

IRONMAN 70.3 LAHTI

ATHLETE GUIDE

1 JULY 2023

IRONMAN
70.3 LAHTI

GET IN THE VIBE WITH 2022 HIGHLIGHTS



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Dear athletes and visitors,

It's a privilege that the City of Lahti can welcome the IRONMAN 70.3 Lahti to Lahti. Sport is something that unites the citizens of Lahti and the spectators around the world.

Lahti is a leading environmental city in Europe and will be carbon neutral by 2025. Just like all the athletes in this race we strive to do our best when it comes to our goals. We are pioneers in organizing sports events in Finland. For long, the environmental values have been a core of our year-round sports events.

Lahti provides an amazing environment for a challenging IRONMAN 70.3 race. The unique scenery from Vesijärvi Lake to Salpausselkä ridges is a great destination for athletes to test their mettle. Salpausselkä ridges have an UNESCO Global Geopark status and can be seen from space.

The race starts with 1.9 km swim in Vesijärvi close to the world-famous Sibelius Hall. Next, you take on a 90 km bike course, where you will bike alongside Vesijärvi coast. There you will experience one of the hundreds of thousand lakes in Finland.

And at last, a 21,1 km run course, where the athletes can experience the Finnish nature right next to the city centre and biodiversity in an urban environment.

We are very excited to host this event again in Lahti. We are very confident that you will have a great experience under the midnight sun.

A warm welcome and good luck with the race!

Pekka Timonen
Mayor of Lahti

Pekka Timonen
Mayor of Lahti



Dear athletes,

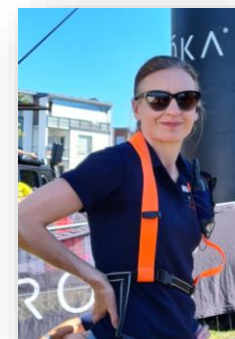
We are looking forward to welcoming you to this year's IRONMAN 70.3 Lahti. We are impressed to see how international our event will be this year. Lahti will be hosting approximately 2000 triathletes from over 40 countries and 40% of athletes come from outside of the Finnish border. Lahti has a long heritage of hosting big international sport events and we're already thrilled about the IRONMAN 70.3 World Championship event taking place in August 2023.

Our Lahti event's specialities are the late afternoon start on Saturday and the magic of Finnish nature. Even the event venue is very close to Lahti City and athletes can feel and enjoy the unique nature.

The pure waters of lake Vesijärvi, beautiful countryside views along the bike course and lakeside run course will make athletes' day unforgettable. And don't forget the Finnish unique feature; The midnight sun. We hope that our athletes would have time to explore our city before or after the event.

Our IRONMAN Finland team want to thank our amazing host city Lahti for all their support and also the local authorities for understanding co-operation to make this event happen for the fifth time. We also appreciate our volunteers, staff members and partners for their hard work for the event. We wish all athletes the best of luck for IRONMAN 70.3 Lahti and an enjoyable stay in the Lahti region.

Tiina Boman
Race director



TOP 5 THINGS TO SEE

LAHTI SPORTS CENTER

The iconic ski jumps, the outdoor pool, the Ski Museum and the observation platform at the Suurmäki Ski Jumping Tower.



HARBOUR AREA

The Lahti harbour area is all year round a mix of cosy restaurants and cafés, small boutiques, design and modern architecture. Explore the modern Wood Architecture of Sibelius Hall and visit Lanu Sculpture Park when visiting the area.



LAHTI MUSEUM OF VISUAL ARTS MALVA

The Lahti Museum of Visual Arts Malva opened in Malski's old brewery building in the spring of 2022. Malva is a new museum full of art, design, posters and culture in Lahti. In addition to fascinating exhibitions, you can find a great gift shop and several cosy restaurants under the same roof.



SALPAUSSELKÄ GEOPARK

Salpausselkä UNESCO Global Geopark tells the story of the best-known geological entity of Finland. Check nature sights, trails and routes for cycling and hiking on a digital map. You'll find also all accommodation, cafes, restaurants, harbours as well as activities on a map. [See the map HERE](#).



LAUNE FAMILY PARK for families with children

Numerous slides, climbing frames and children's traffic park offer nice things to do for the whole family. The park is located only two kilometres from the centre of Lahti. Free entrance.



