TITANIUM, ESPÓNSOR OFICIAL DE IRONMAN 70.3 ECUADOR 2019
LE ACOMPAÑARÁ EN CADA KILOMÉTRO QUE RECORRA EN ESTE FANTÁSTICO EVENTO.

insuperable

AUSPICIANTE OFICIAL DE SUS PASIONES

1-800 TITANIUM 848264
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Ironman 70.3 - Ecuador
Dear IRONMAN 70.3 ATHLETES,

Welcome to a new edition of IRONMAN 70.3 Ecuador. For those who are coming back, we know Manta feels like home. And for those who are coming for the first time: prepare for the ovation of your lives! With the warmth of its people and its challenging route, IRONMAN 70.3 Ecuador has already become a classic in the South American circuit.

We are honored to be here, in this wonderful city: Manta. People from Manabi, our hosts and welcome us, for another year, with the same hospitality that we have found from the first day.

Sunday July 7th is your day, and we hope you enjoy every step of the way to the finish line. As always, we invite you to recharge from the crowd’s energy and from those spectacular volunteers who will support you throughout the event and to return every smile received. We thank our sponsors, those who are with us from the first year and those who join for the first time.

And of course, a big thanks to the authorities of Manta, Jipijapa, Rocafuerte, Crucita and Portoviejo for their continuous support.

Welcome to IRONMAN 70.3 Ecuador.

Sincerely,
IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (thirty-second time penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

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 2019 IRONMAN Competition Rules.

The POSITION violations are summarized:

- Always ride on the right side of your lane to avoid an **ILLEGAL POSITION** or **BLOCKING** call.

- **Keep six bike lengths** of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a **DRAFTING** call.

- Always pass on the left of the cyclist in front of you; Never on the right to avoid an **ILLEGAL PASS** call. Complete your **pass within 25 seconds** to avoid a **DRAFTING** call.

- Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a **DRAFTING** call.

- **Do not use any device** that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

- 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.
Other common violations include:

- **HELMET CHINSTRAP:** Your chinstrap must be securely fastened whenever you are on your bike on race day.

- **RACE NUMBER:** You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.

- **LITTERING:** Do not throw ANYTHING outside of official aid stations. Littering will result in a five-minute time penalty.

- **UNAUTHORIZED EQUIPMENT:** Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

- **OUTSIDE ASSISTANCE:** Non-racers may NOT ride or run alongside you.

- **TIME-PENALTIES:** Remember that even though DRAFTING and LITTERING are the only violations that incur a five-minute time penalty, you must go to a penalty tent for any violation to have your number marked, and all violations count toward your three strikes. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

### WHAT TO DO IF I RECEIVE A PENALTY

- **YELLOW CARD** → STOP 30 SEC.
- **BLUE CARD** → STOP 5 MIN.
- **RED CARD** → DSQ → DISQUALIFIED
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- David Meythaler -

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1-800 BRIK EC (274532)
## 2019
### SCHEDULE OF EVENTS

#### 05 VIERNES JULIO
**FRIDAY JULY 05 2019**

<table>
<thead>
<tr>
<th>INICIO START</th>
<th>CIERRE END</th>
<th>EVENTO + EVENT</th>
<th>LUGAR + LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM</td>
<td>18:00 PM</td>
<td>REGISTRO DE ATLETAS - EXPO IRONMAN 70.3 ECUADOR ATHLETE CHECK-IN - EXPO IRONMAN 70.3 ECUADOR</td>
<td>Salones Golden Sail - Piso 1 Wyndham Sail Plaza</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>18:00 PM</td>
<td>TIENDA DE MERCANCÍA OFICIAL IRONMAN OFFICIAL IRONMAN MERCHANDISE</td>
<td>Salones Golden Sail - Piso 1 Wyndham Sail Plaza</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>18:00 PM</td>
<td>INFORMACIÓN GENERAL DEL EVENTO / EVENT INFO BOOTH</td>
<td>Wyndham Sail Plaza</td>
</tr>
<tr>
<td>11:00 AM</td>
<td>18:00 PM</td>
<td>SERVICIO MECÁNICO / BIKE TECH</td>
<td>PB - Wyndham Sail Plaza</td>
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<tr>
<td>12:00 PM</td>
<td></td>
<td>CHARLA TÉCNICA (ESPAÑOL) / ATHLETE BRIEFING (SPANISH)</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
</tr>
<tr>
<td>14:00 PM</td>
<td></td>
<td>CHARLA TÉCNICA (ESPAÑOL) / ATHLETE BRIEFING (SPANISH)</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
</tr>
<tr>
<td>15:00 PM</td>
<td></td>
<td>CONFERENCIA DE PRENSA / PRESS CONFERENCE</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
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<tr>
<td>16:00 PM</td>
<td></td>
<td>CHARLA TÉCNICA (ESPAÑOL) / ATHLETE BRIEFING (SPANISH)</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
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#### 06 SÁBADO JULIO
**SATURDAY JULY 06 2019**

