



HAMBURG • 4<sup>th</sup> JUNE 2023

3.8KM SWIM • 180KM BIKE • 42.2KM RUN

ironman\_germany IRONMAN Germany



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# WILLKOMMEN

Dear athletes

"I was told that one day you have to do an IRONMAN race in Germany and experience the amazing German crowd" - Chelsea Sodaro after her second place at the IRONMAN European Championship Hamburg 2022.

With these words I would like to welcome you on behalf of the whole team to the 6th edition of the IRONMAN European Championship Hamburg in 2023. The fact to have been the first sold out IRONMAN event in 2023 and to welcome athletes from over 80 nations to Hamburg, the gateway to the world, makes us super happy and proud, and we are even more excited to celebrate each\*of you and to carry you together with the fantastic fans over the finish line at the Hamburg Rathausmarkt.

Characterized by the Alster and the harbor, the Hanseatic city will inspire you with its maritime flair. The course combines Hamburg's most famous sights with a record-breaking fast course. From the impressive swim start at the Jungfernstieg we will take you on the fast bike course along the Speicherstadt and Reeperbahn to the dike sheep in the Hamburg countryside, before returning to the picturesque run course along the Alster. At the end we are happy to welcome you on the finish line in front of the famous Hamburg City Hall with the words "You are an IRONMAN".

All this would not be possible without the countless helpers as well as partners and service providers and last but not least the will of Active City Hamburg. Therefore, we are especially happy to be able to count on the support of everyone in these partly unpredictable times.

The IRONMAN Hamburg Team is looking forward to you and wishes you a successful race!

Sporty greetings,

**Konrad Straube**  
Race Director



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## TOP 5 SIGHTS

### ELBPILHARMONIE AND SPEICHERSTADT

The Elbphilharmonie has been one of Hamburg's landmarks since 2016. The concert hall is a top attraction of the city and is located directly on the Elbe in Hafencity.

A visit to the Speicherstadt is also a must during a visit to Hamburg. Since 2015, the warehouse complex is a UNESCO World Heritage Site and offers a variety of attractions, ranging from a visit to the Miniature Wonderland to a visit to the Spice Museum.

### REEPERBAHN

Located in the middle of the St. Pauli district, the Reeperbahn is the central street of Hamburg's red-light district. For night owls, the street offers gastronomy, bars and theaters, as well as discos and nightclubs.

### LANDUNGSBRÜCKEN

Directly on the Elbe between Niederhafen and the fish market in St. Pauli are the Landungsbrücken of the city of Hamburg. The Landungsbrücken serve passenger ships as a landing stage and thus represent an important traffic junction.

### AUßENALSTER

The heart of Hamburg is the Outer Alster, which is used for round and inland boat trips. Adjacent attractions and walks around the body of water are also very popular.

### HAMBURG OLD TOWN

Hamburg's old town offers various sights on 1.3 square kilometers. In addition to Hamburg's three main churches and the city hall, various shopping miles and art museums are also part of the city center.



## CHECK LIST

### PRE-RACE

- Directions to :
  - Registration / official shop
  - Athlete check-In
  - Race start Race finish
- Photo I.D.
- Valid triathlon license or day pass
  
- Bike adjustment
- Study the race courses
- Plan and test your nutrition
- 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
- Lip balm
- Hair ties
- Your good mood :)



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Bild 1, 3, 4, 5: Mediaserver Hamburg / ThisIsJulia Photography

Bild 2: Mediaserver Hamburg / Konstantin Beck

# TIMELINE

## IRONMAN European Championship Hamburg 2023

### THURSDAY 1<sup>st</sup> June

TIME	DESCRIPTION	LOCATION
10:00am – 06:00pm	Registration IRONMAN	Rathausmarkt
10:00am– 06:00pm	IRONMAN Merchandise & Expo	Rathausmarkt

### FRIDAY 2<sup>nd</sup> June

TIME	DESCRIPTION	LOCATION
10:00am - 06:00pm	Registration IRONMAN	Rathausmarkt
10:00am - 06:00pm	IRONMAN Merchandise & Expo	Rathausmarkt
01:00pm – 01:45pm	Pre-race Briefing Pro-Athletes	Scandic Emporio Hotel
03:00pm - 03:45pm	Pre-race Briefing English + Q&A	Rathausmarkt
04:30pm – 05:15pm	Pre-race Briefing German + Q&A	Rathausmarkt

### SATURDAY 3<sup>rd</sup> June

TIME	DESCRIPTION	LOCATION
10:00am - 02:00pm	Registration IRONMAN	Rathausmarkt
10:00am - 06:00pm	IRONMAN Merchandise & Expo	Rathausmarkt
10:00am - 02:00pm	Test swim Binnenalster	Lombardsbrücke/ next to Ballindamm

