



IRONMAN® 70.3® SWITZERLAND RAPPERSWIL-JONA

1.9KM SWIM • 90KM BIKE • 21.1KM RUN

ATHLETE GUIDE 2023

ACTIVE BREITLING 1884 VINFAST GATORADE HOKA RÖKA

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GET IN THE VIBE WITH 2022 HIGHLIGHTS

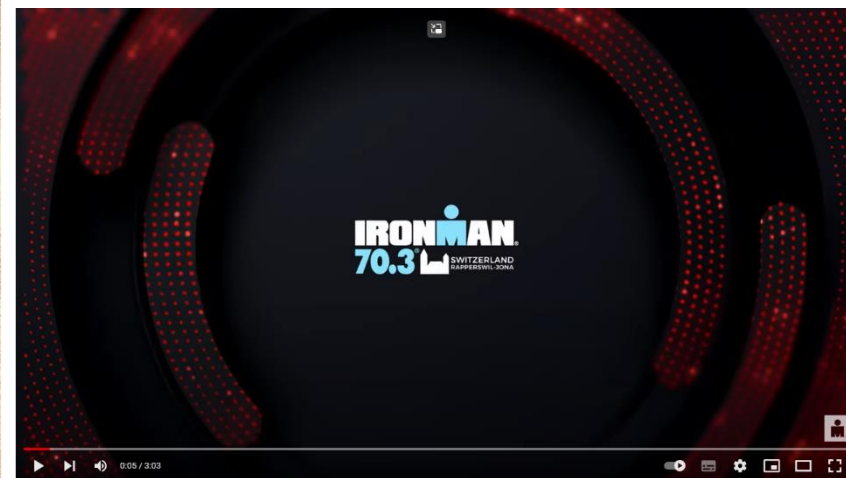


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WELCOME

Dear athletes, welcome to Rapperswil-Jona!

Welcome to the 2023 edition of IRONMAN 70.3 Switzerland, set in the picturesque region around the Obersee. The city, the organizing committee, and the dedicated volunteers eagerly await your arrival in the city of roses.

We know that you have been training hard to be perfectly prepared. Now, the day is finally here to get the reward! Believe in yourself and your abilities, enjoy the extraordinary atmosphere and let it inspire you. We keep our fingers crossed that you will achieve your goals.

In this guide, you will find all the information you need to live a full race experience. Please take the time to read it to avoid any stress or penalizing mistakes. After months of training, it would be a real shame to mess up the event due to a lack of knowledge.

And please also be reminded to always be careful on all the courses for your safety.

At this point we would like to thank our partners, sponsors and the involved communities. Last but not least, a big thank you to all our volunteers. Without them, we would not have a chance to have a great triathlon race. Please take the time to thank them throughout the weekend!

We wish all athletes a successful and unforgettable race day. Enjoy it and don't forget to smile when you cross the finish line.

See you soon!

Sahra Walter
Race director



CHECK LIST

PRE-RACE

- Directions to :
Registration / official shop
Athlete check-In
Race start / Race finish
- Photo I.D.
- Valid triathlon license or day pass
- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- Watch the athlete briefing
- Attend the briefing recap / Q&A

RACE DAY - SWIM

- Timing Chip
- Swimsuit/Wetsuit (*if applicable*)
- Goggles (*consider a spare pair as well*)
- Race Day Swim Cap (*provided at registration*)
- Ear Plugs/Nose Plug (*optional*)

RACE DAY - BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch or bike computer
- Bib number
- Bike Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tube
- Repair kit/tools
- Extra nutrition
- Vaseline
- Sunscreen
- Sunglasses

RACE DAY - RUN

- Running shoes and socks
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses

MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts or Glasses
- Body Glide
- Lip balm
- Hair ties
- Your good mood :)



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What has two words, means total commitment and sweating without any physical exertion?

Solution



TOP 5 THINGS TO SEE IN AND AROUND RAPPERSWIL-JONA



KNIES CHILDREN'S ZOO

Special emphasis is placed on the interaction between human and animal. Visitors can feed the monkeys, pet the rhinoceros, ride the camels, or give elephants a shower. It is even possible to get a selfie with the sea lions if they are not busy performing their artistic feats within the show.



ALPAMARE

When you go downhill, there is no stopping! The water slides in the indoor pools offer an incomparable experience for adults, children, professionals and beginners. However, not only speed fans get their money's worth on the slides, it also has funny slow slides available, making sure you have fun.



OLD TOWN TOUR

A picturesque little town from the Middle Ages awaits you here; The small and quaint alleys of the medieval old part of the town invites visitors to a charming stroll or spot of window-shopping. Discover the City of Roses on a guided tour



SAURIAN MUSEUM

Immerse yourself in the world of dinosaurs. The saurian museum has real skeletons from their own excavation, life-size models, special themes such as amber, fossil woods, and much more. Furthermore, there is a multimedia show and a outdoor area called "DinoGiardino" for barbecue, picnic and funny games.



ATZMÄNNIG

Pure nature! Let off steam on the toboggan run, the rope park or on the bungee trampoline. On the adventure trail of sparrow Männi children accompany the clever, brave and sometimes quite cheeky sparrow Männi on his adventures. The trail leads from the top station of the chairlift down to the bottom station. The adventure trail is designed for children from two to ten years old.

MUNICIPALITY PORTRAITS – BIKE COURSE

RAPPERSWIL-JONA

Rapperswil-Jona, the rose city on the upper shores of Lake Zurich, combines sightseeing, cultural life, hiking and sports opportunities with a Mediterranean holiday atmosphere. With around 27,828 inhabitants, Rapperswil-Jona is the second largest town in the canton of St. Gallen. The town also has one of the largest proportions of green spaces in Switzerland. From the castle, probably the best-known landmark of Rapperswil-Jona, there is a panoramic view from the Glarus Alps to the Zurich Oberland.



LAUPEN

Laupen is a village in the municipality of Wald and lies on the border with the canton of St. Gallen, in the south-east of the territory of Wald. In modern times, Laupen is also referred to as Wald's "largest outpost", but historically it was not an outpost, but an independent civilian municipality, as well as one of six watch districts of the municipality of Wald



ESCHENBACH

Eschenbach is located above the Lake Zurich municipality of Schmerikon, east of the town of Rapperswil-Jona. In addition to spacious meadows and forests, Eschenbach is enriched with many natural and architectural sights. Eschenbach also has plenty to offer in the way of sports: it has two family-friendly ski areas and in summer the hills and mountains are ideal for hiking or cycling tours.



SCHMERIKON

Schmerikon is situated on the southern slope of the lake ridge directly at the beginning of the upper Lake Zurich. As a result, the village enjoys plenty of sunshine and a breathtaking view from the mouth of the Linth River far down the lake to the Etzel and Seedamm. With around 4077 inhabitants and an area of 6 km², one third of which is water, Schmerikon is one of the smallest municipalities in the Linth region.





SCHEDULE

FRIDAY 9th JUNE 2023

HOURS	DESCRIPTION	LOCATION
12pm-6.45pm	Registration IRONMAN 70.3 Switzerland and Relay	SGKB Arena
12pm-7pm	IRONMAN Shop	IRONMAN Village
12pm-7pm	IRONMAN Expo	IRONMAN Village
12pm-7pm	Information Desk	IRONMAN Village
12pm-7pm	Food Village	IRONMAN Village

SATURDAY 10th JUNE 2023

HOURS	DESCRIPTION	LOCATION
10am-6pm	IRONMAN Shop	IRONMAN Village
10am-6pm	IRONMAN EXPO	IRONMAN Village
10am-6pm	Information Desk	IRONMAN Village
10am-5.45pm	Registration IRONMAN 70.3 Switzerland and Relay	SGKB Arena
10am-6pm	Check-In Individual athletes and teams	Transition area
10am-6pm	Bike Mech Service	Expo
10am-7pm	Food Village	IRONMAN Village
2pm	Briefing Recap and live Q&A	IRONMAN Village