<table>
<thead>
<tr>
<th>INICIO START</th>
<th>CIERRE END</th>
<th>EVENTO + EVENT</th>
<th>LUGAR + LOCATION</th>
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<tbody>
<tr>
<td>08:00 AM</td>
<td>10:00 AM</td>
<td>DIRECTV IRONKIDS ECUADOR - MANTA 2019</td>
<td>Playa Murielago</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>17:00 PM</td>
<td>REGISTRO DE ATLETAS - EXPO IRONMAN 70.3 ECUADOR ATHLETE CHECK-IN - EXPO IRONMAN 70.3 ECUADOR</td>
<td>Salones Golden Sail - Piso 1 Wyndham Sail Plaza</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>17:00 PM</td>
<td>TIENDA DE MERCANCÍA OFICIAL IRONMAN OFFICIAL IRONMAN MERCHANDISE</td>
<td>Salones Golden Sail - Piso 1 Wyndham Sail Plaza</td>
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<tr>
<td>10:00 AM</td>
<td>17:00 PM</td>
<td>INFORMACIÓN GENERAL DEL EVENTO / EVENT INFO BOOTH</td>
<td>Wyndham Sail Plaza</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>17:00 PM</td>
<td>SERVICIO MECÁNICO / BIKE TECH</td>
<td>PB - Wyndham Sail Plaza</td>
</tr>
<tr>
<td>11:00 AM</td>
<td></td>
<td>CHARLA TÉCNICA (ESPAÑOL) / ATHLETE BRIEFING (SPANISH)</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
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<tr>
<td>12:00 PM</td>
<td>18:00 PM</td>
<td>CHECK-IN OBLIGATORIO DE BICICLETAS PARA ATLETAS MANDATORY BIKE CHECK-IN FOR ALL ATHLETES</td>
<td>Playa Murielago</td>
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<tr>
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<td></td>
<td>CHARLA TÉCNICA (ESPAÑOL) / ATHLETE BRIEFING (SPANISH)</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
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<tr>
<td>14:00 PM</td>
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<td>IRONMAN PRO PANEL</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
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<td>15:00 PM</td>
<td></td>
<td>CHARLA TÉCNICA OBLIGATORIA PARA PROFESIONALES MANDATORY PRO ATHLETE BREING</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
</tr>
<tr>
<td>16:00 PM</td>
<td></td>
<td>CHARLA TÉCNICA (INGLÉS) / ATHLETE BRIEFING (ENGLISH)</td>
<td>Salón Barvolento - Wyndham Sail Plaza</td>
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## 2019 Schedule of Events

### Sunday July 07 2019

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<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>04:30 AM</td>
<td>Apertura de Transición / Marcación de Atletas</td>
<td>Playa Murciélago</td>
</tr>
<tr>
<td>05:00 AM</td>
<td>Información General del Evento / Objetos Perdidos</td>
<td>Playa Murciélago</td>
</tr>
<tr>
<td>06:30 AM</td>
<td>Inicio de la Carrera / Race Start</td>
<td>Escalinata Calle 23/Staircase Calle 23</td>
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<tr>
<td>10:00 AM</td>
<td>Tienda de MERCANCÍA OFICIAL IRONMAN</td>
<td>Playa Murciélago</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Carpa de Alimentación Post Carrera para Atletas</td>
<td>Playa Murciélago</td>
</tr>
<tr>
<td>13:00 AM</td>
<td>Retiro Bicicletas e Implementos de la Zona de Transición</td>
<td>Playa Murciélago</td>
</tr>
<tr>
<td>17:00 PM</td>
<td>Ceremonia de Premiación</td>
<td>Carpa VIP - Playa Murciélago</td>
</tr>
<tr>
<td>18:00 PM</td>
<td>Asignación cupos al Campeonato Mundial IRONMAN 70.3 Y Roll-Down</td>
<td>Carpa VIP - Playa Murciélago</td>
</tr>
<tr>
<td>20:00 PM</td>
<td>Fiesta Post IRONMAN 70.3 Ecuador 2019</td>
<td>Wyndham Sail Plaza</td>
</tr>
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DIRECTV IRONKIDS
GENERAL INFORMATION

