should always be able to get to the brakes quickly. Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.

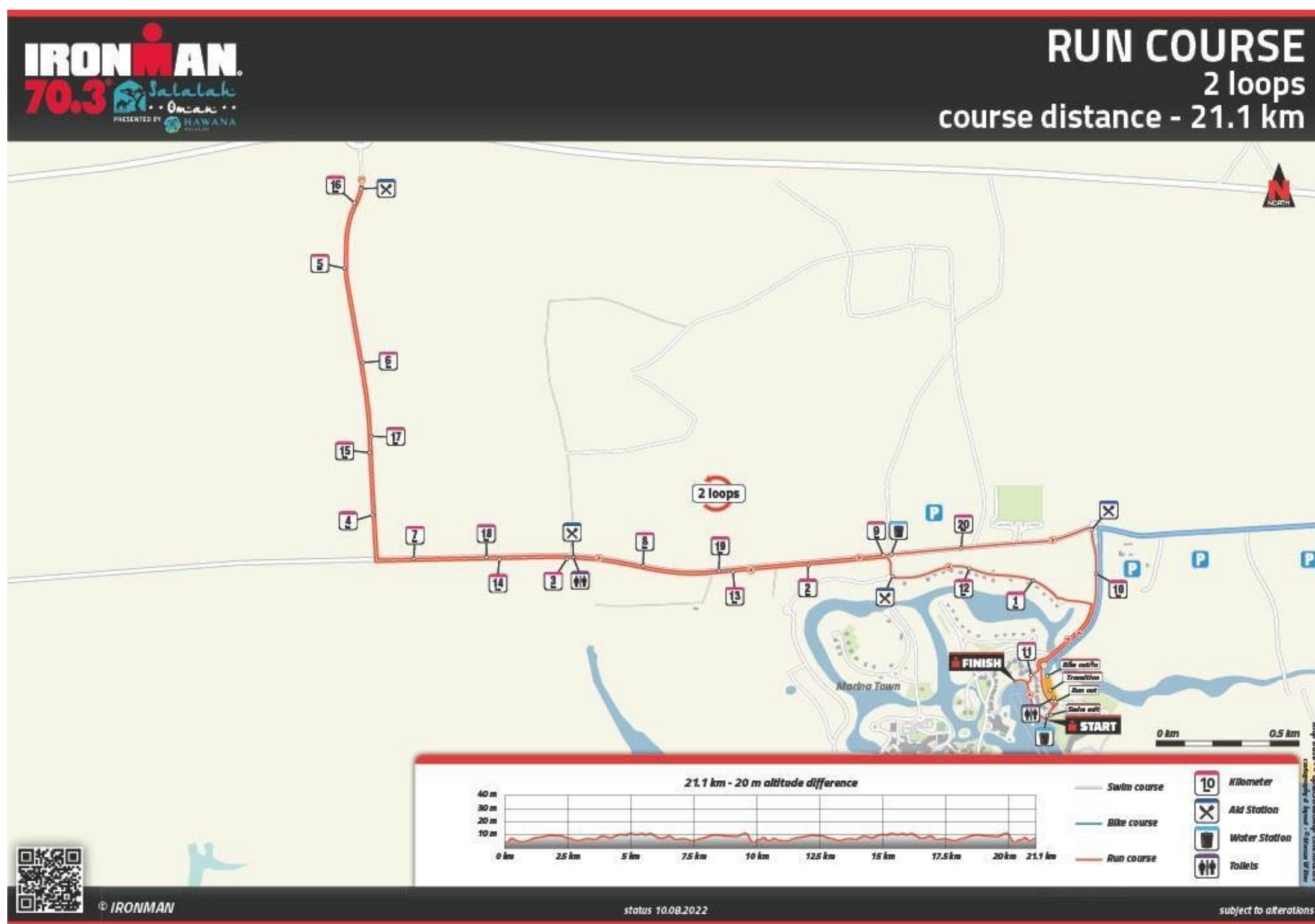




# RUN COURSE

## COURSE DESCRIPTION

The run course will be a 2 loops course, it will start from the transition area and the athletes will be running 2 loops out of Hawana Salalah. Toward Hmaran roundabout After the 2 loops the athletes will finish at the marina.







# RUN COURSE

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## RUN RULES

- Athletes may run, walk or crawl.
- Athletes must always wear their IRONMAN bib number in front of them clearly visible on the course.
- **NO INDIVIDUAL SUPPORT VEHICLES OR NONATHLETE ESCORT RUNNERS ARE ALLOWED.** This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed.
- Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

## YELLOW CARD – RUN

The athlete who receives this penalty must stop immediately upon receipt of the card during 30 seconds, 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.