SCHEDULE

Sunday 11th JUNE 2023

HOURS	DESCRIPTION	LOCATION
6am-7pm	Information Desk	IRONMAN Village
6am-7pm	Food Village	IRONMAN Village
6am-7.50am	Transition area is open	Transition area
6am-1pm	Bike Mech Service	Transition area
7.55am	START Professional Women	
8.05am	START Group 1	
8.25am	START Group 2 and relay	
8.45am	START Group 3 and relay	
9.05am	START Group 4 and relay	
9.25am	START Group 5 and relay	
8am-4pm	Fan Corner	IRONMAN Village
9am-5.30pm	IRONMAN Shop	IRONMAN Village
9am-5.30pm	IRONMAN Expo	IRONMAN Village
10.45am	Warm-up Finish Line	Finish line
approx. 12.05pm	First Finisher IRONMAN 70.3 Switzerland	Finish line

HOURS	DESCRIPTION	LOCATION
12pm-7pm	Massage	Arena
3pm-6.30pm	Check-out IRONMAN 70.3 Switzerland and Relay	Transition Area
5.10pm	Cut-Off IRONMAN 70.3 Switzerland and Relay	
5.30pm	Award Ceremony IRONMAN 70.3 Switzerland and Relay	Finish Area
Subseq.	Slot Allocation for IRONMAN 70.3 World Championchips, Lahti FINLAND	Finish Area



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EVENT SITE

IRONMAN 70.3 Switzerland FanShop

Find great gear in the IRONMAN 70.3 Switzerland FanShop in the Expo.

Opening times for Friday to Sunday are indicated in the event schedule.

IRONMAN 70.3 Switzerland Expo

The newest triathlon gear is awaiting you in the IRONMAN 70.3 Switzerland Expo.

Opening times for Friday to Sunday are indicated in the event schedule.

IRONMAN 70.3 Switzerland Information desk

The Information desk is located in the food village and will be happy to answer your questions.

Opening times are indicated in the event schedule.

Furthermore, you can reach the information desk on WhatsApp during the race week (from 5th June).

WhatsApp number: +41 79 870 23 80

PLEASE NOTE THAT THIS IS A CASHLESS EVENT. WE ACCEPT CARD PAYMENTS ONLY.

PARKING AND SHUTTLE

In the centre of Rapperswil-Jona there are **several public parking decks** which are **accessible at all times** (approx. 10 minutes on foot to event area). Additionally, our athletes can park at the parking Grünfeld, which is connected to the event area by bus:

Friday, 9th June 2023 and Saturday, 10th June 2023

Car parking "Sportanlage Grünfeld"

Follow the signboards (GPS: Grünfeldstrasse, 8645 Rapperswil-Jona)

How to get to the event area:

- By bus 991 / 992 from "Jona, Grünfeld" to "Rapperswil SG, Oberseeplatz" (approx. 3 min.) / running every 15 minutes
- or by bike (approx. 5 minutes)
- or on foot (approx. 20 minutes)

! Parking spaces on Friday and Saturday are chargeable !

Sunday, 11th June 2023 (Raceday)

Car parking "Sportanlage Grünfeld"

Follow the signboards (GPS: Grünfeldstrasse, 8645 Rapperswil-Jona)

How to get to the event area:

- There is a free shuttle bus, which runs every 5 minutes between 05.00am and 07.45 am. **!** There will be no shuttle service to the parking after the race

How to get back to the parking area:

- By bike (approx. 5 minutes) or on foot (approx. 20 minutes)



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- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

[nirvanasportstravel.com](https://www.nirvanasportstravel.com)



REGISTRATION

WHAT YOU NEED TO BRING WITH YOU

- 1 **Valid photo identification**
- 2 **QR-Code** from registration confirmation or race week mail
- 3 **Valid proof of annual triathlon license** (*does not apply for relays!*) If you don't have one you can buy a 1-day license in advance [online at Swiss Triathlon](#) for CHF 42.50. Online purchase is available until Thursday before the race. You can also buy a 1-day license (called StartPASS) on site at registration for 50 CHF. **We strongly recommend purchasing the licence in advance!**

WHAT YOU GET HERE

- 1 **Your BIB number:** Must be checked in and worn on the bike (back) and on the run (front). It is not recommended to be worn in the swim. *Relay teams have two BIBs (Biker and Runner).*
- 2 **Your swim cap:** Athletes must wear the swim cap provided by the organizer. It is allowed to wear a 2nd swim cap underneath it. The Swim Cap colour indicates to which start block you are allocated.
- 3 **Race number stickers:** 1x bike sticker, 1x helmet sticker, 3x bag sticker (blue, red, white)
- 4 **Athlete wristband:** Will get attached by our volunteers to your wrist directly at the registration and you need to wear it until race week is over.
- 5 **Athlete Backpack:** Your athlete backpack is waiting for you after registration in the FanShop at the IRONMAN EXPO. In there you will find your three transition bags (blue/bike, red/run, white/streetwear)

Every athlete has to pick up his/her starterpackage on site on his/her own!

Only relay teams packages are allowed to get picked up by only 1 of the dedicated team's team member on site.

ALL ATHLETES MUST HAVE REGISTERED BEFORE 5.45PM ON SATURDAY, JUNE 10. NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.

REGISTRATION

REMINDER OF REGISTRATION HOURS

DATE	HOURS	LOCATION
Friday 9 th June 2023	12pm-6.45pm	SGKB Arena
Saturday 10 th June 2023	10am – 5.45pm	SGKB Arena

TIMING CHIPS WILL BE HANDED OUT AT BIKE CHECK-IN.



Clothing Bags



Starter package

PLEASE NOTE



Please be aware that this race does not pre-allocate BIB numbers before registration opens.

Bib numbers will be allocated on a first come, first served basis at the registration desk. AWA Gold and Silver athletes, Nirvana and TriClub Pole Position keep their privileges.



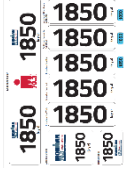




Start Blocks and Swim Cap colors will be communicated at registration.

The start block allocation will be made according to your estimated swim time. You can change your estimated swim time on your ACTIVE profile until 28 May.

RACE PACKAGE

YOUR PACKAGE INCLUDES

<p>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 have to 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.</p>	
<p>1 SWIM CAP: You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p>STICKERS: You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the BIKE, RUN and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet, 1 sticker to stick on your wristband and 1 bike guide sticker.</p>	
<p>1 ATHLETE'S WRISTBAND: A wristband with a QR code will be placed on your wrist 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. You will have to stick a sticker on it that will be given to you during registration. 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.</p>	
<p>1 ATHLETE'S BACKPACK: To be collected at the FanShop at the Expo area after registration.</p> <p>2 TRANSITION BAGS AND 1 STREET WEAR BAG: Your belongings must be placed in these bags (see next page).</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, number and timing chip. Failure to comply with this rule will result in **disqualification**.

TRANSITION BAGS

BLUE BAG / BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Drop off in Transition during Bike Check In:
Saturday 10am – 6pm
access on race day morning

RED BAG / RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc. 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 off in Transition during Bike Check In:
Saturday 10am – 6pm
access on race day morning

WHITE BAG / STREET WEAR BAG



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

Drop off on race day before the start in the ice hockey stadium before you head to the swim start.

Return at the ice hockey arena after the race.

DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS



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CHECK-IN & BRIEFING

ATHLETE BRIEFING

! The race briefing will take place **online**. It can be accessed on the website during the event week. The race briefing is mandatory for all athletes!

LAST RACE UPDATES INCL. Q&A SESSION

On Saturday at 2pm there will be a last update with Q&A session in the IRONMAN Village. Here you will get the last information about the race (e.g. weather related info) and you can ask us your open questions. Come by and enjoy the pre-event atmosphere together with other athletes.

Of course you can contact us for questions at any time by e-mail (rapperswil70.3@ironman.com), by phone +41 43 433 70 90 or by SMS +41 79 870 23 80 (WhatsApp).

CHECK IN

«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

Bike service

There will be a Bike Tech Service in the expo on Saturday. Please note that you will be charged for the service. We recommend you to bring your bike to the event in flawless condition and use the Bike Tech Service only for emergencies.

During race day, bike service is available from 06:00 am - 01:00 pm in the transition area.

There are two bike mechanics en route to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. In case you need bike tech support, approach a marshal / volunteer, they will have their number at hand.