DATE: SATURDAY JULY 6TH, 2019
TIME: 8h00 am
PLACE: PLAYA MURCIÉLAGO
MANTA - ECUADOR
COST: $25

AGE AND DISTANCE

- 500 m: 6-7 years
- 750 m: 8-9 years
- 1 Km: 10-11 years
- 1.5 Km: 12-13 years

T-SHIRTS PICK UP

- Friday, July 5, IRONMAN Village (Wyndham Sail Plaza).
- Saturday, July 6 - 6:45am - 7:30 am PLAYA MURCIÉLAGO.

For safety reasons, we can only give 400 young athletes the opportunity to participate.

Registration closes as soon as we reach the maximum number of athletes.
LÍDER INDISCUTIBLE

EN DEPORTES

Auspiciante oficial de: IRONMAN 70.3 ECUADOR MANTA

1800 888 999
www.directv.com.ec
1. **SWIM**

1.2 MILES / 1.9 KM

1.1 | **SWIM COURSE MAP**

[Image of swim course map]

1.2 | **SWIM COURSE DESCRIPTION**

Participants will swim 1.2 miles (1.9K) in the Pacific Ocean. Water temperature is expected to be between 73-77 degrees Fahrenheit (23-25 Celsius). The transition between swim and bike will take place in Playa Murciélago.

* The water temperature will be measured the morning of the race. IRONMAN race officials will determine the legality of use of wetsuit. Please refer to OFFICIAL IRONMAN 70.3 RULES AND REGULATIONS for details on the use of wetsuit*

MORE INFO HERE
Each athlete and team members will have 1:10 to complete the swim course. Athletes who take longer than 1:10 to complete the swim will receive a DNF. Additionally, any athlete or team that starts in the final wave and misses the 1:10 cut off will not be allowed to continue in the race and will receive a DNF.

**LAST WAVE TIME TO START:** 7:44 am

**SWIM CUT-OFF TIME:** 8:54 am
1.5 | SWIM COURSE RULES AND REGULATIONS

(A) Each swimmer must wear an official swim cap provided by the Race Officials.

(B) Wearing swim goggles or a face mask is neither prohibited nor required.

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

(D) The use of a cast or splint must be pre-approved by the Event specific Head Referee; (1:00 Minute Time Penalty or DSQ).

(E) Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees C/65.0 degrees F, or colder; (1:00 Minute Time Penalty).

(F) When the use of wetsuits is prohibited (see Section 4.03), clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal and is not permitted during the swim segment of the Race but may be worn after completion of the swim segment; (DSQ).

(G) Individual paddlers or escorts are prohibited; (DSQ).

(H) Any assistance 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 no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary.

(I) It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.

(J) Indecent exposure/public nudity is prohibited always during an Event; (DSQ).
**WETSUIT RULES:**

(A) For age-group athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ). *Please note: If the water temperature is above 24.5 degrees C/76.1 degrees F (but is less than or equal to 28.8 degrees C/83.8 degrees F).

(B) For professional athletes, wetsuits may be worn in water temperatures up to and including 21.9 degrees C/71.5 degrees F; (DSQ).

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

(D) A race kit may be worn underneath the wetsuit.

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

(F) Wetsuits are mandatory for professional athletes and age-group athletes for water temperatures below 16 degrees C/60.8 degrees F. (DSQ).

---

**SWIMWEAR POLICY WHEN THE USE OF WETSUITS IS PROHIBITED:**

(A) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ).

(B) Swimwear may contain a zipper.

(C) Sleeves that extend from shoulder to elbow may be worn.

(D) Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ).

(E) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ).

(F) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ).
**RACE DAY INSTRUCTIONS:**

(A) Prior to leaving the Transition Area for the swim start on race morning, be sure your gear is placed neatly adjacent to your bicycle. Drop your morning clothes bag at the designated drop area outside of Swim Start.