CHECK LIST

☐ PRE-RACE

- ☐ Directions to :
 - Athlete check-in
 - Official shop
 - Race start / Race finish
- ☐ Photo I.D.
- ☐ Valid triathlon license or day pass
- ☐ Bike adjustment
- ☐ Study the race courses
- ☐ Plan and test your nutrition
- ☐ Attend athlete briefing

☐ 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
- ☐ Reflective tape (*if applicable*)

☐ MISCELLANEOUS

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



SCHEDULE

THURSDAY 29th JUNE

HOURS	DESCRIPTION	LOCATION
12pm-6pm	IRONMAN EXPO	Sibelius Hall, parking lot
12pm-6pm	Registration	Sibelius Hall, 2 nd floor

FRIDAY 30th JUNE

HOURS	DESCRIPTION	LOCATION
12pm-8pm	IRONMAN EXPO	Sibelius Hall, parking lot
12pm-8pm	Registration	Sibelius Hall, 2 nd floor
3pm	IRONKIDS race	Sibelius Hall, event venue
5pm-8:30pm	BIKE & GEAR bag check-in	Sibelius Hall, event venue
5pm	Race briefing – ENG	Sibelius Hall
6pm	Race briefing – FIN	Sibelius Hall

SATURDAY 1st JULY

HOURS	DESCRIPTION	LOCATION
9am-10am	Registration	Sibelius Hall, 2 nd floor
10am-22pm	IRONMAN EXPO	Sibelius Hall, parking lot
10am-2pm	BIKE & GEAR bag check-in	Sibelius Hall, event venue
10:30am	Head referee onsite	Info tent
2pm-15:20pm	WHITE BAG drop off	Sibelius Hall
2pm-3pm	Access to Transition area (no bike & gear check-in)	Sibelius Hall, event venue
3:15pm	Race start – rolling start AG + RELAY	
7:15pm	1 st male athlete crosses the finish line	
7:35pm	1 st female athlete crosses the finish line	
8pm-1am	BIKE & GEAR check-out	
00am	Finish line closes	

SUNDAY 2nd JULY

HOURS	DESCRIPTION	LOCATION
9am-12pm	IRONMAN EXPO	Sibelius Hall, parking lot
10am	Awards Ceremony 70.3 World Championship Slot Allocation (directly after Awards Ceremony)	Sibelius Hall



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EVENT SITE



The heart of the IRONMAN 70.3 Lahti is the Sibelius Hall and the Passenger Harbour. The address of the event centre is Ankkurikatu 7, Lahti. It's located only 1 km away from the city centre.

PARKING

On race day, the biggest parking place is at Sports Centre (Salpausseläntäkatu 8, 15110 Lahti) and the showers are also located there. The Sport Centre is located 1,6km from Sibelius Hall.

When you come to registration, you can park either at the Sports Centre, or use the street parking nearby. Please note that the closest street parking areas won't be open on Friday and Saturday.

SHOWERS

On race day, the showers are located at Sports Centre (Salpausseläntäkatu 8, 15110 Lahti) and are open from 8pm until 1am.

ROAD CLOSURES

All courses are closed for traffic during the Race. In case of emergency, rescue vehicles with the sirens on, shall always have free passage. Please yield and let them pass you.

RACE WEEK TRAINING

All training during non-race times on the racecourse is conducted at your own risk. Please never swim alone and always obey traffic law.

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- Dedicated line for bib package collection
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- Dedicated morning bag drop off
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- 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



REGISTRATION

LICENSE

Valid proof of national triathlon license. You can also buy a 1-day license on-site at registration for 20 EUR or buy one online from [Suomisport](https://suomisport.fi), www.suomisport.fi or from the federation of your own country.

If you buy it from Suomisport, please choose either an international license or a one-day license which is valid for IRONMAN Finland. You don't need to be part of any club if you buy a one-day license. We also recommend downloading the Suomisport app and show the license via the application. With these actions, athletes are ensuring a smooth and quick registration.

Relay teams

At least one team member needs to have a valid license and that person needs to be present at the time of registration to show the license.

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.

All athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip. Failure to do so will result in a DSQ.

**ALL ATHLETES MUST HAVE REGISTERED BEFORE 10.00 ON SATURDAY, JULY 1.
NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.**

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

REGISTRATION

REMINDER OF REGISTRATION HOURS

DATE	HOURS	LOCATION
29 th June	12pm-6pm	Sibelius Hall, 2 nd floor
30 th June	12pm-8pm	Sibelius Hall, 2 nd floor
1 st July	9am-10am	Sibelius Hall, 2 nd floor



An email will be sent to you with a QR code during the race week.
Print it or save it to your smartphone and present it at the registration desk.