Keep in mind that the bike mechanic will support you only by bringing the tools. You still need to fix the mechanical issue by yourself. Furthermore, you are responsible to carry extra tubes, tires, tools etc. with you on the bike course.

Please be aware that there may be waiting times.



MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

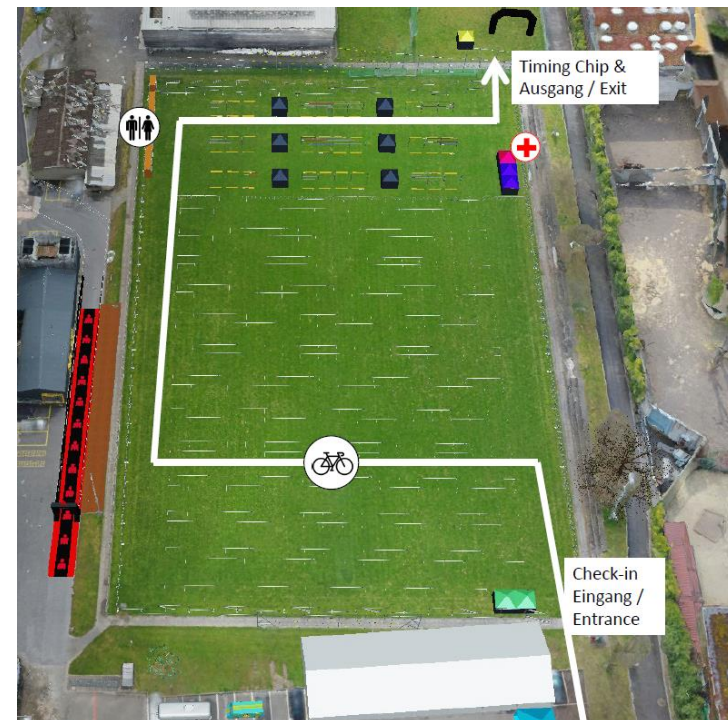
DROP OFF YOUR BIKE AND TRANSITION BAGS

Before entering the bike park, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- a visual inspection of the bike (wheels with disc brakes are allowed),
- a break system check and a check of your helmet
- a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet
- You must rack your bike and your BIKE bag according to your number
- Bike covers are NOT ALLOWED
- Only the following items are allowed on the bike: cycling shoes (clicked in), bottles in the holder, nutrition attached to the bike. The ground must be kept completely clear.
- Your helmet must be inside your BIKE bag
- Shoes and nutrition can be clipped onto your bike on race morning
- Make sure you have packed all your gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag
- You can access both bike and bags on race day from 06:00 – 07:50am. That gives you the possibility to check your items again and add stuff to your bags.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located.

You will receive your timing chips when exiting the transition. **Do not leave transition without a timing chip coded to your bib number!**



CHECK-IN & BRIEFING

TIMING CHIPS

NEW

FOR THIS RACE YOU WILL RECEIVE TWO TIMING CHIPS!

Swim Chip

This chip will transmit your exact location during the swim course. This is a trial for a new technical solution for your personal safety on the swim course.

WHEN AND WHERE TO WEAR THE SWIM CHIP?

It must be attached to your swim goggles. Stow the goggles with the timing chip attached in your blue bag after you finished your swim. The chip must be returned at the transition when checking out your bike.



1. You will receive a grey swim clip and timing chip.



2. Place the swim goggle band in the clip on the back of the head.



3. Clip in the timing chip and make sure it's properly fixed.



4. Wear your swim goggles with the timing chip over your swim cap.

Race Chip

This 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 WEAR THE RACE CHIP?

It must be worn on your left ankle during the entire race. One of our volunteers will remove your timing-chip directly after you reached the finish.



WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chips when exiting transition zone after the check-in.

Your timing chip is a loaner. You must return the chips to the timing company, or you will be billed for its replacement.

WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip, contact a teamleader or volunteer in the transition zone. Our team will provide you with a replacement chip so you can continue the race.

CUT OFF TIMES

01:10:00 

05:15:00  + T1 + 

07:30:00  + T1 +  + T2 + 

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

Intermediate cut-offs

- 12.55pm at Bike Turning Point (Rapperswil-Jona)
- 1.45pm at KM59 on Bike Course (Golden Station)
- 2.55pm at Bike finish
- 4.05pm start of 2nd lap of the Run Course

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 VInFast IRONMAN 70.3 World Championship.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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RACE DAY

Don't try anything you are not used to!!

Getting Up

You should get up early enough to have time for your final race preparation. We recommend getting up 2.5 to 3 hours before your start time. You feel like you haven't slept one bit? Don't worry, that's normal and will not have an influence on your race performance.

Put on your timing chip right after getting up.

Breakfast

Breakfast should not be taken any later than 2 hours before the start! Eat foods that you are used to for breakfast. Drink enough (liquid with added electrolytes).

Getting to the event area

Consider that there are around 2'500 other athletes who are on a similar schedule as you are. Everybody wants to get as close to the event area as possible and as fast as possible. The direct access road (Oberseestrasse) to the event area is closed on race morning.

Please plan accordingly! The event area is only 5 minutes away from the railway station Rapperswil.

Furthermore, keep in mind that transition is open until 07.50am. Therefore, please plan your arrival according your start time.

Parking

On race day morning there will be shuttle busses, which take you from the main parking to the event area. The last bus will leave the parking at 07.45am.

Changing Rooms

There are wardrobes available in the ice stadium.



RACE DAY

RACE MORNING

Proceed to the transition on race day morning if needed

Transition will be open from 06.00am to 7.50am, please have your timing chip attached to your left ankle.

Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike (we strongly recommend to do so only if you have trained to put on the shoes when riding the bike and feel comfortable with it).

Pumps will be provided by the organization. If you bring your own pump, once you are done using it please place it in your STREET WEAR bag. And don't forget to place your race number on it in case of loss.

From 7.50am, the transition will be closed. Go to the swim start.



STREET WEAR Bag

Put your post-race change in the STREET WEAR bag and drop it off in the stadium before you head to the start.

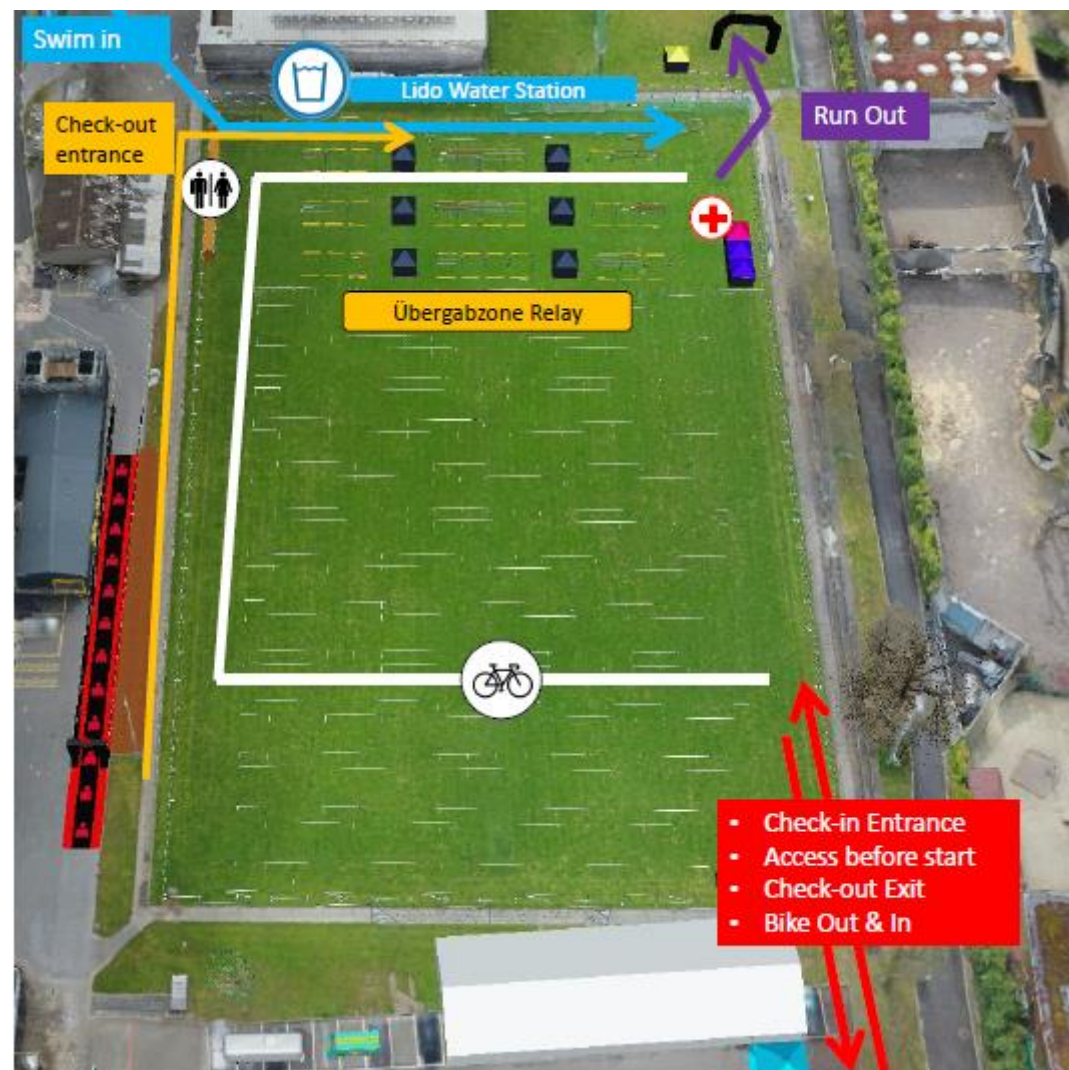
The STREET WEAR bag is to be picked up at the same place in the «After-Finish» area where you will enjoy a buffet at the finish.

