

9 DECEMBER 2023

IRONMAN[®] 70.3[®] TAUPŌ

ATHLETE INFORMATION GUIDE



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RACE DIRECTOR MESSAGE



Tēnā koutou, nau mai, haere mai

3 years in the making, we are pleased to welcome athletes back to IRONMAN 70.3 Taupō.

We are excited to roll out the 7th edition of this iconic event that kicks off an amazing 12 months of IRONMAN racing here in Taupō, New Zealand.

Whether this is your first IRONMAN 70.3 experience, or you're returning to Taupō once again, we look forward to celebrating your 2023 IRONMAN 70.3 journey here in Great Lake Taupō.

Taupō is the home of IRONMAN in New Zealand, which would not be possible without the support of the community of Taupō. Throughout your visit you will be supported by the locals that make this event like no other. Along with the phenomenal Taupō community, we acknowledge and thank our principal partners Taupō District Council and Tūwharetoa Māori Trust Board, who allow us access to the Great Lake Taupō and enthusiastically support the event.

Behind the scenes, a team of local directors all from Taupō lead an army of 600+ volunteers, supporting you every step towards proving #AnythingIsPossible. Their commitment ensures the event is a success each year.

We're excited to finally roll out some updates to the IRONMAN 70.3 Taupō course in 2023, with a new venue at Kaimanawa Reserve, a two-lap rolling bike course that brings you back to the heart of the action, and a lakefront run course that serves up pristine views across the Great Lake to the mighty maunga in the background.

As you enter the final weeks of preparation, please take the time to read this document carefully as it has all the information you need for a successful and safe race.

Remember to say a special thanks to the Volunteers and to your team of supporters, family and friends that have helped you throughout your journey to get you to Taupō.

We look forward to welcoming you to Taupō and seeing you on the start line on Saturday 9th December 2023.

Ngā mihi,



WAYNE REARDON

Race Director

RACE REFEREE MESSAGE



To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty tent, please observe the following:

- Ride on the left side of the bike lane
- Crossing the Centreline– do not cross the centreline at any time during the Cycle leg
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:

Blue card 5-minute penalties include:

- Drafting – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- Illegal pass – passing on the left
- Littering – discarding items, e.g. tyres, bottles, gel wrappers etc., this applies on any part of the course, except within designated litter zones near aid stations
- Passing more than one athlete - the athlete who is making the pass can only 'drop in' between other athletes if the distance between the athletes is more than the legal draft zone.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty tent.

Yellow card penalties to be served at the next penalty tent include:

- Blocking – riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes
- Helmet – failing to have your chin strap securely fastened when moving with your bike, this penalty will be served in transition

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:

- Offensive and unsportsmanlike behaviour
- Public personal toilet
- Outside assistance (from anyone other than a race official)
- Use of a device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However during the race the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets

Disqualification Process

- A technical official will advise you of your disqualification by blowing a whistle, calling your number, advising you of the nature of the infringement and showing you a red card
- Having been disqualified you have the option to continue in the race and protest the disqualification to the Head Referee after you finish the race. Note that you must signal your intention to protest within 15 minutes of finishing and complete the protest paperwork within 30 minutes of finishing

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

We sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN 70.3 goals.

Cathi Davey

Tri NZ Technical Delegate

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

RED BULL GIVES YOU WIIINGS. 

RACE RULES



The event is sanctioned by Triathlon New Zealand and raced under IRONMAN Race Rules.

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

RACE FINISH, TIMING, AND RESULTS

Section 2.05

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

- (i) Did not start (“DNS”) – Enters an Event but fails to start;
- (ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;
- (iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and
- (iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

Swim

Section 4.01 General

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

(g) Individual paddlers or escorts are prohibited; (DSQ)

Section 4.02 Wetsuit Rules

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

(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 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

(a) The bicycle shall be propelled solely, through a chainset, 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)

(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;

(h) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly); and

RUN

Section 6.01 General

(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);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

Continued over page..

RACE RULES



FINISH LINE

Section 6.03 Finish Line Conduct
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.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



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WELCOME MESSAGE



GREAT LAKE TAUPŌ
Taupō District Council

30 Tongariro Street, Taupō 3330
Private Bag 2005

Taupō 3352, New Zealand

ph: 07 376 0899

fax: 07 378 0118

www.taupo.govt.nz

Mayor David Trewavas Welcomes you to Taupō

It is my pleasure to welcome you, as one of the hundreds of incredible athletes descending on the IRONMAN 70.3 Taupō event in December!

The Taupō District is considered the events capital of New Zealand and I believe we can really live up to that name! Each year we welcome many competitors from a huge variety of sports to our district. We love to see all the support behind these events, not only from the participants but also the spectators, sponsors, and the volunteers.



IRONMAN brings people like yourself from all over the country and globe together for an epic challenge, and we hope you enjoy your time in our beautiful piece of paradise.

We love to welcome all our participants with our true Kiwi spirit; while we support you and your families as you train and participate in this amazing world championship event.

While you are here, we really hope you get the chance to get out and about to further explore our town, recent winner of the Supreme Towns & Cities Award, and the wider Taupō District. We are proud of our community; our beautiful lake and all the lovely spots around it. Make sure to take the time to go out into our awesome town if you can and explore the beauty that makes this place so special.

On behalf of our community, I extend a warm welcome to the participants, spectators, sponsors and volunteers. We wish you all the very best for IRONMAN 70.3 Taupō!

Ngā mihi

David J Trewavas JP
MAYOR

EVENT SCHEDULE



Event Schedule is up to date as at 07.11.2023 and is subject to change. View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

WEDNESDAY 6TH DECEMBER

Time	Event	Location
9:00 am – 6:00 pm	Performance Bicycle Tuning Service Centre	Kaimanawa Reserve

THURSDAY 7TH DECEMBER

Time	Event	Location
9:00 am – 6:00 pm	Performance Bicycle Tuning Service Centre	Kaimanawa Reserve
2:00 pm – 7:00 pm	Athlete Check-in Wetsuit checking (complete prior to check-in)	Main Marquee, Kaimanawa Reserve
2:00 pm – 7:00 pm	IRONMAN Merchandise Store	Merch Marquee, Kaimanawa Reserve
2:00 pm – 7:00 pm	Event Information	Kaimanawa Reserve
2:00 pm – 7:00 pm	Kids Fun Run Check-In	Event Info, Kaimanawa Reserve
2:00 pm – 6:00pm	Pre-Race Massage Service	Massage Marquee, Kaimanawa Reserve