### SATURDAY 3<sup>rd</sup> June (Continued)

TIME	DESCRIPTION	LOCATION
12:30pm – 01:30pm	Public Press talk PRO Athletes	Rathausmarkt
02:00pm - 07:00pm	Check-In Transition zone	Alstertor/ Ballindamm

### SUNDAY 4<sup>th</sup> June (RACE DAY)

TIME	DESCRIPTION	LOCATION
05:00am – 06:15am	Transition zone opened	Alstertor/ Ballindamm
<b>06:15am</b>	<b>Start IRONMAN 2023</b>	<b>Jungfernstieg</b>
06:15am	Start PRO-Athletes	Jungefernstieg
06:20am – 07:30am	Start Age-Group Athletes/ Rolling Start	Jungfernstieg
10.00am – 06:00pm	IRONMAN Merchandise & Expo	Rathausmarkt
Approx. 02:00pm	First Athlete in Finish	Rathausmarkt
05:15pm – 00:00am	Check-Out Transition Zone	Alstertor/ Ballindamm
11:00pm	Finish	Rathausmarkt

### MONDAY 5<sup>th</sup> June

TIME	DESCRIPTION	LOCATION
08:45am – 12:00pm	Awards Banquet	Handelskammer
09:30am – 10:15am	Awards Ceremony	Handelskammer
10:30am – 12:00pm	Slot Allocation IRONMAN World Championship Hawaii/Nice 2023	Handelskammer



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\*Only for athletes.



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## LOCATION MAP & INFO



### SPORTEXPO

The SportExpo of the IRONMAN European Championship Hamburg is located at the Rathausmarkt.

Opening hours: Thursday through Sunday, 10 a.m. - 6 p.m.

### MERCHANDISE STORE

The merchandise articles of the IRONMAN Hamburg are available in the merchandise store at the Rathausmarkt.

Opening hours: Thursday to Sunday, 10 a.m. - 6 p.m.

### INFOPOINT

During the days of the event, the following two Infopoints will be available as contact points for assistance of any kind:

Infopoint Rathausmarkt at the Sportexpo:  
Thurs. - Sun. 10:00 a.m. - 6:00 p.m. each day

Infopoint Reesendammbrücke (between transition area and swim start):  
Sat. 00:20 p.m. - 07:00 p.m. and Sun. 05:00 a.m. - 09:00 p.m.

### TEST SWIM

The official test swim will take place on Saturday, 03.06. between 10:00 - 14:00 o'clock within the area secured by lifeboats on the bank Lombardsbrücke/ corner Ballindamm.

- Please note that outside the marked area the regular shipping traffic on the Alster takes place.
- The instructions of the rescue forces must be followed.
- Access to the Alster is only allowed via the official entrance at the test swim at the shore Lombardsbrücke.
- Swimming in the Alster outside the times and the marked area is strictly prohibited!

### TRAFFIC ADVISORY

There are no official parking spaces available around the event site.

We therefore recommend arriving by public transport.

You can take the S-Bahn S1, S2, S3 or the U-Bahn U1, U2, U4 directly to Jungfernstieg.

Further traffic information can be found at:

<https://www.ironman.com/im-hamburg-travel>.

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- 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](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)





## REGISTRATION

### LICENSE

If an athlete is not a member of a national triathlon federation, the athlete has to buy a day license. The day license is available for **30,00€** at the license control at the **entrance of the registration**. The day license can only be paid in **cash!**

There is also the possibility to buy the day license online via your Active account until **28.05.2023** at the latest.

### PLEASE NOTE

Please note that race numbers for this run will not be assigned in advance, but in the order of appearance on site at the collection of the starting documents.

- AWA Gold and Silver athletes, Nirvana and TriClub Pole Position will retain their privileges.
- All athletes must wear official race bibs, which will be issued at athlete check-in. This includes the official swim cap, wristband, bike stickers, bib number and timing chip.

**Failure to do so will result in disqualification.**

**ALL ATHLETES MUST HAVE REGISTERED BEFORE  
SATURDAY, 3<sup>rd</sup> June, 02:00 p.m.  
NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.**

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

## REGISTRATION

### REMINDER FOR REGISTRATION

DATE	HOURS	LOCATION
1 <sup>st</sup> June	10.00 a.m. – 06:00 p.m.	Rathausmarkt
2 <sup>nd</sup> June	10.00 a.m. – 06:00 p.m.	Rathausmarkt
3 <sup>rd</sup> June	10.00 a.m. – 02:00 p.m.	Rathausmarkt



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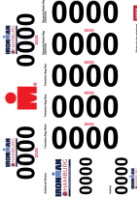



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- During the race week you will receive an email with a QR code. Print it out or save it on your smartphone and show it at registration.
- Pick up your race number and package upon presentation of your **ID card**.
- A athlete-wristband will be provided for you. You will be asked to put it on immediately and wear it at least until you pick up your bike and change bags after the race or until the Award Banquet (if you participate).
- Fill in the personal information on the back of the race number.