Toilets

Toilets are available in transition, the stadium or on the way to the swim start. They are clearly marked with „WC“.

Toilets will be available throughout the course at all aid stations.

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON RACE MORNING, PLEASE CONTACT AN IRONMAN OFFICIAL AND THEY WILL PROVIDE YOU WITH A NEW ONE.



ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



RUN COURSE

Red Bull Energy Drink

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

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



RACE DAY

SWIM OUT WATER STATION

Lido Water Station KM 1.9 (entrance to transition)

- Water
- Bouillon Soup

BIKE AID STATIONS

Witches Water Station: KM 12 and KM 56 (WATER ONLY!)

Golden Station: KM 17 and KM 59

St. Dionys Station: KM 40 and 82

- **Drinks:** Gatorade Sports Drink blood orange flavour and water in sport bottles of 75cl
- **Energetic bars:** 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*
- **Energetic gels:** Maurten Gels (*with or without caffeine*)
- **Bananas**



RACE DAY

RUN AID STATIONS

Lido Water Station: KM 0 and KM 10.9 (WATER ONLY)

Busskirch Station: KM 1.3 and KM 11.8

Stampf Water Station: KM 3.1 and KM 13.6 (WATER ONLY)

Stampf Station: KM 4.6 and KM 15.1

Railway Water Station: KM 5.7 and KM 16.2 (WATER ONLY)

Fishmarket Station: KM 7.5 and KM 18

Kapuziner Station: KM 9.2 and KM 19.6

- **Drinks:** Gatorade Sports Drink blood orange flavours, Water, Red Bull, Cola
- **Energetic bars:** 226ers Gummy bars Cherry & Cola
- **Energy gels:** Maurten Gels (with or without caffeine)
- **Bananas, oranges and salty products**



PERSONAL NEEDS

This race does not have a personal needs station.
Handover of personal needs by supporters is NOT allowed!

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED, NOT ON THE GROUND.

ATHLETES WILL BE ISSUED A PENALTY IF CAUGHT LITTERING BY A RACE OFFICIAL.

ON COURSE NUTRITION

SPORT	Distance	Station	Fruits	Snacks	Bars Gels	Isotonic	Water	Cola	Bowl Soup	Red Bull
S W I M	1,9 KM	LIDO WATER STATION					WATER		BOWL SOUP	
	12KM 56KM	WITCHES WATER STATION					WATER			
		17 KM 59 KM	GOLDEN STATION	BANANAS		BARS GELS	ISOTONIC	WATER		
R U N	40KM 82KM	ST. DIONYS STATION	BANANAS		BARS GELS	ISOTONIC	WATER			
	0 KM 10.9 KM	STRANDWEG WATER STATION					WATER			
	1.3 KM 11.8 KM	BUSSKIRCH STATION	FRUITS	SNACKS	BARS GELS	ISOTONIC	WATER	COLA	BOWL SOUP	RED BULL
	3.1 KM 13.6 KM	STAMPF WATER STATION					WATER			
	4.6 KM 15.1 KM	STAMPF STATION	FRUITS	SNACKS	BARS GELS	ISOTONIC	WATER	COLA	BOWL SOUP	RED BULL
	5.7 KM 16.2 KM	RAILWAY WATER STATION					WATER			
	7.5 KM 18 KM	FISHMARKET STATION	FRUITS	SNACKS	BARS GELS	ISOTONIC	WATER	COLA	BOWL SOUP	RED BULL
	9.2 KM 19.6 KM	KAPUZINER STATION	FRUITS	SNACKS	BARS GELS	ISOTONIC	WATER	COLA	BOWL SOUP	RED BULL

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SWIM

This event will have a "Rolling Start". Start blocks with fixed start times have been allocated according to the indicated expected swim time of each athlete. You will receive your swim start time at registration. Every start block has its own dedicated swim cap color. Within a starting block there will be a "rolling" start, i.e. every few seconds two athletes will be sent into the race. Please be in the pre-start area in time.

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

! There will be no warmup in the water prior to the start, so make sure you prepare properly in the assembly area.

Go to the starting area early! Say goodbye to your loved ones and enter the pre-start area as soon as the announcer tells you to do so (swim cap color).

There will be showers at the swim start. Hint: pour a little bit of warm water into your wetsuit (from the neck) before entering the lake. This will keep you warmer!

COURSE

You swim clockwise with buoys on your right side (except buoys on the left and right for the first turn) and boats to your left. Try to orientate yourself by targeting the turn buoy.

SWIM EXIT

The swim exit is located at the pier. Orientate towards the sponsor banners at the exit. You will be able to swim until you reach the exit ramp. After exiting the water, you are allowed to remove your wetsuit down to the hip. You are only allowed to remove it completely in the transition area. Please respect that nude changing is only allowed in the changing tents.

CUT OFF TIME

Each athlete or relay team member will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Any athlete or relay team member who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

LOST CHIP

If you have forgotten your timing chip on race morning or lose it during the swim or bike leg of the race, you are able to get a new timing chip in the transition area (at race morning at swim start). Please contact an IRONMAN official, and they will issue a new chip. The swim cap must be worn throughout the swim. Should you be in any kind of need; lifeguards will be in the water to help you.



START TIME	START GROUP
07:55	PRO WOMEN
08:05	Block 1
08:25	Block 2
08:45	Block 3
09:05	Block 4
09:25	Block 5

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SWIM

WETSUIT RULES

For age-group athletes, wetsuits are mandatory for water temperatures below 19 degrees C/66.2 degrees F. It is forbidden to wear a wetsuit with water temperatures being higher than 24.5 degrees C/ 76.1 degrees F

PROHIBITED WETSUIT:

De Soto Water Rover

Wetsuits cannot measure more than 5 mm thick.

De Soto Water Rover and Speedo Elite Triathlon

wetsuits with forearm reinforcement are NOT permitted.

SWIMWEAR POLICY

(non-wetsuit legal swims only)

Swimwear must be 100% textile material. 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;

All the rules can be found in the [IRONMAN Competition Rules](#).

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.
- Neoprene swim cap are allowed underneath the official one
- No compression socks that cover the feet
- 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.

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

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.

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.

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. **Please note that warming up in the water is prohibited.**

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. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions 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 pace.

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.

TRANSITIONS

TRANSITION 1 – SWIM TO BIKE

When exiting the water, you will run to and enter the Transition Zone, where you will change to your biking apparel and get ready for the 90 km bike ride.

Right after entering the Transition zone, you must pick up your **BLUE BIKE BAG** with your bike gear from the designated bag rack. You then sit down on the benches and make your change, there are designated areas for athletes who need privacy while changing.