**All the rules can be found in the 2022 IRONMAN regulations.**





# FINISH LINE

## FINISH LINE RULES

- 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.

## AFTER FINISH

1. The medal will be given to you just after the Finish Arch.
2. Get back your STREET WEAR bag at the After Finish Area.
3. Then, pick up your Finisher tee-shirt.
4. Showers and changing rooms will be available in the Juwirah hotel if you want to have a shower after the race.
5. The IRONMAN 70.3 Salalah massage team will provide a free post-race massage to athletes, ONLY on a first come, first served basis.
6. Enjoy a sweet and salty buffet and refuel after your achievement.

## Check-out - Saturday 24<sup>th</sup> September 2022

### Opening hours

1.00pm - 5.00pm

### Description

Check-out Bike  
and transition bags

## BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 1pm to 5 pm in the transition area on race day. You are required to reclaim your bike and gear after the race. You must have your athlete wristband on in order to claim your bike and transition bags.

Bike Check Out will be exchange with Timing chip return at the transition. If your bags are not reclaimed from 1pm to 5pm. IRONMAN 70.3 Salalah, will not be responsible for any items left over night.

**RETURNING YOUR CHIP AT BIKE CHECK-OUT WILL BE YOUR ACCESS TO YOUR BIKE AND GEAR.**





## MASSAGE PARTNER

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المركز البريطاني لتقويم العظام  
British Osteopathy Centre  
Bones - Joints - Muscles





## Awards Ceremony & Slot Allocation

Awards Ceremony - Saturday 24 <sup>th</sup> September			Slot Allocation - Saturday 24 <sup>th</sup> September		
Opening hours	Description	Location	Start Hours	Description	Location
6:30 pm	Awards Ceremony	Fanar Hotel	8pm	Slot Allocation	Fanar Hotel Sport Beach

- Trophy for the Top 3 of each age group category.
- Trophy for the Top 3 Relays Trophy

### Slot Allocation

**IMPORTANT** Only athletes with verifiable electronic timing data will be eligible to accept an IRONMAN70.3 World Championship slot or receive an award in their Age Group.

**Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards.**

#### Slot allocation

2022 IRONMAN 70.3 Salalah will award slots for the 2023 VinFast IRONMAN 70.3 World Championship in Lathi, Finland to be held on 26-27 August 2023.

If you qualify for the 2022 edition of the IRONMAN 70.3 Salalah you are eligible to participate in the 2023 VinFast IRONMAN 70.3 World Championships in Finland only. Every participant willing to qualify must participate in the slot allocation ceremony. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

Be sure to bring a valid ID and a credit card to pay the registration fee at the ceremony.

>>> Please be ready to pay the registration fee by credit card ONLY. We DO NOT accept cash or cheques.

**The amount is €650 + 9.25% Active fee.**

**Attendance is mandatory at the slot allocation, no slot will be awarded afterwards.**

Be sure to check all documents and visas required for travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check the travel requirements before accepting the slot.





# RELAY TEAM

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Most of the information in the Athlete Guide applies to relay teams, with regards to timing and requirements to register. Where there are variations due to team logistics, we have provided the information below.

## REGISTRATION

Registration for all athletes will take place on Thursday 22 Sep and Friday 23 Sep.

It is compulsory that all relay team members register and collect the team's race pack together within the specified times.

- Each team member will need their ID.
- Each team member will need to buy one day license to race.
- 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.

## RACE PACKAGE

As a relay team you will receive 2 or 3 athlete backpacks and:

- Bibs to be worn for BIKE and RUN
- 2 or 3 x ID Wristbands – one for each team member
- 1 x Swim cap
- 1 x Sticker Sheet – for the bike and transition bags

## TRANSITION

In the transition area, there will be an area dedicated to the relays.

It is in this area that you will be able to exchange your timing chip between the BIKE and RUN runner. Please make sure that all team members know these areas

You will be autonomous in managing your transition bags.

## RULES

1. It is the responsibility of each team member to understand the course they are to run, and the time they must be in place for the swim start, transitions and finish.
2. The timing chip must be worn by each member on their section of the race. You will pass the chip over to your teammate in transition, like the baton in a relay.

## FINISH LINE

You will be able to finish the race together by joining the RUN runner on his last loop at the swim start area, and cross the finish line as a team.