(B) Bring the swim cap and timing chip provided to you at athlete check-in to the swim start area. You will be called to the swim staging area beginning at 6:00 a.m. You will be required to cross a timing mat to complete the swim check-in process. A time penalty may be imposed on any athlete who is not at the swim start area ten minutes prior to the race start.

(C) Wearing swim goggles is recommended but not required.

(D) No individual paddlers or escorts allowed. Lifeguards, surfboards, kayaks and boats will adequately patrol the swim course.

(E) If you find yourself in need of assistance during the swim, raise an arm overhead, pump it up and down and call or seek assistance from the water safety personnel. Any swimmer who receives assistance, whether voluntary or involuntary, must retire and withdraw from the remainder of the race, unless such assistance did not aid the swimmer in making forward progress. No swimmer shall return to the race if the official rendering assistance requests that the participant withdraws from the race or receive medical assistance.

(F) The swim course will close 1 hour and 10 minutes after the final athlete start. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Individual athletes and relay team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

(G) As you exit the water, you will cross timing mats on your way to Transition Area. Once inside transition, change into your bike gear (public nudity is prohibited).

(H) Following the swim, volunteers will gather all morning clothes bags from the Swim Start and transport them to the finish for you to collect following the race. Any loose gear left inside Swim Start will not be collected for transport to Transition Area.

(I) Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding (this generally refers to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ).

(J) Swimwear may contain a zipper.

(K) Sleeves that extend from shoulder to elbow may be worn.

(L) Wetsuit (neoprene) shorts/bottoms are prohibited (DSQ).

(M) Swimwear must not cover the neck, must not extend past the elbow, and must not extend past the knees; (DSQ).

(N) A textile race kit may be worn underneath swimwear, provided, however, that the textile race kit must not extend past the elbow and must not extend past the knees. (DSQ).
¡NO TE PIERDAS LA GRAN FINAL!

- CONMEBOL -

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BRASIL 2019

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COTIZA con nosotros
2. BIKE
56 MILES / 90 KM

2.1 BIKE COURSE DESCRIPTION
Athletes will endure a one-loop 56-mile (90 km) bike ride. During this course, the athletes will enjoy beautiful beachfront views, as well as the exuberant beauty of the inland, as they embark on a challenging yet fast ride featuring excellent road surface and moderate hills.

2.2 BIKE COURSE MAP

2.3 BIKE COURSE PROFILE
START ELEVATION: 25 m.
MAX ELEVATION: 125 m.
2.4 | TURN BY TURN DIRECTIONS

(A) Once athletes leave transition area they will take the route toward the exit Manta – Portoviejo through Av. Circunvalación.

(B) Athletes will circulate through two roundabouts before taking the Puerto – Aeropuerto route.

(C) Athletes will go under the overpass and take the INEPACA roundabout to continue through Av. Puerto – Aeropuerto until the airport’s roundabout where they will take the route E15 (Spondylus route).

(D) Athletes will continue to ride through route E15 where they will find the first Aid Station approximately in km 32, 3 km after the aid station athletes will turn left to Crucita. Once athletes are in the road to Crucita they will ride for 10 km until they enter the boardwalk through Portoviejo Street.

(E) Athletes will exit the pier through “Del Deportista” Street where they will have the second Aid Station at km 45.

(F) Athletes will ride back to Manta’s boardwalk and transition area through the same route that they covered to Crucita. In km 59 Athletes will encounter the third and last Aid Station.

2.5 | BIKE COURSE CUT-OFF TIMES

The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

11:04 am . Must be past 45km turnaround point in Crucita.

1:14 pm . Bike course closes.

* The bike course will close 5 hours and 30 minutes after the final scheduled Age-Group/Relay wave starts the swim (Excludes possible wetsuit optional wave). Each athlete or relay team will have 5 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF. If there is a wetsuit–optional wave following the last scheduled Age-Group Waves, wetsuit athletes will have to adhere to the Age-Group wave course cut-off and course closures (in other words times will not be adjusted based on a later start time.
BIKE COURSE RULES AND REGULATIONS

• GENERAL RULES •

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

(B) Athletes must not make any forward progress unaccompanied by their bicycle. If a bicycle is rendered inoperable, an athlete may proceed on the cycling course, running or walking, while pushing or carrying the bicycle, so long as the bicycle is pushed or carried in a manner not to obstruct or impede the progress of other athletes; (DSQ).