Please report to the volunteers by following the signage.

Collect your race number and package by presenting your **identity card**.

A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race

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. It must be attached with three points. 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 stickers on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seat post of your bike, 1 sticker to stick on the front of your helmet, and 1 sticker to stick on your wristband.</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 time of 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 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 Area (Sibelius Hall, event venue):
Friday 30th June from 5pm to 8:30pm
Saturday 1st July from 10am to 2pm

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 Area (Sibelius Hall, event venue):
Friday 29th June from 5pm to 8:30pm
Saturday 30th June from 10am to 2pm

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 in inside Sibelius Hall:
Saturday 1st July from 2pm to 3:20pm

DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS



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**Less chance of shin
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BIKE & GEAR BAGS CHECK-IN & BRIEFING

SCHEDULE REMINDER

DATE	HOURS	DESCRIPTION	LOCATION
30 June	6pm	Athlete briefing – English	Sibelius Hall
30 June	5pm-8:30pm	Bike and gear check-in	Sibelius Hall, event venue
1 July	10am-2pm	Bike and gear check-in	Sibelius Hall, event venue

ATHLETE BRIEFING

The athlete briefing will take place during the race week.

The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last-minute changes that could take place due to the weather conditions. Briefings will be held in Finnish and in English.

CHECK IN

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

Bike service

Please maintain your bike before coming to Lahti. Bike mechanic is on-site next to the IRONMAN Merchandise with a limited number of spare parts.



There will be floor pumps available in the Transition area, which you are free to use prior to the start. Please note that if you bring your own floor pump, it is not allowed to store it in any of the race bags and must be handed to supporters.

MANDATORY BIKE, BIKE AND RUN BAGS CHECK-IN

DROP OFF YOUR BIKE, BIKE AND RUN BAG TO TRANSITION AREA

Before entering the transition area 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 brake 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, your BIKE bag and RUN bag according to your number.
 - Bike covers are NOT ALLOWED.
 - Your helmet must be inside your BIKE bag.
 - Shoes and nutrition can be clipped onto your bike before the race.
 - 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.
 - Make sure you have packed all your gear for Transitions 2 in the RUN bag.

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.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until the race.

TIMING CHIP



WHAT IS THE TIMING CHIP FOR?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, and overall and age group ranking.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting transition zone at Bike & Gear check-in.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

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

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

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

WHAT IF I LOSE MY TIMING CHIP DURING THE RACE?

If you lose your timing chip, go to the penalty tent in Transition Area. Our team will provide you with a replacement chip so you can continue the race.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 



RACE DAY

RACE DAY

Proceed to the Transition area on race day noon/afternoon if needed

Transition area will be open from 10am to 2pm, for bike and gear check-in. From 2pm until 3pm, transition area is open but no check-in is available anymore. 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.

Pumps will be provided by the organization. If you bring your own pump, once you are done using it, it is not allowed to store it in any of the race bags and must be handed to supporters.

From 3pm, the transition area will be closed. Go to leave your street wear bag (white bag) and go to the swim start.



STREETWEAR Bag

Put your post-race change in the STREET WEAR bag and drop it off inside the Sibelius Hall. You can leave your STREET WEAR bag until 3:20pm.

The STREET WEAR bag is to be picked up from the same place you have left it.

Toilets

There are toilets inside the Sibelius Hall, in transition area and in the event venue.

Please note that there will not be toilets at the swim start.


Toilets will be also available throughout the course at the different 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.

CUT OFF TIMES

IRONMAN
70.3 LAHTI

CUT OFF TIMES

						1 h 10 min				
	+	T1				1 h 20 min				
	+	T1	+		46 km	3 h 15 min				
	+	T1	+		90 km	5 h 10 min				
	+	T1	+		90 km	+	T2	+		8 h 15 min

Athletes have 8 h 15 min to complete the race based on the individual start time.
Times are calculated based on the individual start time NOT on the gun shot time.

Intermediate cut-offs

Due to road closures, intermediate cut off on the bike course (46km) must be respected in order to continue the race.

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 qualifying for the 2023 VlnFast IRONMAN 70.3 World Championship.

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

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.

BIKE AID STATIONS

Aid station 1: KM 18 (Hollola kk)

Aid station 2: KM 46 (Kärkölä)

Aid station 3: KM 72 (Hollola kk)

- **Drinks:** Gatorade Sports Drink blood orange flavor 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**

Volunteers will hand out the products.