FRIDAY 8TH DECEMBER

Time	Event	Location
7:00 am – 7:55 am	Kids Fun Run Check-in	Event Info, Kaimanawa Reserve
8:00am	Kids Fun Run Start	Kaimanawa Reserve
9:00 am – 10:00 am	AWA ATHLETES Priority check-in and wetsuit checking	Main Marquee, Kaimanawa Reserve
10:00 pm – 6:00 pm	Athlete Check-in Wetsuit checking (complete prior to check-in)	Main Marquee, Kaimanawa Reserve
9:00 am – 6:00 pm	IRONMAN Merchandise Store	Merch Marquee, Kaimanawa Reserve
9:00 am – 6:00 pm	Event Information	Kaimanawa Reserve
9:00 am – 6:00 pm	Sports and Lifestyle Expo	Kaimanawa Reserve
9:00 am – 6:00 pm	Performance Bicycle Tuning Service Centre	Kaimanawa Reserve
9:00 am – 6:30pm	Pre-Race Massage Service	Massage Marquee, Kaimanawa Reserve
9:00 am – 6:30pm	COMPULSORY Bike Racking	Transition, Kaimanawa Reserve
9:00 am – 6:30pm	COMPULSORY Timing chip collection	Transition Exit, Kaimanawa Reserve
11:00am & 1:00pm	Transition tour followed by Race Director Q&A	Transition, Kaimanawa Reserve
12:00 pm – 12:30 pm	Meet the IRONMAN 70.3 Professionals	Kaimanawa Reserve
3:00 pm	Professional athlete briefing	The Quality Inn, Rifle Range Road

EVENT SCHEDULE



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SATURDAY 9TH DECEMBER

Time	Event	Location
5:00 am – 6:00 pm	Transition open	Transition, Kaimanawa Reserve
5:00 am – 3:00 pm	Event information	Kaimanawa Reserve
6:00 am	Water open for warm-up	Lake Taupō, Opposite Tui Street
6:15 am	START: Pro male race start	Lake Taupō, Opposite Tui Street
6:18 am	START: Pro female race start	Lake Taupō, Opposite Tui Street
6:24 am	START: Age group and relay team rolling race start	Lake Taupō, Opposite Tui Street
8:00 am – 3:00 pm	IRONMAN Merchandise Store Pre-purchased medal engraving	Merchandise Marquee, Kaimanawa Reserve
8:00 am – 3:00 pm	Sports and Lifestyle Expo	Kaimanawa Reserve
12:30 pm – 6:00 pm	Bike Collection	Transition, Kaimanawa Reserve
1:00 pm – 4:00 pm	Athlete BBQ (athletes only)	Kaimanawa Reserve
4:30 pm	Awards Presentation	Kaimanawa Reserve
5:30 pm	ROLL DOWN 2024 Vinfast IRONMAN 70.3 World Champs Taupō	Kaimanawa Reserve





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TEAM BETTY
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ATHLETE CHECK LIST



PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with Event Schedule (know all check-in/drop off times).
- Pack photo ID in your luggage.
- Familiarise yourself with the course - it is your responsibility to know this on race day.

ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
- Familiarise yourself with road closures.
- Check-In and collect race kit.
- Rack bike
- Pack items for race day.

RACE DAY

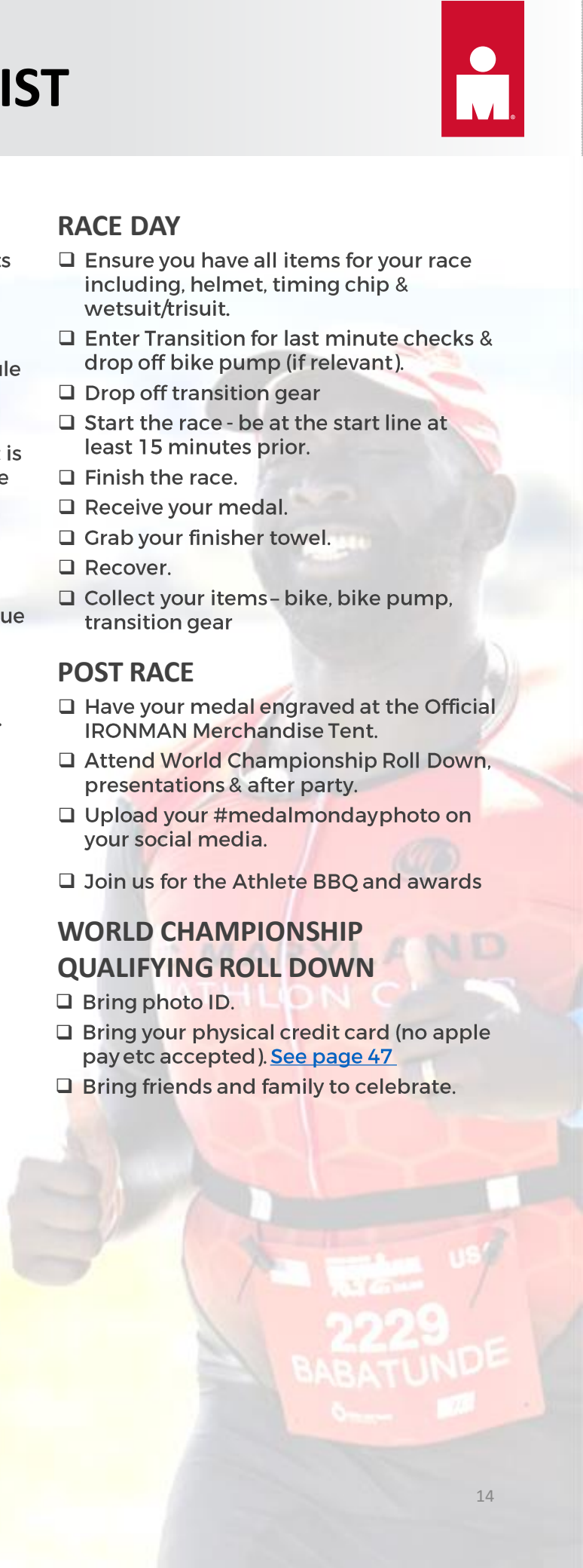
- Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.
- Enter Transition for last minute checks & drop off bike pump (if relevant).
- Drop off transition gear
- Start the race - be at the start line at least 15 minutes prior.
- Finish the race.
- Receive your medal.
- Grab your finisher towel.
- Recover.
- Collect your items - bike, bike pump, transition gear

POST RACE

- Have your medal engraved at the Official IRONMAN Merchandise Tent.
- Attend World Championship Roll Down, presentations & after party.
- Upload your #medalmondayphoto on your social media.
- Join us for the Athlete BBQ and awards

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring your physical credit card (no apple pay etc accepted). [See page 47](#)
- Bring friends and family to celebrate.