After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG**, and rack it back on the rack, in the same position you took it from (marked with your number).

For relays, the handing over of the timing chip will be at the position of the bike.

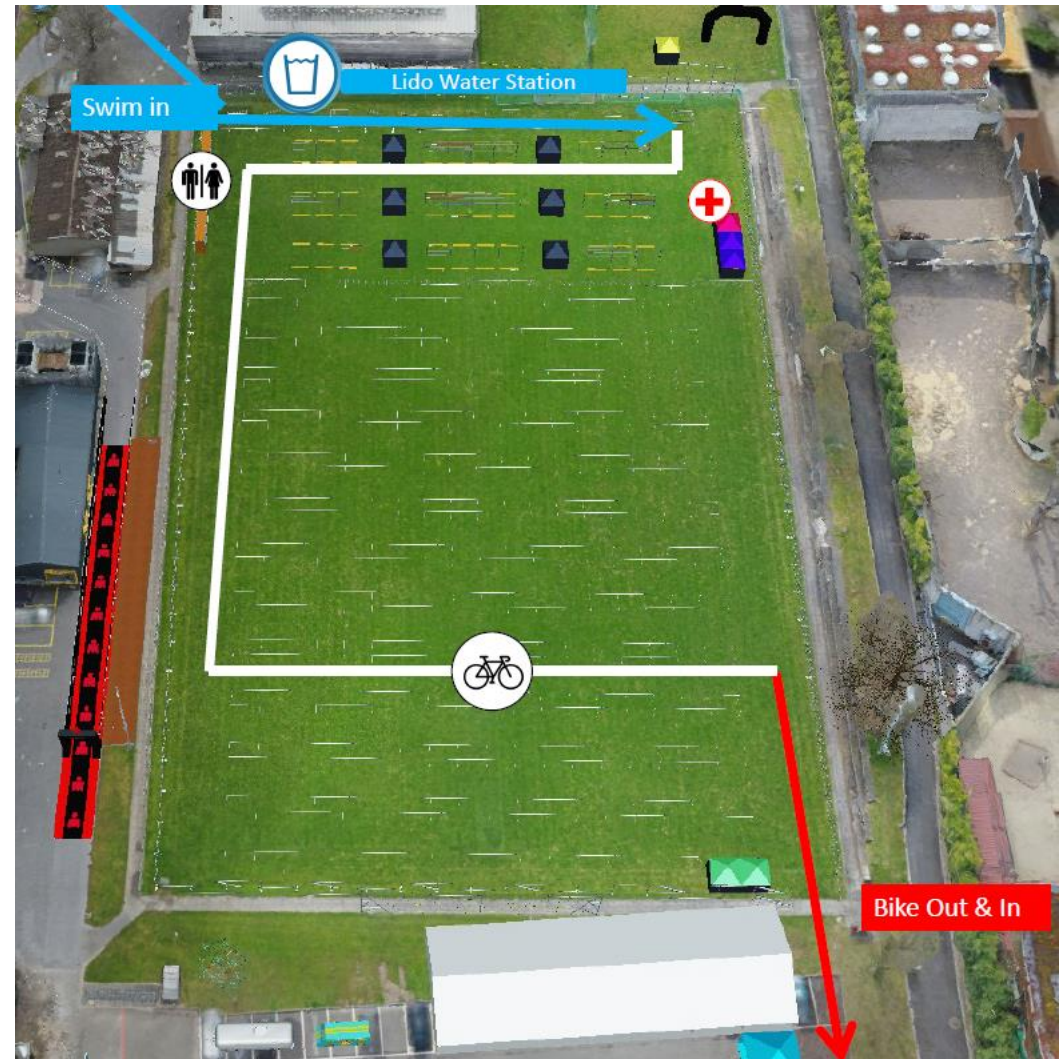
From here you will proceed to your bike and start the bike course.

Bike shoes must be placed on the bike or be taken on before entering the bike area. It is not allowed to place any items on the bike rack other than your bike and nothing must be left on the floor around it.

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.

Please note that there will be changing tents. You can use a poncho towel to change if you want too. Nudity is prohibited.



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- Paul, Seattle, WA

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AVAILABLE ON



IRONMAN 70.3 Switzerland, Rapperswil-Jona BIKE COURSE



Please remember that you have the full responsibility of your bike's performance and safe conditions on race day. Please make sure that all mechanical parts are fully functional and that all equipment on the bike is securely fastened.

BIKE TECH SUPPORT

There are two bike mechanics en route to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. In case you need bike tech support, approach a volunteer, they will have their number at hand.

Keep in mind that the bike mechanic will support you only by bringing the tools. You still need to fix the mechanical issue by yourself. Furthermore, you are responsible to carry extra tubes, tires, tools etc. with you on the bike course.

Please be aware that there may be waiting times.

In addition, there will be a bike repair set at all aid stations.

MEDICAL ASSISTANCE

At all aid stations Samaritans are stationed. They are there to assist you in case of smaller medical issues like abrasions or insect bites. In case of an accident our medical service provider "Regio 144" will be ready. Volunteers and traffic personnel will have their number at hand.

DROP OUT

If you decide to drop out, please inform a referee and bring your timing chip to the info point.

COURSE

There are two laps to complete. The total elevation is 1100m.

[GPX track >>> Click here](#)

TRAFFIC

Roads are well secured but be alert for unexpected road traffic.

Attention: on the downhill from Goldingen (KM 20) to Laupen be vary of oncoming traffic.

TURNING POINT

Be careful not to miss the turning point (KM 42)!

It is not located at the event area / transition but at the roundabout Busskirchstrasse.

The turning point will be indicated accordingly with signage U-Turn in 200m and U-Turn. Additionally, the roundabout of the turning point will be IRONMAN branded (inside of roundabout). Also, there is a speaker at the turning point.

Attention: be careful when approaching this roundabout. Athletes who have completed both laps will go straight on and head to bike finish whereas those who completed the first lap will turn here and go around the roundabout to go on the second lap.



CUT OFF TIMES (TOD): 12.55pm start 2nd lap at turning point (Rapperswil-Jona)
 1.45pm at Golden Station (KM59)
 2.55pm at Bike finish

INDIVIDUAL CUT OFF TIME: 5h15 : SWIM + T1 + BIKE

Any athlete or relay team member that miss one of the cut off times (TOD) will not be allowed to continue the race and receive a DNF.

Any athlete or relay team member that takes longer than 5 hours and 15 minutes to complete the swim, T1 and bike course will not be classified (NC).

SAFTY FIRST

You must follow directions and instructions from race officials, race marshals and police officers. Failure to do so may cause disqualification from the race.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure that race official / marshal or police know your bib number and confirm to you that you can continue the race.

BIKE RULES

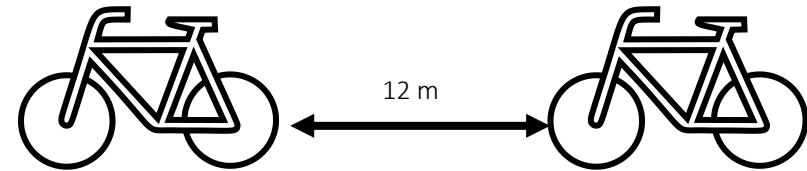
- The biking is an individual time trial without any personal attendance. Drafting behind or next to a participant is prohibited.
- Also, any dropping of bottles or other litter out of the Aid Station area will be punished with immediate disqualification.
- In Switzerland, the roads mustn't be closed completely but we have them well secured for you. The traffic rules and the Swiss road traffic law must be strictly observed. For instance, a crossing of the security line leads to a disqualification!
- In some parts of the course, the use of the time trial handlebar is not allowed (will be indicated)
- No handover of personal needs by supporters
- Wearing headphones is also prohibited as well as carrying cell phones, MP3 devices or action cameras and leads to disqualification.
- The bib must be worn at all times on the back.

Specificity of drafting: Athletes must keep 12m (roughly six bike lengths) of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited (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).



BLUE CARD - BIKE

Blue card is used in case of drafting:



BLUE CARD Offense 5:00 minutes

When you receive a blue card, you must perform the penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed. The penalty box is located just after transition on the run out.