(C) It is the sole responsibility of each athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course.

(D) All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. In no case can a cyclist cross a solid yellow line indicating a no passing zone; (1:00 Minute Time Penalty or, depending upon severity of violation, DSQ).

(E) No cyclist shall endanger herself/himself or another athlete. Any cyclist who intentionally or recklessly presents a danger to any athlete or who, in the judgment of the Head Referee, appears to present a danger to any athlete will be disqualified.

(F) All athletes must exercise extreme caution and decrease speed if necessary in passing the site of any cycling or other accident; (DSQ).

(G) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top at all times during the cycling segment of the Race; (1:00 Minute Time Penalty, DSQ if not remedied promptly).

(H) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times. Notwithstanding the foregoing, provided the athlete’s torso is covered with a shirt, jersey, or sports top/sports bra, athletes may unzip and pull down the top of their uniform so that it is rolled or tucked at the waist; and; (DSQ if not remedied promptly).
Bike 
56 MILES / 90 KM

(A) “Drafting” means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty).

(B) The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete; (5:00 Minute Time Penalty).

(C) Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming). Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty).

(D) Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation; (5:00 Minute Time Penalty).

(E) A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken.

(F) The overtaking athlete may not back out of a draft zone after entering it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed.

• DRAFTING AND POSITION RULES •
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3. RUN
13.1 MILES / 21.1 KM

3.1 | RUN COURSE DESCRIPTION

The running course will take athletes on a two-loop 13.1 mile (21 km) run through the coastline of Manta. The course is scenic, flat and features an energetic finish line right by the beach.

3.2 | RUN COURSE MAP
(A) From the transition area athletes will tour the coastal edge of the city of Manta. After a short run on the street, athletes will enter the cycle path up to the “Tuna Roundabout”.

(B) Athletes will tour the Manta’s boardwalk where they will make a left turn at the gas station level where they will encounter the first Aid Station.

(C) Continuing along the same cycle route athletes will take the left towards the Tarqui beach. They will continue with the beach on the left to reach the walkway of Tarqui where the second Aid Station is located.

(D) Athletes will continue over the cycle path towards Los Esteros beach where they will see the historical Shipyard. Later, at the end of the bike path athletes will find the third Aid Station; from there, the athletes will continue down the Street about a kilometer to the turnaround point.

(E) With a turnaround begins the 2nd lap at the Port Authority’s roundabout. After the second loop athletes end up with a thrilling final stretch in Manta Scenic Boardwalk.
3.5 | RUN COURSE CUT OFF TIMES

The run course will close 8 hours and 30 minutes after the final wave or athlete starts. Each individual athlete or Relay Team will get 8 hours and 30 minutes to complete the entire course. Individual athletes or relay teams that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF and will not be eligible for age group awards or for IRONMAN and IRONMAN 70.3 World Championship slots.

2:44pm . Athletes must start second loop.
4:14pm . Course closes (8.5 hours after the last wave starts).

* Note: IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

3.6 | RUN COURSE RULES AND REGULATIONS

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

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

(C) All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. Any violation of this Section will result in a time penalty or disqualification (depending upon severity of the violation).

(D) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport-top at all times during the run segment of the Race; (1:00 Minute Time Penalty, DSQ if not remedied promptly).

(E) Uniforms with a front zip must not be undone below the point of the end of the breastbone (sternum); (DSQ if not remedied promptly).

(F) Any item that needs to be discarded, including but not limited to water bottles, gel wrap-pers, bar wrappers, broken bike parts, or clothing items, may be discarded only in the designated trash drop zones at each aid station. Discarding any item outside of the trash drop zones is prohibited (5:00 Minute Time Penalty) Please note: due to the local laws and ordinances at select Event venues, intentional littering will result in disqualification (See Event-specific Athlete Information Guide for more information).
ILLEGAL EQUIPMENT

(I) Headsets or headphones are prohibited during the run segment of the Race. (1:00 Minute Time Penalty, DSQ if not remedied promptly).

(J) Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the Race will result in disqualification.

(K) Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If such permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee of such permission prior to the start of the Race. Athletes seen with an unauthorized camera, phone camera, or video camera will be disqualified.