RUN AID STATIONS

Lap 1: KM 0.2 - KM 2.1 - KM 4.1 - KM 5.6

Lap 2: KM 7.2 - KM 9.1 - KM 11.1 - KM 12.6

Lap 3: KM 14.2 - KM 16.1 - KM 18.1 - KM 19.6

- **Drinks:** Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola, Sparkling Water

- **Energetic bars:** 226ers *Gummy bars Cherry & Cola*
- **Energy gels:** Maurten Gels (*with or without caffeine*)
- **Bananas, oranges, watermelons, compote and salty products**

Drinks are served in cups. Volunteers will hand out the products.



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SWIM

This event will have a rolling swim start for age group athletes and relay teams. Age group athletes will enter the water in a continuous stream through a controlled access point from 3:15pm:

4 athletes will start every 5 seconds.

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

Athletes will be directed to self-seed on race day based on their anticipated swim time. Being as accurate as possible with your self-seeding will make for the best swim.

Relay teams will start in the last group.

It is possible to warm up in the water before the race start. Swim warm-up area is located next to Swim Exit.

COURSE

A one loop 1.9 km swim course at Lake of Vesijärvi.

CUT OFF TIME

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.

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. Please contact an IRONMAN official, and they will provide 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

SWIM CAP COLOR

15:15	Less than 33min
15:17	33< - <39min
15:20	39< - <45min
15:25	45< - 1h 10min
15:30	RELAY

NEON RED

NEON GREEN

VIOLET

WHITE

NEON RED

JESSE THOMAS
2x IRONMAN CHAMPION

RŌKA

UPGRADE YOUR EYEWEAR

ULTRA-PREMIUM OPTICS. ZERO SLIP.
INSANELY LIGHTWEIGHT.

GEKO

Patented Fit &
Retention System

C³

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WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5°C). Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C.

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. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

All the rules can be found here:
<https://www.ironman.com/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.
- 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 everybody 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 for 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 it is possible to warm up in the water before race start.**

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 colours and locations.

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that has been provided in this athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on the instructions provided in this athlete guide. Don't race at maximum effort from the start – ease into your swim.

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

10. BE ALERT AND ASK FOR HELP

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

The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat.

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

TRANSITION 1

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 needs privacy while changing.

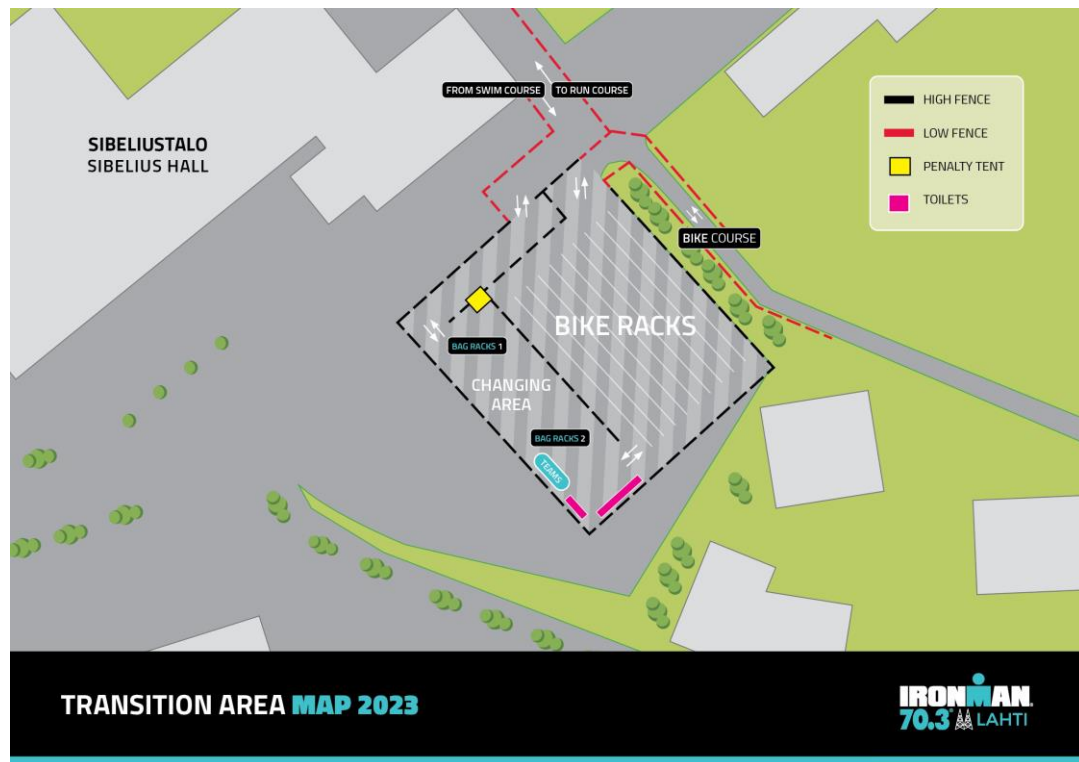
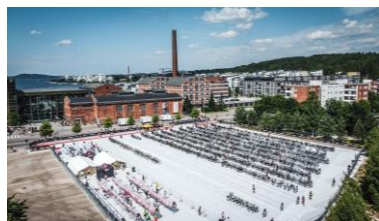
After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG**, and rack it on the different rack, closer to the bikes (marked with your number).