# RACE PACKAGE

## STARTER BAG

<p><b>BIBNUMBER:</b> The start number must be worn on the back for the bike course and on the front for the run course. The use of a bib number band is allowed. Please fill in your emergency contact details on the back of the bib number.</p>	
<p><b>SWIM CAP:</b> There is an obligation to wear the provided swimming cap. This will be collected together with the race number.</p>	
<p><b>BIB STICKERS:</b></p> <ul style="list-style-type: none"> <li>➤ 1x Sticker for the bike helmet: This should be attached to the front of the helmet.</li> <li>➤ 1x sticker for the bike: Must be attached to the brake cable or the seat post.</li> <li>➤ 3x stickers for the respective change bag; blue, red, white.</li> <li>➤ 2x stickers for the Personal Needs bags; orange, black.</li> <li>➤ 1x additional sticker for free use</li> </ul>	
<p><b>ATHLETE BAND:</b></p> <p>Serves to identify the athlete and is to be worn on the wrist during the entire competition weekend. In addition, the QR code on the wristband serves as a "chip ticket". Therefore, it is required for bike check-in and the entire race up to the Award Ceremony and slot allocation on Monday. For the collection of the race equipment from the transition area on Sunday evening it is mandatory.</p>	
<p><b>RACE CHIP AND CHIP BAND:</b></p> <p>Race chip and chip band will be provided by the organizer and will be issued only in the transition area at the bike drop-off on Saturday (At the exit). The chip must be worn on the left ankle. No chip, no timing!</p> <p>Own chips are not allowed. The chips provided by the organizer are the responsibility of the athlete. The organizer recommends to put on the chip immediately after receiving it. In addition, the race chips are needed for the bike pick-up after the race: Chip against Bike.</p> <p>In case of loss of the competition chip <b>a fee of EUR 50,00</b> has to be paid. If the chip is lost during the race, a replacement chip must be picked up in the transition area.</p>	

## CHECK-IN

### BIKE CHECK-IN

Bike check-in on Saturday is mandatory. In addition to the bike, both the **blue** and the **red** change bag must be checked in. For this purpose the start number has to be brought and the athlete wristband has to be worn. The check-in is open on Saturday from 02:00 p.m. to 07:00 p.m. Within this time window the check-in time can be chosen freely. A later drop-off is not possible.

#### The athlete must hand in the following:

- Bicycle (corresponding start number for the bicycle is to be attached to brake/shift cable or seat post).
- Bicycle helmet (marked with the start number in front)
- Start number (start number band is allowed)
- Helmet and start number must be stored in the blue change bag, they must not be placed on the bike
- Bike shoes may be clicked into the pedals or must also be stored in the blue bag. No items are allowed on the ground.
- **Blue bag (bike) + Red bag (run)**

**Individual marking/labeling of the bag or the bag stand is not allowed.**  
**Penalty: Yellow card!**

Bikes, bibs and helmets may not be removed from the transition area after drop-off. Drop off on race morning is not permitted.

#### OPENING HOURS ON RACE MORNING:

**05:00 a.m. to 06:15 a.m.**

No check-in of the above mentioned items is allowed on race morning!

The transition area may only be entered by participants of the IRONMAN European Championship Hamburg and by persons with the appropriate authorization card.

Coaches, attendants, relatives (also children) and spectators have no access for insurance reasons.

## BAG DROP AND PERSONAL NEEDS

### BAG DROP OFF



#### BLUE BAG / Bike

Should contain the equipment you need for the bike course, including your helmet with stickers on the front, race number, shoes if not attached to the bike, jacket, sunglasses, etc.

**Drop off:** At check-in in the transition area



#### RED BAG / Running

Should contain the equipment you will need for the run: Running shoes, socks, etc.

**Drop off:** At check-in in the transition area



#### WHITE BAG / PRE-RACE BAG AND AFTER RACE CLOTHING

The white bag with the changing clothes (clothes that are needed after the race) will be handed in before the swim start. For this purpose, two trucks will be ready on the way between the transition area and the swim start opposite the info point.