MORE INFO HERE

http://www.ironman.com/triathlon/pages/resources/rules-and-regulations.aspx#axzz5r77yXuzY
UNA GRAN CIUDAD PARA UNA GRAN COMPETENCIA
¡BIENVENIDOS ATLETAS!
IMPORTANT- ATHLETE CHECK-IN PROCEDURE

Athlete check-in will take place at the Expo at Our Official Hotel, WYNDHAM SAIL PLAZA Manta - Ecuador on Friday, July 5th from 11:00 am to 6:00 pm and Saturday, July 6th from 10:00 am to 5:00 pm. Please refer to the Event Schedule for the hours of athlete check-in. To complete the athlete check-in process, you will need a valid photo I.D. Athletes will be required to fill out a small questionnaire inquiring about each athlete’s name, number of family members traveling with athlete, length of stay, hotel or private residence where they will be staying during race week, etc. Professional athletes are required to submit proof of professional status at check-in.

ATHLETE MUST BE PRESENT FOR CHECK-IN, NO ONE CAN CHECK IN FOR SOMEONE ELSE ALL RACE PACKETS MUST BE PICKED UP BY 5:00 P.M. ON SATURDAY, JULY 6th.

DURING CHECK-IN YOU WILL RECEIVE:

1. MORNING CLOTHES BAG.

During athlete check-in you will receive one morning clothes bag. Prior to the swim start on race morning, place any items (e.g., dry clothes or shoes, meds) you may need after you finish in your morning clothes bag. As you make your way to the swim start, leave your morning clothes bag in the designated drop area adjacent to the transition and swim start area. Any items that do not fit inside the morning clothes bag, such as bike pumps and backpacks, will not be accepted. Please do NOT include valuables such as phones or wallets. IRONMAN is not responsible for items lost or misplaced in morning clothes bags! During the race your morning clothes bag (and wetsuit/bike gear bag) will be transported to the finish for you to collect following the race.

2. ATHLETE’S WRISTBAND.

A wristband printed with your race number will be affixed to your wrist at athlete check-in. This band will identify you as an official participant and must be worn during the entire weekend. The wristband is required for medical identification purposes and allows you access to the secured transition areas and post-race athlete recovery area. You will not be allowed to remove your bicycle and gear from the transition area (following the race) without your wristband affixed to your wrist. Please do not remove your wristband until after midnight on Sunday, July 7th.

IMPORTANT- MANDATORY BIKE CHECK-IN

Bicycle check-in is on Saturday, July 6th, from 12:00 p.m. - 6:00 p.m at Playa Murciélago. Bicycles will not be permitted to enter the transition area on race morning. You will have access to your bike beginning at 4:30 a.m. on race morning, but you will not be allowed to remove your bike from Transition Area until the start of the bike portion of the race. Helmets, cycling shoes and your morning clothes may be brought to Transition Area on race morning.

PLEASE KEEP YOUR AREA NEAT AND BE RESPECTFUL OF OTHER ATHLETES!
PERSONAL SECURITY &
PERSONAL COMMUNICATION PLAN

**PERSONAL SECURITY**

Always train with at least another person. During your training sessions, please be aware of traffic around and move laterally among lanes. Please be aware of your surroundings while sharing the road, and watch for the people who are training with you. It is highly recommendable to ride in a single lane while using your bike.

**PERSONAL COMMUNICATION PLAN**

Prior to departing for Manta, Ecuador, be sure to establish a communications 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 Manta with family and friends, it is essential that you have a plan for contacting or reuniting with your group in case of an emergency.

Race day emergency contact:

ironman70.3ecuador@andesportstri.com / ecuador70.3@ironman.com

**RACE MORNING TRANSITION AREA CHECK IN PROCEDURE**

Transition Area will open at 4:30 a.m. on race day. Body marking will begin at this time just outside of the Transition area entrance. Transition Area will close at 6:15. All athletes must leave transition area by 6:15 am towards the swim start area. You will not be permitted into Transition on race day without your wristband, swim cap, timing chip and your body marked. If you have misplaced any of these items, please see the Transition Director for a replacement. Do not apply sunscreen, oil, vaseline or lotion until after you have been body marked. Do not use your bib number in the swim section; you must leave it in transition area with the rest of your belongings.
AID STATIONS.

**BIKE**

There will be 3 Aid Stations in the bike Route that will provide athletes with:

- Sports Drink: Gatorade with Sports-top.
- Water.
- Energy Gel - Brand: BOOM.
- Fruit.
- Mechanical implements for the bicycle.