YELLOW CARD- BIKE

30 seconds penalty. When you receive a yellow card, you must perform the penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed. The penalty box is located just after transition on the run out.

All the rules can be found in the [IRONMAN competition rules](#).

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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 riding, and remain buckled at all times 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 to ensure vehicles are aware of you. 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.

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.



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TRANSITIONS

TRANSITION 2 - BIKE TO RUN

After two laps, ride back to the transition area. Get off the bike at the indicated dismount line (beginning of the carpet).

After entering the transition area, you must push your bike to its place and rack it. Do not open your helmet before you have racked your bike.

Do not leave anything in the area of the bike racks other than your bike.

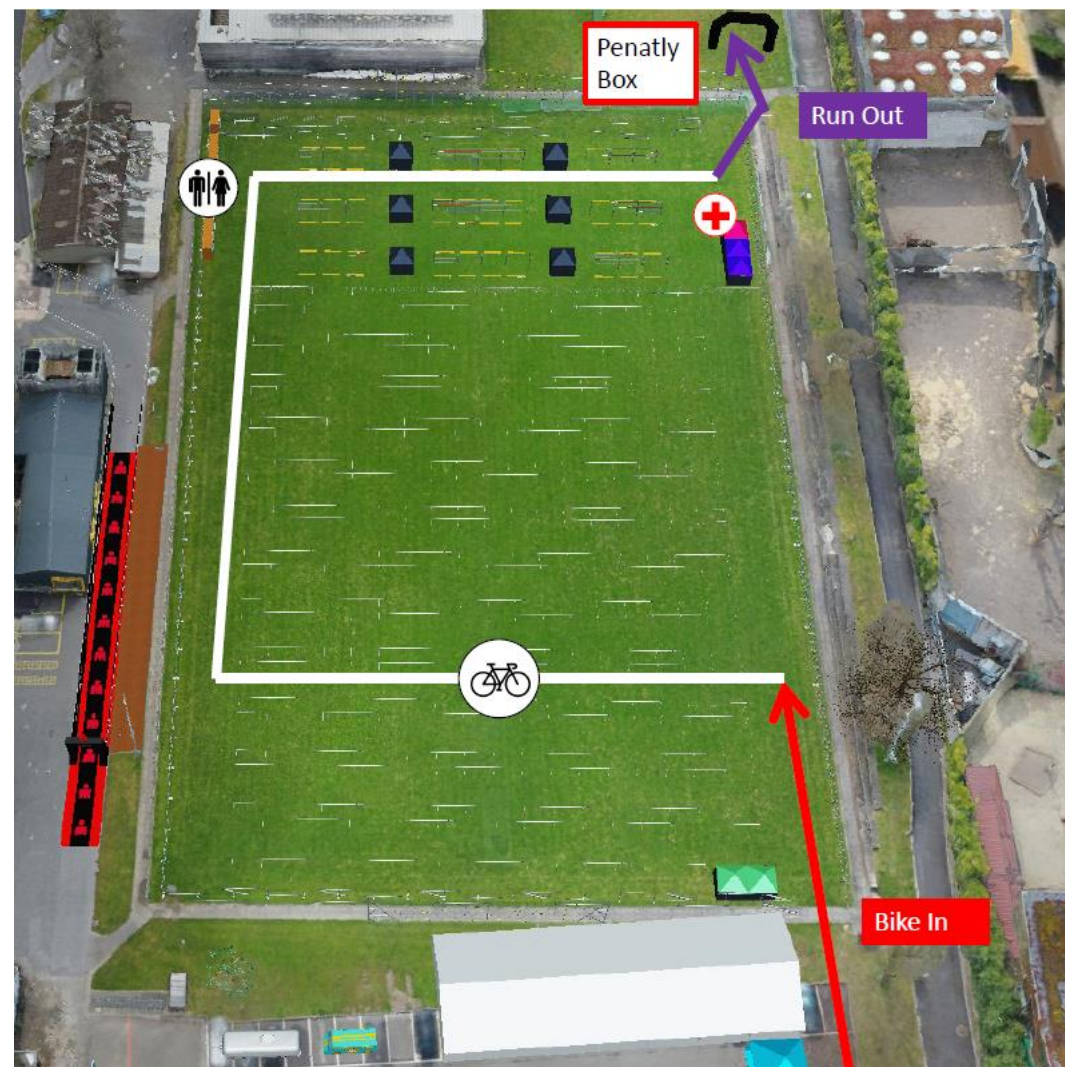
Go to the bag racks with your transition bags. Pick up your **RED BAG** with your run gear from the designated bag rack. You then sit down on the benches and make your change, there are designated areas for athletes who needs privacy while changing. Your helmet must be stowed in the bag, don't leave it on the bike.

After completing your change, you will need to pack your bike gear in the **RED BAG**, and rack it back on the rack, in the same position you took it from (marked with your number).

Turn your bib number to the front and leave transition onto the run course.

If you have received a yellow or blue card, go to the penalty box right after you exit transition.

For relays, the handing over of the timing chip will take place at the position of your dedicated bike rack spot.



RUN

COURSE

The run course is a two-loop course. It is mostly flat, with one exception, the "Stairways to Heaven", a 65 step stairway leading from the main square up to the castle of Rapperswil. Please keep in mind, that you will not receive any lap bands. Make sure you completed both laps before entering the finish line.

[Download GPX track >>> Click here](#)

AID STATIONS

Lap 1: KM 0.1 - KM 1.3 - KM 3.1 - KM 4.6 - KM 5.7 - KM 7.5 - KM 9.2

Lap 2: KM 10.9 - KM 11.8 - KM 13.6 - KM 15.1 - KM 16.2 - KM 18 - KM 19.6

Cups and gels should be thrown in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering by a race official.

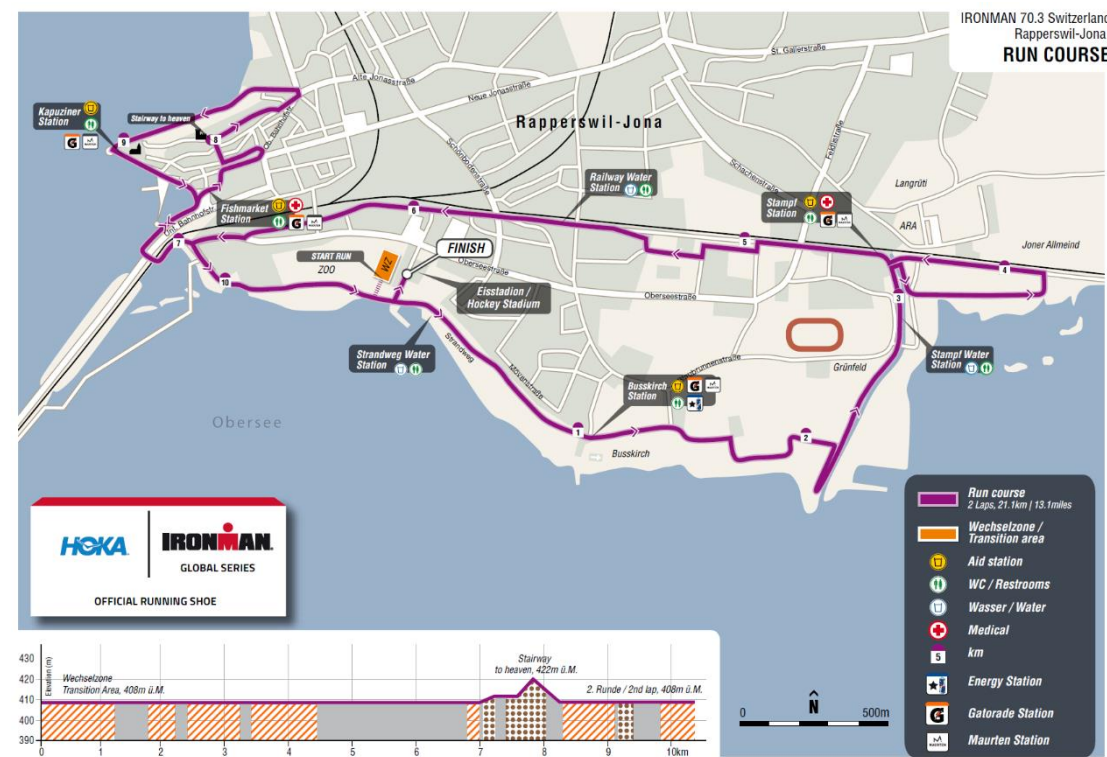
CUT OFF TIMES (TOD): 4h05pm Start of 2nd Lap
5h10pm finish line closing

INDIVIDUAL CUT OFF TIME: 7h30 : SWIM + T1 + BIKE + T2 + RUN

The run course will close **at 5.10 pm**, 7h30 after the final athlete starts the swim. Any athlete or relay team member that takes longer than 7 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete or relay team member that takes longer than 7 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

DROP OUT

If you decide to drop out, please inform a referee and bring your timing chip to the info point.