For relays, there is a specific area in transition zone, where the timing chip should be handed over to the next team member.

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

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.



TRANSITION 2

Heading into Transition 2, you will dismount your bike at the bike dismount line, take your bike back to your bike rack where you will rack your own bike.

You will then pick up your **RED RUN BAG** and sit down on the benches where you change into your running apparel, there are designated areas for athletes who needs privacy while changing.

You need to put all your bike gear into the bag, including your bike helmet, bike shoes must either stay on the bike pedals or be placed in the **RED RUN BAG**. After completing your change, you will need to pack your gear in the **RED RUN BAG** and then rack it on the different rack, closer to the run exit (marked with your number). Then when ready, you head out of the transition zone and start the half marathon.

After finishing the race, your **BLUE BIKE BAG** and **RED RUN BAG** can be found in the Transition Zone and can be collected along with your bike between 20:00 – 01:00. You need to have your race number and timing chip with you to be able to check out your gear.

All race bags and bikes must be picked up before 1am Sunday morning. IRONMAN 70.3 Lahti is not responsible for bikes not picked up after 1am.



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- Paul, Seattle, WA

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BIKE COURSE
90 KM / 1 LOOP
LAHTI, FINLAND

BIKE TECH SUPPORT

There will not be bike tech support person on course. At each of the three aid stations, you will find pumps, tubes and some basic tools. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs and the tools at the aid stations are only there as an extra service, and is based on a first come, first serve practice.

SAG WAGON

There will be a Sag wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the Fulgaz Bike Course. Please approach an IRONMAN Official on course, and they will guide you to the nearest pick-up point. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

DROP OUT

If you decide to drop out, please inform a referee and only a referee.

Keep your timing chip for the check-out at Transition Area from 9pm to 1am.

LOST CHIP

If you lose or forget your chip during the bike leg, you can find one in the penalty tent at Transition Area.

COURSE

The one-loop 90KM bike leads athletes through forests along lakes across rolling hills surrounded by typical Finnish villages.

AID STATIONS

KM 18 - KM 46 - KM 72

GPX FILE

[GPX track > > Click here](#)

NOTIFICATIONS

- Approx. 30km narrow underpass / no passing zone
- During the first and last 7km, there are speed bumps and tight corners and roundabouts
- Last 7km will be biked on the left side of the road

CUT OFF TIMES

3h15min: SWIM + T1 + BIKE 46km

5h10 : SWIM + T1 + BIKE 90km

Each athlete or relay team member will have an intermediate cut-off at bike 46km (3h 15min from crossing the timing mat at swim start) due to road closures. The bike course will close 5 hours and 10 minutes after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 10 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete or relay team member that takes longer than 5 hours and 10 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

SAFETY FIRST

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

BIKE MEDICAL

If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course and will be able to assist you. Contact an IRONMAN official in case you require medical assistance. At each of the Aid Stations, there will be a small first aid kit, able to aid minor injuries, such as scrapes and small cuts.

PENALTY TENT

If you receive a penalty before 46KM (before aid station 2) – you need to serve your penalty at the penalty tent at aid station 2. The tent is clearly marked, about 200m AFTER the aid station.

If you receive a penalty after the aid station 2, you need to serve your penalty at the penalty tent at transition area.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.



BIKE RULES

It is mandatory to obey traffic regulations.