BECOME AN IRONMAN ALL WORLD ATHLETE

DEDICATION. PERFORMANCE. GLOBAL PRESTIGE.
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The All World Athlete (AWA) program rewards age-group athletes for their hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 events each year.

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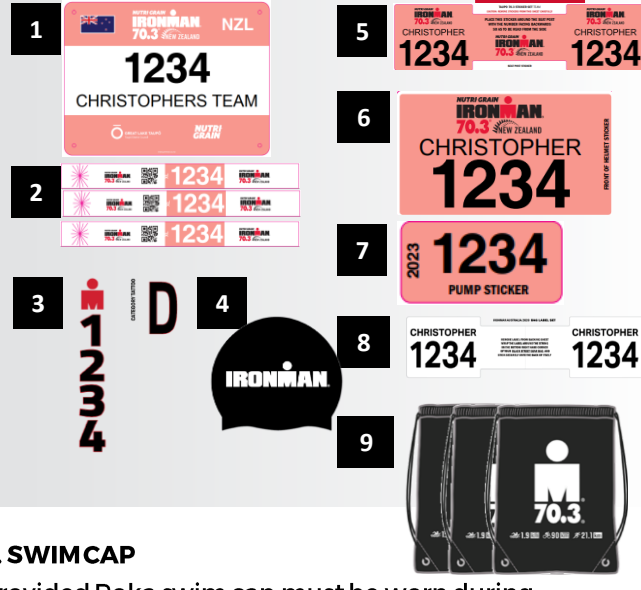
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VIEW BENEFITS AND LEARN MORE AT: [HTTPS://WWW.IRONMAN.COM/ALL-WORLD-ATHLETE](https://www.ironman.com/all-world-athlete)



LEARN MORE

RACE KIT



RACE KIT COLOURS

- Black - Pro male
- Silver - Pro female
- Red - Age group athletes
- Blue - Taupō local age group athletes
- Light red - Relay team athletes

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

Note: Timing Chips are to be collected during bike racking. For more information see [page 19](#)

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.

NO WRISTBAND = NO ACCESS.

3. TATTOOS

- Number Tattoo - Right bicep or forearm if tri-suit has sleeves.
- Category Tattoo - Left calf

Application:

Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

4. SWIMCAP

Provided Roka swim cap must be worn during swim leg. If wearing another cap, the Official cap must be worn on top.

Swim caps are latex – please contact event team if you have a latex allergy.

5. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

7. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

8. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your street gear bag and stick securely onto the back of itself.

9. STREET GEAR BAG

Place items required for post race (collected in the recovery area at finish line). Drop off race morning. Must use bag supplied.

RELAY TEAM INFORMATION



Please note the below information relates to Relay Teams and outlines specific team details and differences to the Individual race.

Teams must still read the complete AIG for all relevant information in addition to the below.

RACE KIT

Please refer to [page 16](#) to see all inclusions in your race kit.

Please note the team differences:

- Race bib Worn by the runner
- Number Tattoo Worn by runner
- Category Tattoo Worn by runner
- Helmet Sticker Worn by cyclist
- Athlete wristband - Each team member will receive their own wristband during check-in that must be worn.
- Street gear bag - Each team member will receive one

CHECK IN

Each team member will be required to attend Check-In.

The first team member to attend Check-In will receive the Race Kit (excluding wrist band). It is then the responsibility of the team member to distribute the race kit to the other team member/s. Each team member will collect their own street gear bag, t-shirt, and wristband.

It is recommended, where possible, all members of a Relay Team check-in together.

TRANSITION

Team members will meet at their bike and exchange the timing chip. Your timing chip is your relay baton.

It is recommended that all team members attend Transition either during racking or pre-race to ensure you are aware of your position and the transition flow.

During the race, team members will enter through the Teams Entry and meet their racing team member in the designated change-over area.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Teams Meeting Point' at the top of the finish line chute.

If only the runner proceeds down the finish line, they will be required to collect their Team Members' towel & medal.

V 4.0



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PRE RACE INFORMATION



ATHLETE CHECK-IN

All race kits will need to be collected during Athlete Check-In opening hours at Kaimanawa Reserve.

- Thursday 2 March 2:00 pm – 7:00 pm
 - Friday 3 March 10:00 am – 6:00 pm
- Please note, no packs will be posted out prior to the event.

What you will need to bring:

- Photo ID (driver's licence or passport)
- Registration QR code
- Wetsuit (must be checked by CHECK CLEAN DRY prior to entering athlete check-in)

Who can collect?:

Only the person registered can pick up their race kit at check-in.

Please note, it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from TriNZ and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

TIMING CHIP

Pick up: Upon exit during bike racking, Friday 3, 9:00am – 6:00pm

Hot tip: Place the timing chip somewhere safe after collection, e.g. with your helmet.

How to wear: Use provided strap to attach to left ankle

Drop off: Timing chips will be collected after the finish arch and prior to entering Recovery.

Lost during race: If you lose your timing chip during the race, inform Event Staff within transition, so that timing providers can do their best to replace the chip.

Drop out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member. If unable to reach a staff member, you must call or text drop out clerk 021 072 7258

Lost timing chips: If your timing chip is not returned or is lost, you will be charged \$150NZD for a replacement.



PRE RACE INFORMATION



MASSAGE

Pre and post race massage therapy will be available from Thursday 7th Dec – Saturday 9th Dec. View the Event Schedule ([page 9](#)) for times and location.

This is a paid service and no advance bookings.

BIKE MECHANICS

Bike mechanics will be available Friday 8th December, to offer minor mechanic services. This is a paid service and athletes are responsible for the cost included.

A limited 'emergency service' will be available on race morning at transition for all athletes.

Bike course information on [page 40](#) for more information.

RACE DIRECTOR Q & A

Transition tours are followed by a Race Director Q&A, it is your opportunity to ask any last-minute questions and pick our Race Director's brain. A great opportunity for both seasoned triathletes or first timers.

Friday 8th Dec 11:00 am

Friday 8th Dec 1:00 pm

All tours and Q&As will take place in Transition at Kaimanawa Reserve



ENERGY | HYDRATION | RECOVERY

**PUNISH LUNGS
NOT TONGUES**

WWW.HIGHFIVENUTRITION.COM.AU



PRE RACE INFORMATION



PRE-RACE TRAINING

Ensure you are always aware of and obey the New Zealand road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore, we ask you to be cautious at all times and courteous to the local community.

Swim Course

- **Keep inside the buoys:** Please keep inside the 200m red and white marker buoys, as it is an authorised boating and jet-ski lane on the outside of the buoys.
- **Avoid golf balls:** It can be dangerous to swim unwittingly into the Hole-In-One golf activity, and you should wear a brightly coloured swim cap at all times.