RUN RULES

Athletes may run, walk, or crawl. During the run you must at all times wear the race number visible on the front.

A shirt must be worn at all times during the run, and not zipped open beneath your breast bone.

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

Athletes cannot accept help (personal needs) from anyone during the race.

Wearing headphones is also prohibited as well as carrying MP3 devices or action cameras.

All the rules can be found in the [IRONMAN competition rules](#).

MEDICAL ASSISTANCE

At the aid stations km 3 / 14 (Stampf Station), and 7 / 18 (Fishmarket Station) Samaritans are stationed. They are there to assist you in case of smaller medical issues like abrasions or insect bites. In case of an accident, Regio 144 will be called. Volunteers will have this number at hand. There is also a medical base in the finish area.

Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman



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FINISHLINE

WELCOME TO THE FINISH LINE

The moment we have all been waiting for, the last meters after 1.9 km swimming, 90 km bike ride and 21.1 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Make sure your bib number is turned to the front and zip your trisuits above the sternum.

You must cross the Finish Line alone (exception: relays). Fans, kids or pets are not allowed to cross the line (DSQ).

PLEASE NOTE: One of our volunteers will remove your timing-chip directly after you reached the finish.

Post Race Food

Your body will continue to burn calories, even after the race. Make sure you reload your stores! There is pasta, rice, fruit and sweets.

Changing Rooms / Showers

Changing rooms and showers are located in the stadium. Additional showers are behind the stadium.

White Bag Pick Up

You can pick up your white bag in the stadium. There will be volunteers who are handing them out.

Finisher Shirt

Can be picked up in the finish area. Please be aware that you will be given a shirt in the size that you indicated when you signed up.

Engraving Your Medal

Either you already preordered your engraving when you signed up or you can buy it onsite for CHF 20.- (payment by card only). The engraving station is located in the stadium.



FINISHLINE

Results

Athletes can be tracked using our live tracker on [ironman.com](https://www.ironman.com) and via the IRONMAN Tracker App. Preliminary results will be available through the tracking system. The final results will be published on our website the day after the race

<https://www.ironman.com/im703-switzerland>

Protest forms are available at the info point and can be handed in until 15minutes after you cross the finish line. If the protest concerns the timing, it must be submitted no later than 30 minutes after the publication of the results.

Certificate

A link will be sent to you in an e-mail after the race. Furthermore, you can download it on our website (results → click on your name) at any time.

Awards Ceremony

The awards ceremony takes place at 05:30pm in the food village. There are no access restrictions, you are welcome to bring your supporters.



Slot Allocation

This event offers **45 Age Group Qualifying slots and additional 20 Women For Tri slots** to the 2023 VinFast IRONMAN 70.3 World Championship on 26 - 27 August 2023 in Lahti, Finland.

At least one slot shall be tentatively allocated to each Age Group category (both male and female). Final Slot Allocation will be determined on race day based on the number of official starters in each Age Group.
If there are no starters in a particular Age Group, then that slot will be moved to the next calculated Age Group within the gender. Final Slot Allocation shall be representative of the actual number of Age Group starters in each category in the race.

Athletes who are qualified for a starting slot for the World Championship must be present in person to accept the starting slot. It is mandatory to bring an ID and your credit card. The entry fee of USD 650.- (plus Active fee) must be paid on site.

BIKE CHECK OUT

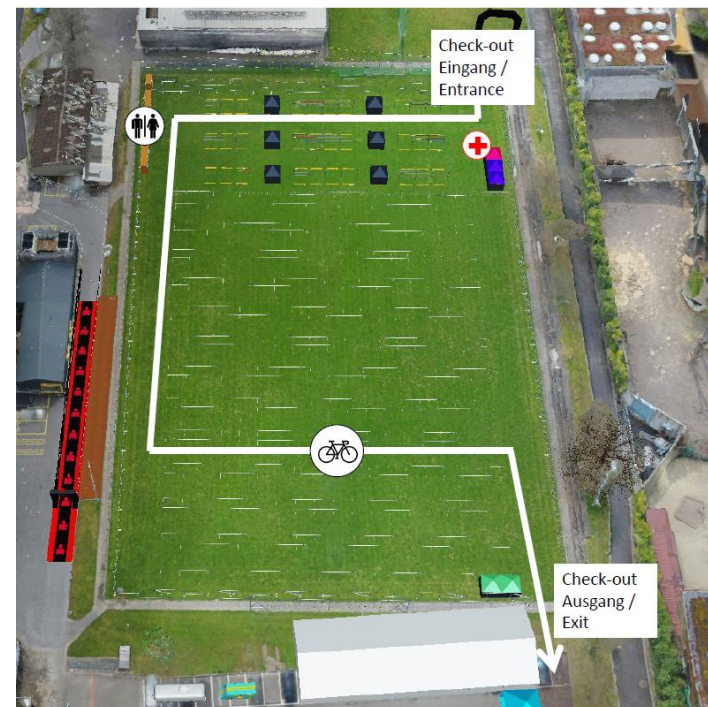
Bike Check Out

Bike Check-out opens after the last athlete has completed T2 and started the run course (approx. 3pm) and is open until 6.00pm. Pick up your red and blue gear bag as well as your bike. You can only check out if the number on your athlete wristband matches the number on your bike sticker/bags. Please do not take away the stickers before exiting the transition.

Please be ready to show the following items for inspectino at the exit:

- Athlete wristband
- Bike incl. sticker
- Helmet incl. Sticker
- Red and blue bag gear bag incl. sticker

OPENING HOURS	DESCRIPTION	LOCATION
3pm – 5.30pm	Check-out Bike and transition bags	Transition





Zu viel Sport-Equipment und keinen Platz mehr dafür zu Hause?

Die Lagerabteile des IRONMAN-Logistikpartners w. wiedmer eignen sich optimal als Depot für saisonale Bekleidung und Sportausrüstung aber natürlich auch für Gartenmöbel und -Geräte oder generell als externes Kellerabteil. Ein privater Lagerraum macht das Leben in vielerlei Hinsicht leichter!

Sie mieten eine Lagerbox in der gewünschten Grösse zum Fixpreis und haben somit Ihren eigenen abgeschlossenen Raum mit freiem persönlichem Zugang (self-storage).

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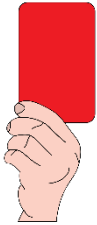
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ECO-RULES



ECO-ZONE

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

If you do not respect this rule, you will be disqualified.



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 travelling. The Rapperswil-Jona region is full of delicious food, so now is the time to enjoy it.



AWARDS CEREMONY

AWARDS CEREMONY - SUNDAY 11TH JUNE 2023

OPENING HOURS	DESCRIPTION	LOCATION
5.30 pm	Awards Ceremony	IRONMAN Food Village

- Trophy for the Top 5 PRO Women
- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 Relays Team (*Men, Women, Mixed*)
- Trophy for the Top 3 TriClubs

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

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SLOT ALLOCATION

SLOT ALLOCATION – SUNDAY 11th JUNE 2023

OPENING HOURS	DESCRIPTION	LOCATION
Right after Awards Ceremony (starting at 5.30pm)	Slot Allocation	Food Village

SLOT ALLOCATION

2023 IRONMAN 70.3 Switzerland, Rapperswil-Jona will award slots for the 2023 VinFast IRONMAN 70.3 World Championship in Lahti, Finland on August 26-27, 2023.