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

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:



1st BLUE CARD Offense 5:00 minutes - 2nd BLUE CARD Offense 10:00 minutes - 3rd BLUE CARD Offense DSQ

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

YELLOW CARD - BIKE

30 seconds penalty. When an athlete receives a yellow card, he must perform his penalty at the Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

All the rules can be found in the [IRONMAN 70.3 Competition rules](#).

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. In the race, 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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COURSE

The **three-loop 21.1km run course** is very flat and consists of asphalt and gravel surfaces.

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

AID STATIONS

Lap 1: KM 0.2 - KM 2.1 - KM 4.1 - KM 5.6

Lap 2: KM 7.2 - KM 9.1 - KM 11.1 - KM 12.6

Lap 3: KM 14.2 - KM 16.1 - KM 18.1 - 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 TIME

8h15 : SWIM + T1 + BIKE + T2 + RUN

The run course will close **8 hours and 15 minutes** after the final athlete starts the swim. Each athlete or relay team member will have 8 hours and 15 minutes to complete the entire course. Any athlete or relay team member that takes longer than 8 hours and 15 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 8 hours and 15 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 only a referee. Keep your timing chip for the check-out at Transition Area from 8pm to 1am.

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 breastbone.

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 from anyone during the race.

YELLOW CARD - RUN

30 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

All the rules can be found in the [IRONMAN 70.3 Competition rules](#).



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.

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RELAY TEAM

BEFORE THE RACE

- The team captain needs to ensure that all team members are registered successfully;
- One member of the relay team must own a valid license and that person needs to be at the registration showing the license.
- All members of the Relay team must have registered and filled out their information 10 days before the race day. If failed to do so, IRONMAN holds the rights to deny the team participation, giving no compensation
- The change of a team member can be done until 10 days before the race day. No changes will be accepted past this deadline

RACE WEEK

- 1 One member of your team can pick up your race pack at registration as long as the whole team is completed in Active (Registration platform) and therefore have signed the waiver digitally. If you are unsure if your relay is complete, you can check the start list or email us. The person coming to registration, needs to have a valid license or they can purchase it onsite via credit card.
- 2 It is not possible for one team member and/or team captain to pick up race packs for more than their own relay team, not even with authorization.
- 3 **IMPORTANT:** participate to the race briefing for more information.

THE MAJORITY OF INFORMATION IN THE ATHLETE GUIDE APPLIES TO RELAY TEAMS, WITH REGARDS TO TIMING AND REQUIREMENTS TO REGISTER AND RACK.