Bike Course

- **ETA (East Taupō Arterial) Bypass:** We do not recommend that you ride on the ETA Bypass. It carries high volume of traffic including a high number of trucks and heavy transport. We have erected a number of safety signs along Broadlands Rd as a reminder.
- **Single file:** Cyclists should ride in single file on the course at all times.
- **Be visible:** Please ensure you are easily visible to motorists by wearing high-vis jackets or bright coloured cycle clothing. Avoid dark colours that blend with the vegetation and are not easily visible.

Run Course

- **Stay on the paths:** Please run on the paths where possible and be courteous to other users.

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CHECK, CLEAN, DRY



WETSUIT CHECK

There is currently a Biosecurity Alert in the central North Island for the unwanted invasive species of freshwater gold clam. These clams have been found in the Waikato River, and threaten to spread throughout other freshwater waterways, including Great Lake Taupō.

In order to minimize the risk of this spread, in consult with the Department of Conservation, we ask all our athletes to complete an increased Check, Clean and Dry process for your wetsuits before arriving in Taupō.

All athletes must bring their wetsuit to athlete check-in to be checked by the Department of Conservation prior to check-in.

For all wetsuits entering Great Lake Taupō, you will need to:

- **CHECK:** Look over your wetsuit and remove any visible matter (algae, leaves, mud, clams).
- **CLEAN:** Submerge and wash the wetsuit in hot water for a minimum of 5 minutes. The water temperature needs to be a minimum of 55 degrees celsius, which is the hottest temperature that will come out of your hot water tap on your sink.
 - We recommend filling your sink with hot water, before fully submerging the wetsuit in the hot water and leaving for 5 minutes.
- **DRY:** Leave your wetsuit to dry inside and out for 48 hours.

ALL WETSUITS will need to be checked by the DOC team at athlete check-in on either Thursday or Friday before you'll be allowed to pick up your race kit, so please bring your washed wetsuit along with you for checking and tagging.

If you do not complete the Check, Clean and Dry process, you will not be allowed to check-in or start the race.

We thank you in advance for your cooperation with this task, as we hope to keep Great Lake Taupō clean, clear and pest free for many more generations to enjoy.

If training in Lake Taupō prior to athlete check-in, please use the below guide to determine if you need to disinfect your gear.

For instructions see www.biosecurity.govt.nz/check-clean-dry

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RACE DAY INFORMATION



CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim - 1 hour 10mins from athlete's individual start time. Course is closed 1 hour 10 minutes after the last athlete enters the water.

Bike - 5 hours 30 mins from athlete's individual start time (times below based on last athlete in water)

- Start of 2nd lap, 10:20am
- 2nd turn at White Road, 11:34am

Run - 8 hours 30 minutes from athlete's individual start time (times below based on last athlete in water)

- Start of 2nd lap, 1:30pm
- Start of 3rd lap, 2:17pm
- Course closed, 3:30pm

Should an athlete fail to meet their individual race leg cut off time, they will be listed as not classified (NC) and not be ineligible for any awards or world championship slots. Should an athlete fail to meet the course closure times (based on the final athlete in the water), they will be listed as a DNF.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and/or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed at [insert link](#) to maps. Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. International athletes are strongly advised to have adequate travel or personal insurance for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

New Zealand's Accident Compensation Corporation scheme provides cover for everyone in New Zealand, including visitors, but it does not cover all possible medical and hospital expenses, nor any loss of earnings. ACC only covers treatment and rehabilitation costs while you are in New Zealand; it is not a replacement for travel insurance and does not cover illness, disrupted travel plans, property or emergency travel to get you back home.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

RACE DAY INFORMATION



FINISH LINE PHOTO

Sportograf is the official event photographer.

How to get your best photos:

- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery

Your personal race photos will be available within 24-48hrs after the race at www.Sportograf.com

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finishers medal and towel.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Street gear bag collection
- Recovery food/drink
- Massage
- Medical support (if required)

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.



Scan or click to log lost property

<https://www.ironman.com/im703-taupo> THE POST FINISH RECOVERY AREA WILL OFFER:

- Water & electrolytes
- Red Bull
- Fresh fruit
- Assorted hot and cold options
- Gluten free options available upon request

POST-RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Oceania App
- <https://www.ironman.com/im703-taupo>
- Finishers Certificate - www.multisportaustralia.com.au

MEDAL ENGRAVING

Medal engraving is available at the IRONMAN Merchandise store. View the Event Schedule ([page 9](#)) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected to the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information at Kaimanawa Reserve. View the Event Schedule ([page 9](#)) for times and location.

Please note: No responsibility or liability is taken by the Race Organisers for lost property. No clothing or food items are kept after the event, these are disposed of or donated at the close of Event Information (Saturday 3:30pm)

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact us on taupo70.3@ironman.com / +64 9 601 9590 or log your lost item using the QR ²⁵ code on this page.

MEDICAL & HEALTH INFORMATION



Your safety is our primary concern. The medical/first-aid team will be staffing the medical facilities at

- Athlete check-in/recovery at Kaimanawa Reserve
- Roaming first aid team on course

Medical resources will also be available while you are out on course.

- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point of the day, we urge you to seek help rather than continue. You will not be disqualified for receiving a medical evaluation.
- **DO NOT BE AFRAID TO ASK FOR HELP.** If at any time during the race you experience chest pain or discomfort, shortness of breath, or light-headedness (dizziness), please stop immediately and seek medical attention:
 - **During the swim** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling “help.” You can also grab onto a kayak, paddle board or nearby boat.
 - **During the bike**, if you are not at or near an aid station – STOP – let someone know you need help. Anyone can help - another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.
 - **During the run**, same as the bike. If you are not at or near an aid station – STOP – let someone know you need help. Anyone can help - another athlete, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number for faster assistance.
 - **After you have finished** the race, please do not leave the post-race area until you are reasonably certain you are ok and are able to drink without vomiting and stand without dizziness. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

BAG DROP / COLLECTION



STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at recovery. You must use the IRONMAN 70.3 drawstring bag provided to you during athlete check-in as your street gear bag. No other bag will be accepted.

Please ensure that you have the gear bag sticker (provided in your race kit) clearly stuck to the bottom of the handle.

Bag drop will be open race morning at the recovery tent, with a second option between transition and the start line, it will then be transported to the finish line, to be collected from the recovery tent.

Examples of items to Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear
- *Please do not place any valuables in your bag.*

TRANSITION

Bags, tubs, or similar are not permitted in IRONMAN 70.3 transition.