*IMPORTANT: The water bottles provided in the Aid Stations of the bike course will be VIVANT bottles with a sports-cap. It is very important for all athletes to notice the dimensions of the water bottle compared to the dimensions of a regular bike-bottle to plan where to put the bottles.*

**RUN**

There will be 12 Aid Stations in the Run Course that will provide athletes with:

- Sports Drink: Gatorade.
- Water.
- Energy Gel - Brand: BOOM.
- Fruit.

*IMPORTANT: Athletes should be supplied only at official Aid-Stations, outside assistance may result in a penalty or even disqualification.*
SIENTE LO INVISIBLE PARA PODER HACER LO IMPOSIBLE

Howard Hughes
RACE TIMING AND CUT-OFF TIMES.

The race will officially end 8.5 hours after the final wave start. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. Any athlete taking over 8.5 hours will be listed as a DNF. The following cut-off times apply for each segment of the race:

**SWIM**
- The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. 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. Individual athletes and relay team members who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

**BIKE**
- The bike course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team will have 5 hours and 30 minutes to complete the swim and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim and bike course will receive a DNF.

**RUN**
- The run course will close 8 hours and 30 minutes after the final wave or athlete starts. Each individual athlete or Relay Team will get 8 hours and 30 minutes to complete the entire course. Individual athletes or relay teams that take longer than 8 hours and 30 minutes to complete the entire course will receive a DNF and will not be eligible for age group awards or for IRONMAN 70.3 World Championship slots.
GENERAL RACE INFORMATION

| RACE TIMING AND CUT-OFF TIMES. |

IMPORTANT! Please note that based on permits for the use of roads and traffic plan created by the authorities and the security of athletes participating, the maximum times at each stage must be respected for all IRONMAN events. We reserve the right to remove any athlete during the course if our staff determines that there is the possibility that this athlete will not finish the stage within the time limit set based on the location of the athlete, time, and average speed.

In addition, athletes who begin the swim in an early group and have a total running time of more than 8.5 hours will not be considered an official finisher. Total time will be considered as “Official finisher” and be eligible to receive a prize in its category and spaces in the IRONMAN 70.3 World Championship.

**BIKE CHECK-OUT**

Your bike may be retrieved at Transition from 1:00 p.m. to 4:30 p.m. You must have your athlete wristband on to claim your bike or have a family member retrieve your bike with the claim ticket provided with your registration bag.

| RACE TIMING AND PHOTOGRAPHY. |

**RACE TIMING**

Sportstats will capture your splits (swim, T1, bike, T2, run) and overall finish time. The race will officially end 8.5 hours after the final athlete enters the water on race morning. All aid station stops, transitions, etc. will be included in your total elapsed time.

**IT IS THE ATHLETE’S RESPONSIBILITY TO**

When you pick up your race packet and at athlete check-in, stop by the chip verification table to ensure that your correct name shows up on the computer screen.

(A) You must wear your Sportstats Tags always while you are racing. Fasten it to either ankle with the Velcro strap provided before the swim and leave it on until after you finish the run. You may apply Vaseline around your ankle; it will not affect the Sportstats Tags Volunteers will help you remove the Sportstats Tags at the finish line.

(B) If you do not start the race, you are responsible for returning the Sportstats Tags to the Race Office.
(C) If you drop out or are pulled from the race at any time, turn in your Sportstats Tags to a race official. It is essential that we know where you are on the course always for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your Sportstats Tags Your race Sportstats Tags is a loaner (unless you bring your own Sportstats Tags. By picking up your race number and Sportstats Tags you are guaranteeing that you will return the Sportstats Tags to race management, or you will be billed for its replacement. If you lose your Sportstats Tags during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra Sportstats Tags at the timing locations above. If you lose your Sportstats Tags while on the run course, please notify timing official immediately after crossing the finish line.

(D) Failure to wear your Sportstats Tags on race day may disqualify you.

**RACE PHOTOGRAPHY**

FinisherPix is proud to have been selected as the Official Photographers for the IRONMAN 70.3 Ecuador. Within 24 – 48 hours after the race your personal race photos will be available here:


Your photos on your timeline with the FinisherPix Facebook App!