RACE DAY

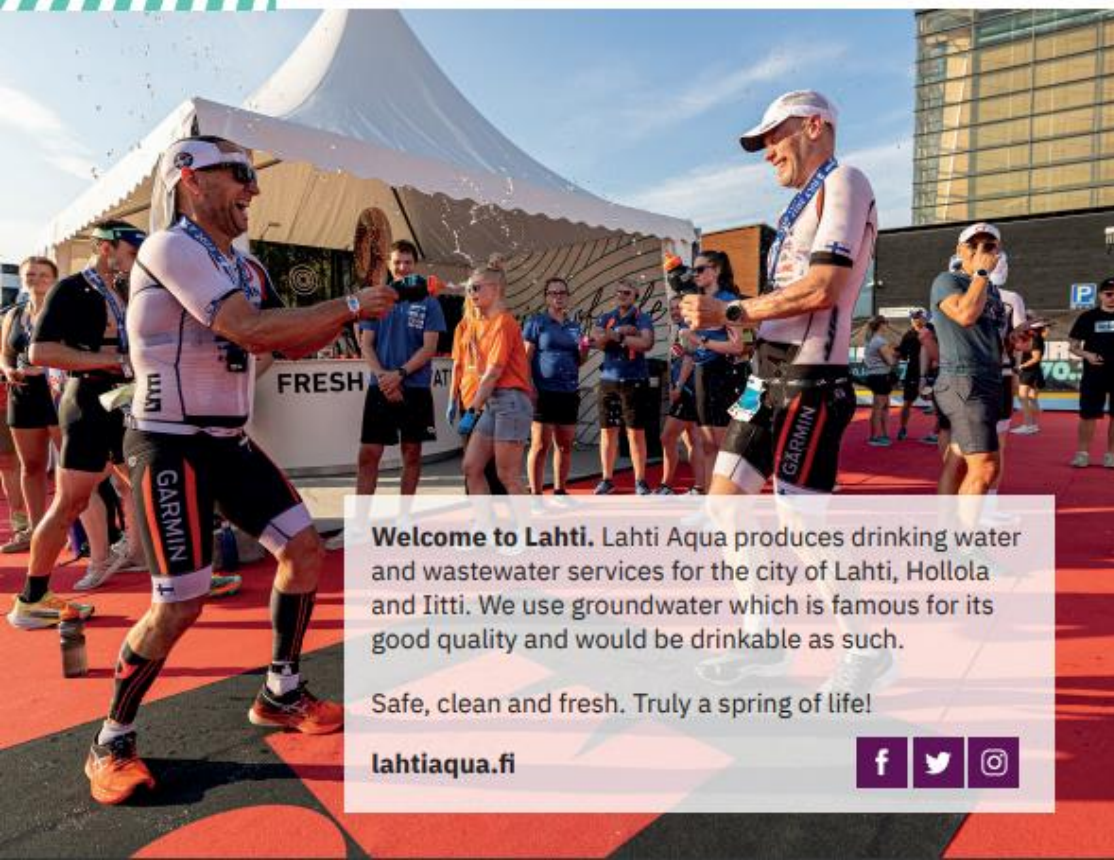
- **TIMING CHIP & BIB NUMBERS:** The cyclist will receive the timing chip at the end of the transition area during Bike check-in. The cyclist need to give the timing chip to the swimmer before starting the race. You have received two BIB numbers; one for the cyclist and one for the runner.
- **ON RACEDAY** When you enter the Transition area on Race day, please find the designated Relay area. You need to store all bags and racing gear (except for the bike) in this area. The box for discipline changes is next to the entrance/exit of Transition Zone.
- **DURING THE RACE** The athletes waiting for their turn, can access the Transition area by showing their wristbands.
- **YOU NEED TO BE READY** (fully clothed + BIB number attached) and waiting at the appointed Relay area in the Transition zone, until the previous athlete from the team arrives.
- **THE CYCLIST WILL GET THE BIKE** after having received the timing chip from the swimmer. After finishing the bike leg, the cyclist will return the bike to the bike rack before handing over the timing chip at the meeting point to the runner. During the race it is only the biker that runs through the transition area both before the bike course and after.
- **WHEN YOU ARE NOT RACING**, then try to stay within the designated Relay area. If you need to change clothing, please use the changing areas in the Transition area positioned by the bag racks. There will be enclosed areas where both male and female athletes can perform nude changing.
- **KEEP CUT-OFF TIMES** for each discipline in mind. Cut-off times are the same for relays as for Age Group athletes.
- **EACH TEAM MEMBER** receives a finisher t-shirt as well as one finisher medal at the finish line.
- **MEDAL ENGRAVING:** Please keep in mind that you need to purchase medal engraving for each medal (2 or 3 times) not just once for the team.
- **ALL TEAM MEMBERS are allowed to cross the finish line together. The Meeting point with the runner is about 100m before the finish line, under the crosswalk bridge.**



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FINISH LINE PARTY

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!

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety reasons.

AFTER-FINISH

1. The medal will be given to you just after the Finish Arch.
Medal engraving is available in the Athlete Village inside Sibelius Hall.
2. Then, pick up your Finisher T-shirt from the finish line area.
3. Enjoy a delicious pasta buffet and refuel after your achievement at the Athlete Village inside Sibelius Hall
4. Get back your STREET WEAR bag from Sibelius Hall.

CHECK-OUT

OPENING HOURS	DESCRIPTION	LOCATION
8pm – 1am	Check-out Bike and transition bags	Transition

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. **You must present your bib and athlete wristband at the check-out.**

Entrance of the Bike check-out is from RUN exit.

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 must comply by collecting your waste and must immediately apply a 5-minute penalty directly to the referee who issued it to you.



WASTE SORTING

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

ADVICE

Please use public transport 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. Lahti region is full of delicious food, so now is the time to enjoy it.



AWARDS CEREMONY

AWARDS CEREMONY - SUNDAY 2nd JULY

OPENING HOURS	DESCRIPTION	LOCATION
10am	Awards Ceremony	Sibelius Hall

- Trophy for the Top 3 of each age group category
- Trophy for the Top 1 Relay 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 2nd JULY

OPENING HOURS	DESCRIPTION	LOCATION
Directly after award ceremony	Slot Allocation	Sibelius Hall

SLOT ALLOCATION

IRONMAN 70.3 Lahti will allocate slots for the 2023 VinFast IRONMAN 70.3 World Championship in Lahti, Finland taking place on 26-27th August 2023:

- **100 QUALIFYING SLOTS FOR THE AGE GROUPS**
- **25 WOMEN 4 TRI SLOTS**

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

RULES

To accept a slot to the 2023 VinFast IRONMAN 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 €650 (EUR) + 9.25% Active fee

Shortly, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete.