DROP OFF RACE MORNING	
STREET GEAR BAG	Drop in recovery (at the finish line) or street gear bag truck at swim start Saturday 9 December, 5:00am – 6:10 am
	Street gear bag will meet you at the finish line in recovery
	Collect immediately post-race from recovery area <i>There is no access during race after exiting recovery</i>
BIKE PUMPS	Drop at bike pump area in transition after pumping tyres before race start Saturday 9 December, 5:00am – 6:10 am
	Collect from transition - No access during race
	Saturday 9 December, 12.30pm – 6:00pm





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TRANSITION



PRE-RACE

RACE DIRECTOR Q&A AND TRANSITION TOURS

The transition tour will be followed by a Q&A with IRONMAN New Zealand's Race Director, to ask any questions you might have and to receive a great overview of the event.

Tours take approximately 20 minutes and will include:

- Flow of transition
- Entry/exit points
- Suggested setup.

Friday 8th Dec 11:00 am

Friday 8th Dec 1:00 pm

All tours and Q&As will take place in Transition at Kaimanawa Reserve

HELMETS

No helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

BIKE RACKING

Friday 8th December 9:00am – 6:30pm

Prior to Entry:

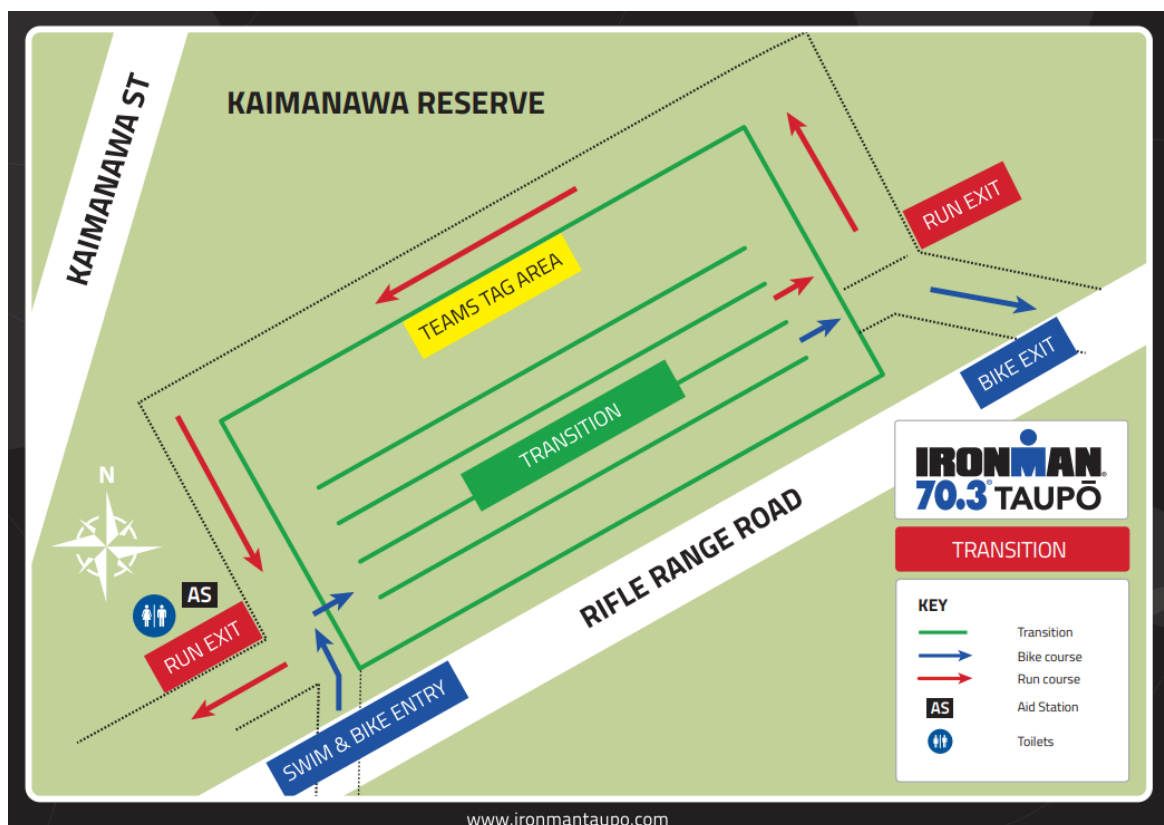
- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:

- You, the athlete are responsible for your bike being in safe working order
- We recommend checking:
 - End plugs on handlebars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules

How to rack your bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).



TRANSITION



RACE DAY

HELMET CHECK

Triathlon New Zealand officials will be conducting compulsory helmet checks as you enter the Transition area **on race morning**. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Competitors are responsible for ensuring that their bike helmet is in a safe working order prior to presenting it at Transition. See [IRONMAN Rules](#).

BIKE PUMPS

Bike pump drop off will be available on race morning within transition and they can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps that are not collected during bike collection times will be donated.

GEAR CHECK

All items required for your bike and run legs will be set up on race morning at your bike. No transition bags are provided or to be used for this event. Please note, no bags/tubs are to be used or left in transition. Bags/tubs left in transition will be removed.

POST-RACE

BIKE COLLECTION

View the Event Schedule on [page 9](#) for collection times. Ensure you are aware of the closing time as after this time Transition will become unsecure.

When collecting your bike, please ensure all transition items and bike pumps are collected at the same time.



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AID STATIONS



PRE-SWIM

- Glasses & inhalers drop table (collection at swim exit)
- Water

TRANSITION AID STATION

(Swim to Bike & Bike to Run)

Transition aid station will offer:

- Water
- Gatorade (Lemon-Lime)
- Maurten Gels (caffeinated and non-caffeinated)
- High 5 bars
- Vaseline
- Sunblock
- Toilets

BIKE AID STATIONS

In New Zealand we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

Aid Station Locations:

The Bike Course has 3 aid stations per lap located approximately 18km apart.