# MEDICAL SUPPORT

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## MEDICAL SUPPORT INSTRUCTIONS:

If you need minor medical assistance, vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have banked, the vehicle will take you to the next aid station. Cyclists still on the course after the bike cut-off will be disqualified and will not be permitted to continue in the event. There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. There will be bike aid stations along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance. Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A five minutes' time penalty will be assessed for discarding litter outside the designated drop zone. Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient





## MEDICAL PARTNERS

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# IRONKIDS SALALAH

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## IRONKIDS SALALAH

The IRONKIDS Slalalah is Fun for children aged from 2 to 14 years old. No ranking or timing on this event. Only fun and pleasure.

The race will take place on Friday 23 Sep from 3:30 pm at the finish area and in the Hawan Slalalah Marina

## REGISTRATION

Register is possible online or on the site only 21 to 22<sup>nd</sup> of Sep 2022.

## CATEGORIES

Thamrit- ( kido to 2 years old): 50 meters

Sadah (3 years to 4 years old ): 100 meters

Salalah (5 to 7 years old): 400 meters

Taqah (8 - 9 years old): 800 meters

Marabt (10 - 11 years old): 1200 metres

Thalkoot (12 - 14 years old): 1600 metres

## OPENING HOURS OF THE IRONKIDS BIB COLLECTION

Wednesday 21 Sep: 10.00am - 5.00pm

Thursday 22 Sep: 10.00am - 5.00pm

**LOCATION:** Hawana Salalah Marina

The child does not need to go to Registration. Race Packages can be collected by parent/guardian with the email confirmation.

You can register and collect Race Packs for multiple children.





# IRONKIDS SALALAH

## FINISH LINE AND EXIT

When they have crossed the finish line, the athlete will receive their medal and a snack.

The parent/ guardian must be present at the Exit ,Please be patient and don't push or shout as you are waiting to be reunited with your child.

Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you  
We thank you for your patience and understanding, in the interest of all children participating in the event.







# IRONMAN VILLAGE & INFO DESK

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## MERCHANDISE STORE

The Merchandise will only have caps, t shirts and bags.

## INFO DESK

The Info Desk is Located in the Village Area.

We will be happy to answer your questions around the race.

Opening times are indicated In the event schedule

## EXPO

We will be very happy to show you the Salalah traditional life style and experience in our Expo.

Opening times are indicated In the event schedule.







# IRONMAN TRACK APP

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Did you download the Tracking App yet?

The App contains all necessary information regarding the event. Friends and family can track your race here







# ARRIVAL

## HOW TO GET THERE?

The event area is located in Hawana Salalah (before Taqah City) in the east side. Whenever possible, we recommend to arrive to the event area by public transport or Hotel pick-up serves or you can rent a car and drive to the event area which is very easy all the way on highway until few km before event area (Hawana Salalah).

### BY BUS

There will be Mwasalat Company busses which will take you 32km directly to the Hawana Salalah (event area) but not to the hotel gate< but you will be able to walk around 2km maximum to reach your hotel inside Hawana Salalah.

### BY CAR

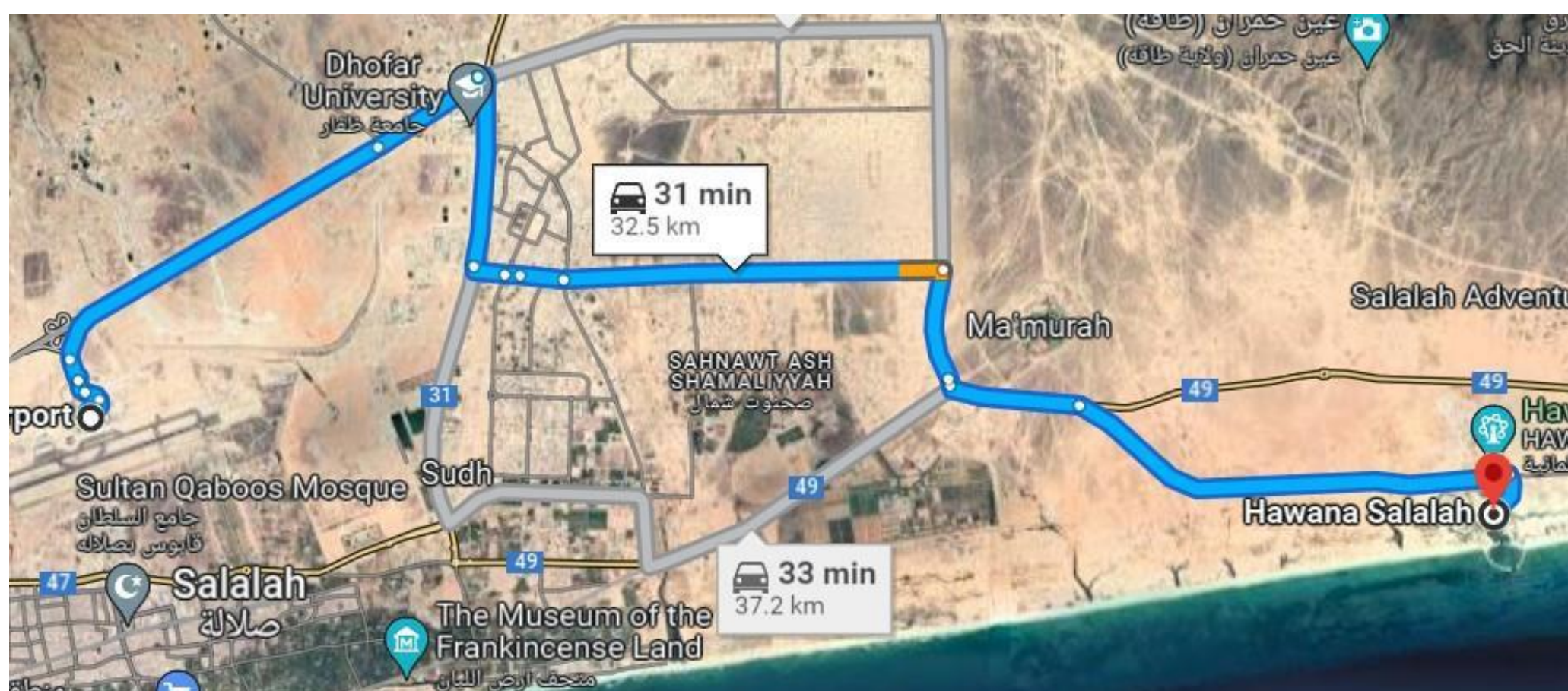
If you arrive by car, we recommend to plan your arrival with Google Maps, and it will take maximum 32km.