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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The IRONKIDS Lahti is a festive race for children aged 3 to 12. No ranking or timing on this event. **Only fun.**

Schedule: Friday 30th June from 3pm

Start: Sibelius Hall event venue, on harbour side, next to 70.3 Finish line

REGISTRATION

Registration is possible online but also onsite if there are places left.

IRONKIDS REGISTRATION

CATEGORIES

3-6 years: 300 meters

7-8 years: 500 meters

9-10 years: 800 meters

11-12 years: 800 metres

IRONKIDS BIB COLLECTION

Thursday 29th June: 12pm - 6pm

Friday 30th June: 12pm - 3pm

Location: Sibelius Hall, 2nd floor

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

You can register and collect Race Packs for multiple children.

FINISH LINE AND EXIT

When they have crossed the finish line, the kids will receive their finisher medal and water/juice.

The parent/ guardian must be present at the finish line to collect the child.

Please be patient and don't push or shout as you are waiting to be reunited with your child. Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you.

We thank you for your patience and understanding, in the interest of all children participating in the event.



HEAD REFEREE'S MESSAGE

JAAKKO MATTILA
IRONMAN 70.3 Lahti
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 and the 2023 IRONMAN 70.3 Rules.

BLUE CARD

1 blue card: five-minute time penalty
2 blue cards: ten-minute time penalty
3 blue cards : DSQ
Penalty served in a penalty tent on the bike course
e.g. Drafting, littering

YELLOW CARD

30 second penalty served at the next penalty tent (BIKE COURSE)
30 second "stop and go" served next to the referee (RUN COURSE)
e.g. Blocking the progress of other athletes

RED CARD

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

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties.
DRAFTING and LITTERING are the only violations that will result in a BLUE CARD violation and an athlete will incur a time penalty (*drafting: to be served in the penalty tent on the bike course*).

YELLOW CARD

YELLOW CARD violations require an athlete to stop at penalty tent (bike course) or next to the referee (run course) for 30 seconds. IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

RED CARD

An athlete receiving a red card will be immediately disqualified.

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 70.3 2023 regulations and the particularities of the race in this athlete guide.

2023 COMPETITION RULES



IRONMAN COMPETITION RULES

IRONMAN 70.3 Lahti will be sanctioned by the rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage:

<https://www.ironman.com/competition-rules>

Triathlon Finland (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	5-minute Time Penalty	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	30 sec Time penalty if remedied, DSQ if not remedied promptly	
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 30sec 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 next 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 distractive 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	

GOOD TO KNOW

QUESTIONS?

Please send us a message by email to:
finland70.3@ironman.com.

LOST AND FOUND

During race week, lost and found items will be available **at the Info Point**. After the race, we have the lost and found point at the finish line at the prize ceremony and slot allocation.

Once the event is over, please contact finland70.3@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: 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.

If you are on site: You can go to the Medical Tent located at the finish line.

If you witness a **security incident**:
Please contact +358 50 400 8848 - security

If you witness an **accident or health problem**:
Please contact +358 50 351 3575 – medical

When contacting our Security and emergency hotlines, please:

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

HOW TO FOLLOW THE RACE?

GOING TO THE EVENT

The IRONMAN70.3 Lahti will bring together hundreds of athletes from the Lake of Vesijärvi to municipalities such as Hollola and Kärkölä.

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

Please note that for safety reasons, both for the spectators and the athletes, we ask you to be far on the side of the bike course.

IRONMAN.COM

On the IRONMAN.com 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 IRONMAN TRACKER

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

Features include live participant tracking, instant notifications, leader boards, 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 the average pace.
- **Live Leader board**: See who is winning via the Live Leader board. 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 the course. The position of each participant is estimated based on the most recent timing received from the bib read.

DOWNLOAD THE APP

FACEBOOK/INSTAGRAM

Make sure to follow us on our Social media pages: Facebook: IRONMAN Finland
Instagram – @ironmanfinland.





SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Lahti.

We will provide you with our «Foto-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.



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HAVE A GREAT RACE