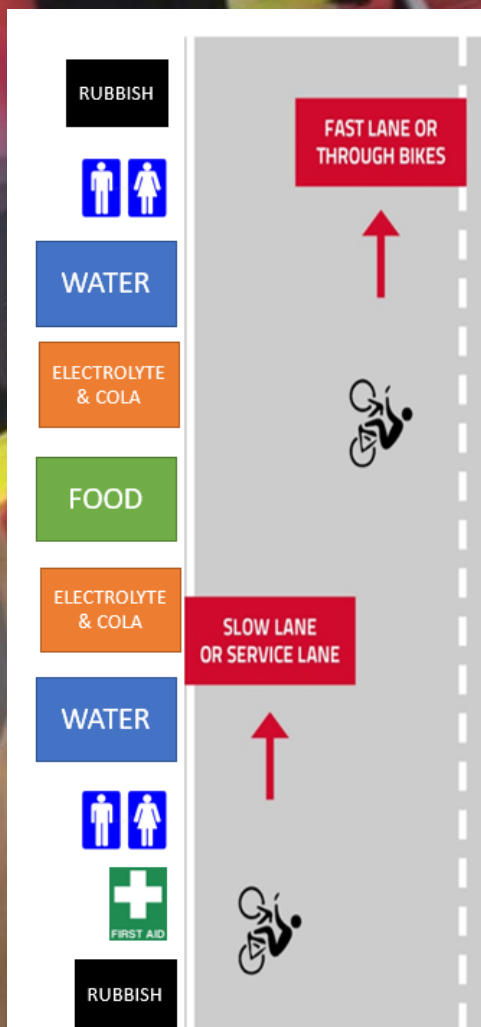
- B1 - 16km/61km - Broadlands Road
- B2 - 30.5km/75.5km - Wairakei Estate
- B3 - 46km (2nd lap only) - after turn around

Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station, please stay to the right of the roadway. Volunteers will call out what they are offering. Please politely advise them by calling out your needs.

Bike aid station will offer:

- Water
- Gatorade (Lemon-Lime)
- Maurten Gels (caffeinated and non-caffeinated)
- High 5 bars
- Bananas
- Coca-Cola
- Vaseline
- Sunblock
- Toilets



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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AID STATIONS



RUN AID STATIONS

The Run Course has 4 aid stations per lap located approximately 2.5km apart.

- R1 - Aid Station
- R2 - Hydration Station
- R3 - Aid Station
- R4 - Hydration Station
- Red Bull Energy Station

Run hydration station will offer:

Water
Gatorade
Coca-Cola

Run aid station will offer:

Water
Gatorade (Lemon-Lime)
Maurten Gels (caffeinated and non-caffeinated)
High 5 bars
Coca-Cola
Bananas
Vaseline
Sunscreen
Toilets

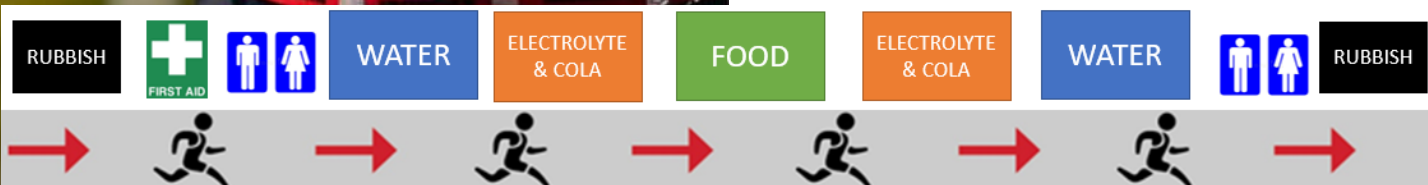
Process:

Aid Stations 1, 2 and 3 - keep right when approaching the aid station. If you do not require any product, please stay to the left.

Aid Station 4 - keep left when approaching this aid station. If you do not require any product, please stay to the right.

DISCARD DROP ZONES

Please discard any unwanted items after the discard zone start sign and before the discard zone finish sign. Anything discarded outside this area will be penalised.





ROKA

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- Paul, Seattle, WA

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ROKA

SWIM COURSE 1.9km



CUTOFFS

Athletes will need to complete their swim in **1 hours 10mins**, athletes who record over this time will be recorded as NC (not classified).

Please see [page 24](#) course cut-offs for more information

PC/ID ATHLETE SWIM START

If you are a PC/ID athlete and require support, please contact us at taupo70.3@ironman.com or on +64 9 601 9590 before race week.

Rolling start

View the Event Schedule ([page 9](#)) for start times.

The IRONMAN 70.3 is a rolling start for all athletes including relay team swimmers. This is self-seeded based on the below guide

- Zone 1. Under 33 minutes
- Zone 2. Between 33 – 37 minutes
- Zone 3. Between 37 – 42 minutes
- Zone 4. Over 42 minutes

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

Athletes have selected their swim zone during registration. If you wish to change zone speak with the Volunteers / Event Staff at Athlete Check-In.

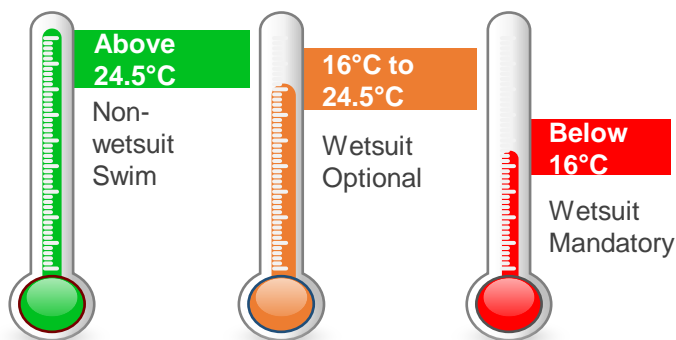
At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off.

WETSUIT RULING



- **Below 16° Celsius:** Wetsuits mandatory
- **16° - 24.5° Celsius:** Wetsuits optional
- **Above 24.5° Celsius:** Non-wetsuit swim
- A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Friday from 11 am. The official wetsuit ruling will be announced race morning by the commentary team.
- See Race Rules on [pages 6-7](#) for more information.
- **Please note, the water temperature of Lake Taupō in December is expected to be below 18°, and therefore wetsuits are always recommended even if they are not ruled as mandatory.**
- *Professional athlete wetsuit ruling varies to the above. The below ranges are for professional athletes only.*
 - *Below 16° Celsius: Wetsuits mandatory*
 - *16° - 21.9° Celsius: Wetsuits optional*
 - *Above 21.9° Celsius: Non-wetsuit swim*

SWIM CAPS

All Roka swim caps provided will be latex based. If you have a latex allergy, please contact us at taupo70.3@ironman.com or +64 9 6019590.

COLOURS

Para-triathlete	Orange
AWA	Powder Blue
Zone 1	Under 33 mins Pearly Pink
Zone 2	33 mins – 37 mins Blue
Zone 3	37 mins – 41 mins Neon Green
Zone 4	Over 42 mins Violet

ROKA

SWIM COURSE 1.9km



SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety, please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Click [here](#) to download the map and view a summary of the Swim Course.

TRANSITION PROCEDURE

At the swim exit, you will pass through a timing chute, run up to transition via Lake Terrace and Rifle Range Rd and enter transition.

You will complete transition at your bike.



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2x IRONMAN CHAMPION

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BIKE COURSE 90km



CUT OFF

Athletes will need to complete their bike in **5 hours 30mins** from their individual swim start, athletes who record over this time will be recorded as NC (not classified).