### PARKING

There will be a lot of available parking in Hawana Salalah (event area) 24/7 and free of charge.

### RENT A CAR

If you rent a car from the airport, we recommend to plan your arrival with Google Maps .







# I WANT MORE

ALL WORLD ATHLETE PROGRAM







# ECO-RULES

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## BEACH ZONE

Dedicated areas are provided for disposing your waste. It is forbidden to throw your waste outside these areas on the course.

When violating this rule, you must comply by collecting your waste and must immediately apply a 30-second penalty directly to the referee who issued it to you.

### RECYCLE

RECYCLABLE  
WASTE

### RECYCLE

NON RECYCLABLE WASTE

### WASTE SORTING

You will find sorting areas on all the main sites of the IRONMAN 70.3 Salalah, please respect the selective sorting according to the instructions visible throughout the event.

## ADVICE

Please use public transport, shuttles offered by the organisation or soft transport such as cycling.

Encourage car-sharing to get to the event.

Take only the necessary quantities from the refreshment stands. Any leftover products will be distributed to a local association, so don't waste them.

Buy local food while traveling it's very delicious and different





## GOOD TO KNOW

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### YOU HAVE A QUESTION?

Please reach out to us via social media or email as on [Salalah70.3@ironman.com](mailto:Salalah70.3@ironman.com).

### LOST AND FOUND

- During race week, lost and found items will be available at the Info Point.
- Once the event is over, please contact [Salalah70.3@ironman.com](mailto:Salalah70.3@ironman.com) to find the missing items and arrange for their return.
- Shipping charges will apply.

**\*All unclaimed items will be donated within 30 days.**

### SAFETY AND SECURITY

Please reach out to us via social media or email as on [Salalah70.3@ironman.com](mailto:Salalah70.3@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.

### IF YOU ARE ON SITE

You can go to the Medical Info Stand located next to the Finish Line.

### 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.





# GOOD TO KNOW

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## INCIDENTS

- If you witness a security incident: Please contact 9999- security.
- If you witness an accident or health problem: Please contact 9999- emergency services

## WHEN CONTACTING OUR SECURITY AND EMERGENCY HOTLINES

- Keep calm
- Be specific about the information you provide Provide the athlete's bib number
- Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence
- of witnessed





# SPORTOGRAPH



**F O T O**  
 SPORTOGRAPH.COM  
**F L A T**

**ALWAYS REMEMBER YOUR RACE**  
 get your personal pictures on **SPORTOGRAPH.COM**



## RACE PHOTOGRAPHY

Sportograph will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

## HELP US TAKE THE BEST PHOTOS OF YOU

- Please be sure to keep your number visible in front of your HELMET to help us identify more of photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.



# IRONMAN<sup>®</sup>

## TRICLUB



# JOIN THE PROGRAM

[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

 @IRONMANTRICLUB

ATHLETE 56  
GUIDE