With the FinisherPix-Facebook-App a selection of your personal race images will be automatically and FREE posted to your Facebook timeline as soon as the photos are available. Simply click on https://apps.facebook.com/finisherpix, type in your BIB-number and accept the installation of the app in your profile.

So, what do you need to do?

1. Be sure to have your race / bib number visible always. SMILE when you cross the finish line!
2. Visit us at www.finisherpix.com to view & order your photos from this spectacular event!

**LOST AND FOUND.**

It is highly recommended that you mark your gear with your race number. IRONMAN 70.3 ECUADOR/IRONMAN is not responsible for any lost items. For Lost & Found items please contact: mnuques@andesportstri.com
GENERAL
RACE INFORMATION

| IMPORTANT! FINISH LINE POLICY. |

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

| MEDICAL INFORMATION. |

(A) There will be medical facilities and medical volunteers throughout the race course. A medical aid station at the swim venue will handle any medical needs that arise during the swim. Trained individuals will be stationed along the swim course – in boats and on rescue boards – to assist you in case of an emergency.

(B) Additionally, there will be a full-service medical station located at the finish-line area, as well as mobile medical teams roaming the course. Over half of the visits to the medical area occur after participants finish the race. Please do not leave the finish area until you are sure you are stable, can drink without vomiting and stand without dizziness. The medical station at the finish will close nine hours after the race start. All athletes seeking medical attention after that time will be referred to local emergency room facilities.

(C) Any medical expenses incurred are the sole responsibility of the athlete and not IRONMAN.

(D) Dangers during IRONMAN events include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint that you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

(E) During events of extreme endurance, the body’s pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish.

(F) Please be attentive when taking water and sponges from volunteers when you’re on your bike to avoid the possibility of accident or injury to yourself or another.

(G) Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

(H) If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day. At athlete check-in, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your event registration was submitted.
RENACE UN GIGANTE

AUTORIDAD PORTUARIA DE MANTA

La construcción de los nuevos muelles generará fuentes de trabajo, 116 mil personas indirectamente se beneficiarán.

www.puertodemanta.gob.ec
You are solely responsible for avoiding medications that appear on the list of banned substances as determined by IRONMAN Anti-Doping.

Feedback from previous IRONMAN contestants indicates we can never over-emphasize the importance of hydrating prior to and during the event. Our Medical Director recommends you begin hydrating heavily several days before the race and drink enough fluids so your urine is clear, colorless and copious by race day.

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event. In all cases, the final decision of medical consideration is at the discretion of the IRONMAN Medical Director.

**QUALIFYING TO THE 2020 IRONMAN 70.3 WORLD CHAMPIONSHIP.**

“IRONMAN 70.3 Ecuador offers 40 qualifying slots for the 2020 IRONMAN 70.3 World Championship in Taupo, New Zealand.”

This edition of IRONMAN 70.3 Manta, Ecuador is an official qualifying event for the 2020 IRONMAN 70.3 World Championship to be held in Taupo, New Zealand on a date to be determined. Forty age group slots will be allocated for the IRONMAN World Championship 70.3. Slot allocation will be posted at the awards ceremony after the race.

**WORLD CHAMPIONSHIP REGISTRATION AND ROLL DOWN POLICY.**

Registration for the 2020 IRONMAN 70.3 World Championship to be held in Taupo, New Zealand on a date to be determined will take place during the official awards ceremony for athletes who have obtained a direct qualification for their result by category. Athletes must be present to claim their slots. Be prepared to pay the entry fee with credit card. Any unclaimed slots will be rolled down to the next eligible finishers immediately after the awards ceremony at the VIP Tent on Playa Murciélago.
SLOT ALLOCATION POLICY.

At least one slot shall be allocated to each five-year age group category in which any age group athlete sends in an application, both male and female, per the age group categories listed above. If there are no athletes entered in the race in a particular age group, then that slot will be moved to the largest starting populated age group in that same gender. For additional age group slots, slot allocation shall be representative of the actual number of age group athletes that start the race in each age group category. Further details will be provided concerning the slot winners at the awards ceremony.
PROFESSIONAL ATHLETE PRIZE PURSE.

THIS EDITION OF IRONMAN 70.3 MANTA, ECUADOR WILL HAVE A PROFESSIONAL PRIZE PURSE EQUIVALENT TO $25,000.

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PARTNERS

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RESEARCH PARTNER
FULL SPORTAGE

Que te admiren, no solo que te miren.