Please see [page 24](#) course cut-offs for more information

TRAFFIC

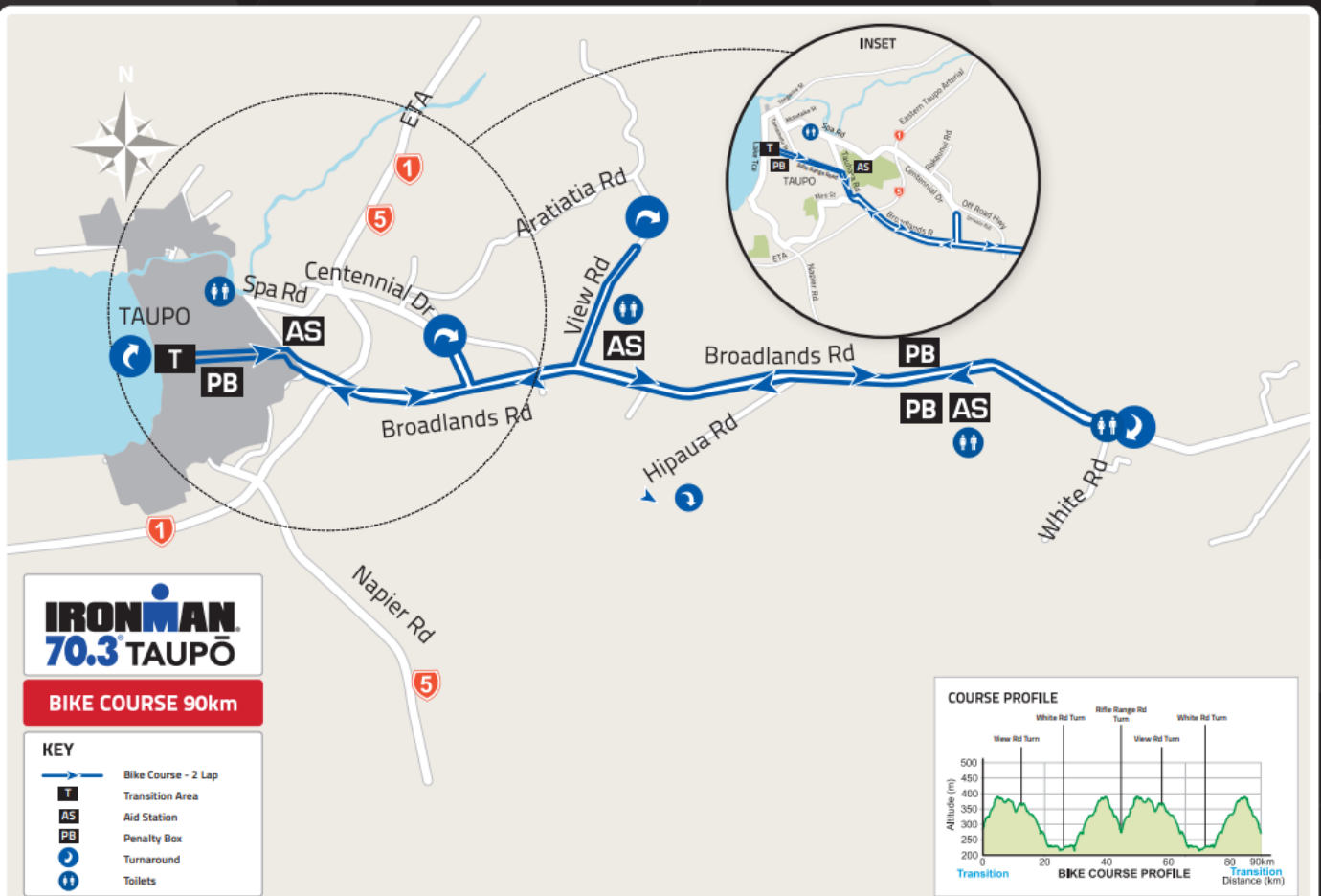
Event vehicles and personal vehicles/motorbikes will be out on course during the event.

Click [here](#) to download the map and view a summary of the Bike Course.

TRANSITION PROCEDURE

As you dismount your bike in the bike finish chute, you are responsible for taking your bike to your numbered rack within Transition and racking the bike up correctly. Your helmet must remain on and secured until your bike is racked. Failure to do so may result in disqualification.

Equip yourself for the run leg at your allocated bike rack location. Upon exiting Transition, athletes will pass the Transition Aid Station before heading north onto the run course.



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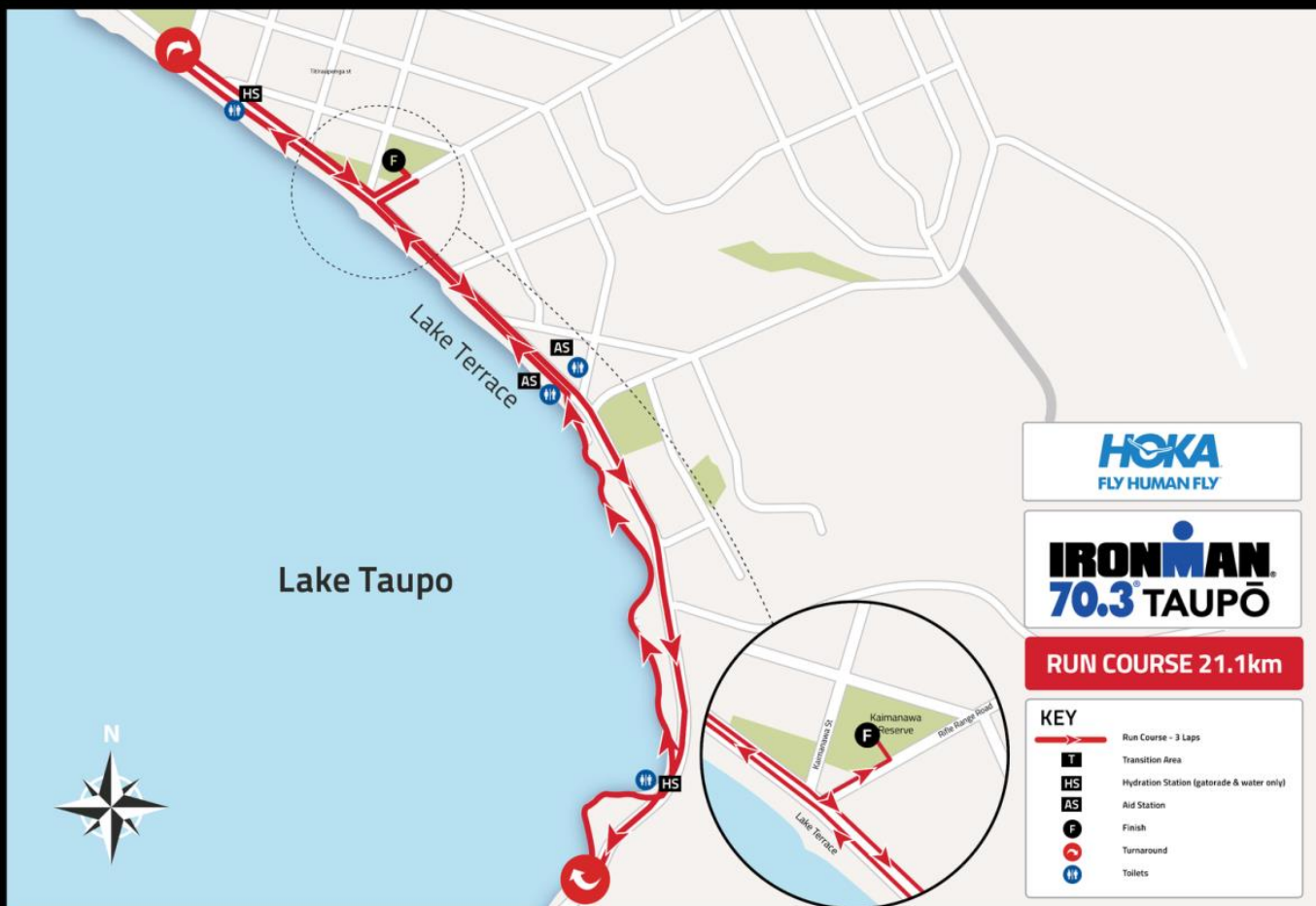
HOKA RUN COURSE 21.1km