- **2 QUALIFYING SLOTS FOR PRO WOMEN**
- **45 QUALIFYING SLOTS FOR THE AGE GROUPS**
- **20 QUALIFYING EXTRA WOMEN SLOTS**

Please note, slot allocations are subject to change and may be verified, [here](#).

RULES

To accept a slot to the 2023 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony. No slot will be awarded afterwards.

Photo ID is required to be presented and credit card payment must be made at this point. We DO NOT accept cash or cheques.

The amount is USD \$ 650 + Active processing fee

Shortly, you will receive a registration link from the World Championship Team. This must be completed to be a confirmed athlete; no additional payment will be required.

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

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

“Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another. Your Age Group is determined by your age as of December 31st of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

THE SLOT ALLOCATION PROCESS: The following Slot Allocation Process will be conducted for each gender separately:

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 distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

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 World Triathlon 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 they qualified for, hold Professional or Elite status.

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



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HEAD REFEREE'S MESSAGE

Kathrin Petrow
IRONMAN 70.3 Switzerland
Head Referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide.

BLUE CARD

blue card: five-minute time penalty
Penalty served in the penalty tent located at the run out
Drafting

YELLOW CARD

30 second time penalty
Penalty served in the penalty tent located at the run out

RED CARD

Disqualification (DSQ)
e.g. Non-compliant material or equipment

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

BLUE CARD

DRAFTING is the only violation that will result in a BLUE CARD violation and an athlete will incur 5 minute time penalty (*to be served in the penalty tent, located at the exit of transition*).

YELLOW CARD

YELLOW CARD violations result in a 30 second time penalty (*to be served in the penalty tent, located at the exit of transition*). In the transition and on the run course, the penalty is performed as a stop and go penalty which requires athletes to stop next to the referee for 30 seconds.

RED CARD

An athlete receiving a red card will be disqualified immediately.

Triathlon is an individual event, 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 IRONMAN 2023 regulations and the particularities of the race in this athlete guide.

2023 Rules



PERFECTLIGHT
VERANSTALTUNGSTECHNIK

IRONMAN COMPETITION RULES

IRONMAN 70.3 Switzerland will be sanctioned by the rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage: <http://www.ironman.com/rules-and-regulations>. The Swiss Triathlon Federation will sanction and enforce the rules that are included in the IRONMAN 2023 Competition Rules.

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race. Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

COMMON RULE, VIOLATIONS & PENALTIES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Crossing the security line indicating the middle of the road	DSQ	
Use of aero bars on prohibited course sectors	30 sec Time penalty	
Failure to wear a shirt or sport top during the bike or run	30 sec Time penalty	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 sec Time Penalty will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distracting manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	



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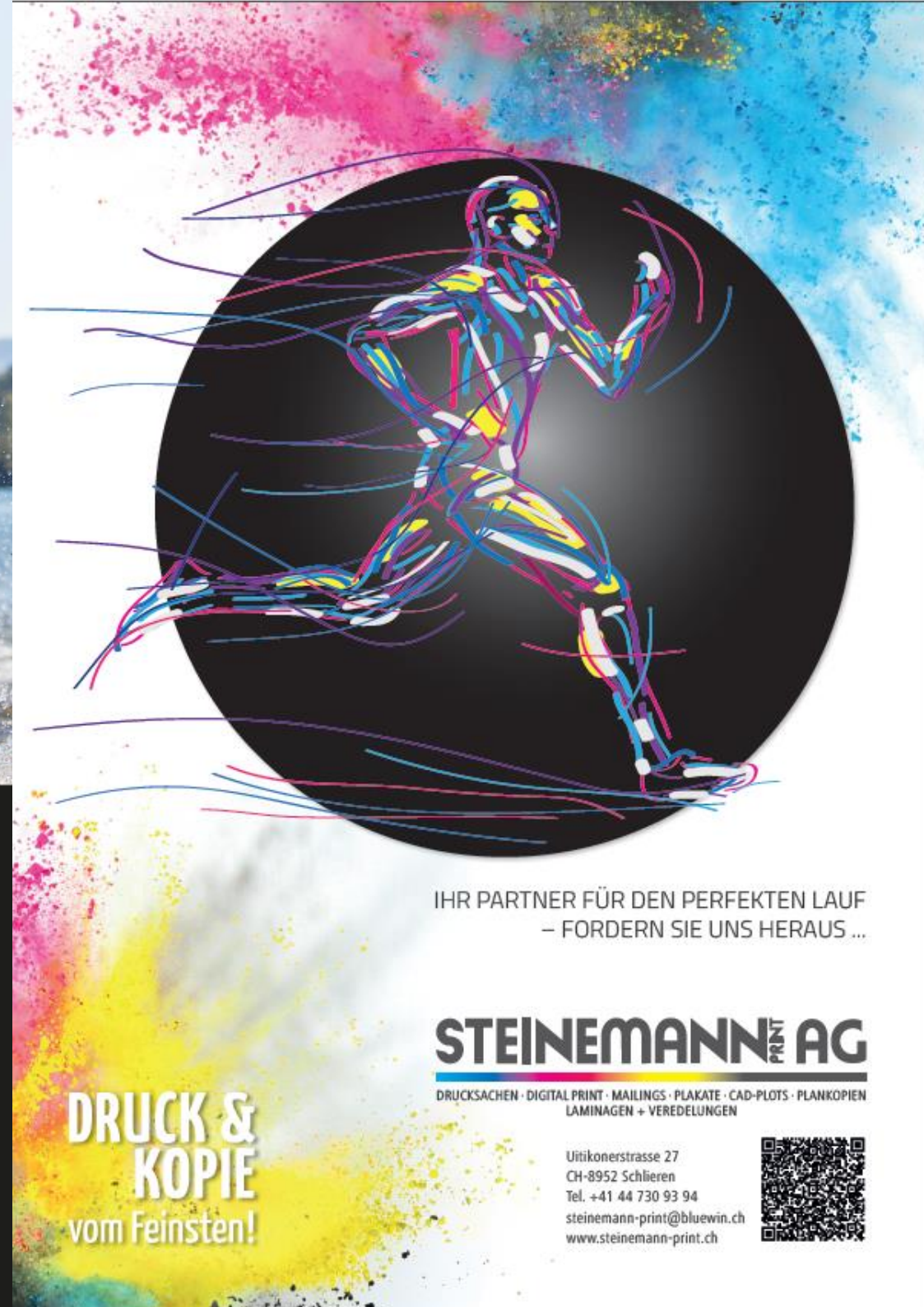
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GOOD TO KNOW

QUESTIONS?

Please send us a message on Facebook or by email to: Rapperswil70.3@ironman.com

At the event site The Information desk is located in the food village and will be happy to answer your questions.

Opening times are indicated in the event schedule.

Furthermore, you can reach the information desk on WhatsApp during the race week (from 5th June).

WhatsApp number: +41 79 870 23 80

LOST AND FOUND

During race week, lost and found items will be available **at the Info Point**.

Once the event is over, please contact rapperswil70.3@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

Athletes: Safety first, please do not take any unnecessary risks.

Be sure to give your emergency contact your bib and your Active account information.

Coaches/Supporters: 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.

On site: If you witness safety issues or medical incidents, please inform an IRONMAN representative immediately. You can always reach out to our info point located at the food village.

HOW TO FOLLOW THE RACE?

GOING TO THE EVENT

We invite you to come to start at the Obersee, to the finish but also all along course to encourage the athletes and live the IRONMAN atmosphere.

You can find more information in our [Hot Spot Guide>>>](#).

IRONMAN.COM

On the [website](#), you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favourite athletes and other options.

APPLICATION IOS ET ANDROID IRONMAN TRACKER

The IRONMAN 70.3 Switzerland offers you real-time information and live results via the IRONMAN Tracker app.

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker**: See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard**: See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking**: Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

Playstore:



Apple Store:



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Make sure to follow us on our Social media pages: Facebook: IRONMAN Switzerland (@IronmanSwitzerland) Instagram – ironmanswitzerland





SPORTOGRAF

SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN Switzerland.

We will provide you with our «Photo-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: www.sportograf.com

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

HELP US TAKE YOUR BEST PHOTOS:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your 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.

ALWAYS REMEMBER YOUR RACE
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