CUT OFF

Athletes will need to complete their run in **8 hours 30 minutes** from their individual swim start, athletes who record over this time will be recorded as NC (not classified).

Click [here](#) to download the map and view a summary of the Run Course.



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PRESENTATIONS



ATHLETE BBQ

Celebrate an awesome day on course with a classic Kiwi Barbie (barbeque) at Kaimanawa Reserve. Refuel with a free burger and beverage on entry, spectators are invited to enjoy food and beverage from alternative food vendors on site.

Saturday 9th December 1:00 pm – 4:00 pm

AWARDS

All awards will be presented at the Awards Ceremony Saturday 9 December, 4:30pm at Kaimanawa Reserve.

Awards include:

- Age Group - each age group will be awarded 1st – 3rd place trophies
- Teams – mixed, female and male teams will be awarded 1st – 3rd place trophies
- TriClub Podium Awards (across IRONMAN and IRONMAN 70.3, presented Sunday 5 March 12pm)

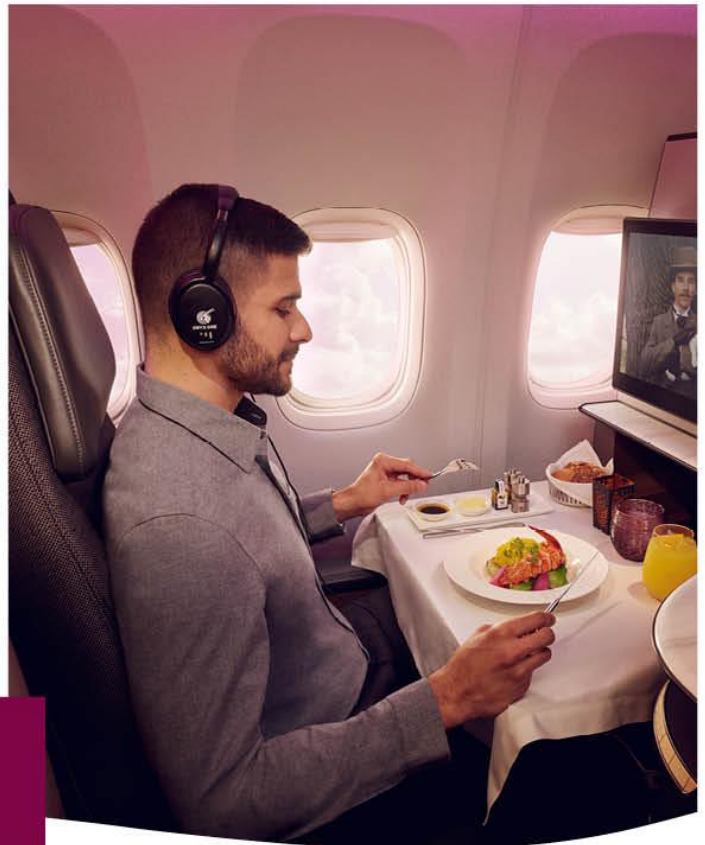


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GOING PLACES TOGETHER

WORLD CHAMPIONSHIP QUALIFICATION (ROLLDOWN)



View the event schedule ([page 9](#)) for time and location.

QUALIFYING SLOTS

The 2023 IRONMAN 70.3 Taupō will have 75 Age Group qualifying spots and an additional 15 women slots to the 2024 IRONMAN 70.3 World Championship held in Taupō, New Zealand 14-15 December 2024.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

PAYMENT:

Cost: USD \$780.00

- Credit card only (no amex, diners or cash payment)
- Physical card including full card number, expiry date and cvv must be available (no Apple pay or digital card accepted)
- Only one card accepted (split payment will not be accepted)

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group *within a particular gender*. For example, “Male 25-29” is one Age Group, and “Female 25-29” is a *different* Age Group.

THE ALLOCATION PROCESS:

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 allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories

AFTER THE RACE:

• Before Rolldown:

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 Rolldown:

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 ITU 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 have 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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ADDITIONAL INFORMATION



VOLUNTEERS

#AnythingIsPossible is only possible because of the amazing volunteers who check athletes in, line the streets, and welcome you at the finish line. Take a moment to thank them on your journey, they are here to make your dream come true.

For any supporters or spectators wanting to join the volunteer troops, register on Rosterfy using the link below.

[REGISTER TO VOLUNTEER](#)

OFFICIAL EVENT APP

The IRONMAN Oceania app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!



IRONMAN LIVE

A static camera will be available at the finish line from the first finisher to the last. You can find IRONMAN Live on the top left-hand corner of the webpage www.ironman.com and the event name will appear. Alternatively, you can visit Event Information onsite if you need assistance.

GET SOCIAL



[IRONMAN 70.3 Taupō](#)



[@IRONMANNZ](#)

[#IM703Taupō](#)

WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

ADDITIONAL EVENTS

- Taupō Kids Fun Run
- Athlete BBQ

If you have any further questions, please don't hesitate to contact us at taupo70.3@ironman.com or via 09 601 9890. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,
IRONMAN 70.3 Taupō Team



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



F O T O
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