**The bags will be available for the athletes in the Athletes Garden after the finish.**

### OWN NUTRITION/ PERSONAL NEEDS

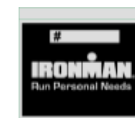
**Drop off: On race morning next to the Info Point between transition area and swim course.**

Personal Needs bags are available at the backpack distribution desk if desired. **IMPORTANT:** There will be NO more Personal Needs bags given out on race morning. We still ask, in the interest of the environment, that only one bag be taken if it is really needed.

Two bags for personal needs:



**Orange bag -**  
for the bike course



**Black bag -**  
for the run course

#### NOTES

- The organizer explicitly points out that the athletes are responsible for their own food.
- There is a service offered to hand in the self-catering on Sunday morning at the Info-Point (between transition area and swim start). The colored bag for this (**bike orange / run black**) you will receive only on request at the start document pick-up. On Sunday morning no more bags will be handed out.
- The organizer organizes the transport and the deposit of the bags at the race courses. Only the bags provided by the organizer will be transported. It is the athletes' responsibility to find their numbered "Personal Need" bag on the tables at the aid station and take it with them.
- Unused bags will be discarded.

Location Personal Needs Bike: behind aid station 1 (KM 20, KM 110)

Location Personal Needs Run: in front of aid station 1 (KM 0,5 / 11 / 21,5 / 32)

**It is not allowed to have self-catering / Personal Needs handed to you by coaches, family or friends. A violation of the rules will lead to a disqualification because of "unauthorized acceptance of aids".**



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## PRIOR TO THE RACE

### RACE BRIEFING

A detailed online race briefing in German and English will be available during the race week on the event website and on the IRONMAN European Championship Hamburg facebook page.

In addition, race briefings in English and German will be held on June 02, 2023 at the grandstand at Rathausmarkt. For PRO athletes, the competition briefing will take place at the Scandic Emporio Hotel.

**It is still mandatory for each participant to attend one of the three options!**

### RACE BRIEFING - PROCEDURE

DATE	HOURS	DESCRIPTION	LOCATION
2 <sup>nd</sup> June	01:00 p.m.	Race Briefing PRO	Scandic Emporio Hotel
2 <sup>nd</sup> June	03:00 p.m.	Race Briefing English	Tribunes Rathausmarkt
2 <sup>nd</sup> June	04:30 p.m.	Race Briefing German	Tribunes Rathausmarkt

### PUBLIC PRESS CONFERENCE

The IRONMAN European Championship Hamburg press conference will take place on **Saturday at 12:30 pm** on a grandstand at the Rathausmarkt and is open to the public.

# A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

**RED BULL GIVES YOU WIIINGS.** 

## ON RACE DAY

### RACE DAY

#### NON-ARRIVAL AND EARLY FINISH OF THE RACE:

- If an athlete is unable to start on race morning (e.g. due to illness) or finishes the race early, it is necessary to inform a referee or official or report to the transition area.
- In case of a non-reporting, the timing chip is still activated. Thus, costs for search or rescue (possibly also for the athlete himself/herself) can arise, as the organizer assumes an emergency situation and initiates appropriate measures.
- **STARTING PLACE:** It is forbidden to give your starting place to another athlete. Any violation will result in a disqualification and possibly a ban from future IRONMAN events.



#### WEATHER ON RACE DAY:

- The sun will rise around 04:56 a.m. on June 04.th Sunset will be around 09:40 p.m.
- The average expected daytime temperature is 16° to 20°C. We will monitor the weather conditions accordingly.
- In case of extreme weather conditions we reserve the right to cancel, modify or shorten any part of the race if the safety of the athletes cannot be guaranteed.

IF YOU LOSE YOUR TIMING CHIP ON THE MORNING OF THE RACE, YOU MUST SEE AN IRONMAN TEAM MEMBER. THIS PERSON CAN GIVE YOU A NEW CHIP.

### CUT OFF TIMES

The participants have the following options for the individual disciplines or for the whole competition the following times (from the respective start):

**02:20:00**   
**09:30:00**  + T1 +   
**15:30:00**  + T1 +  + T2 + 

#### Here's what to watch out for:

1. The ultimate cut-off after the swim is at 09:50 a.m. at the swim exit.
2. On the bike course, the entrance to the second lap (at kilometer 90 Ballindamm) will close at 01:30 p.m.
3. The ultimate cut-off for finishing the bike (Bike Dismount Line) is at 05:00 p.m.
4. The ultimate cut-off for passing kilometer 31.5 on the run course is at 9:45 p.m.
5. The finish line is at 11:00 p.m.

Athletes who cannot meet these times must finish the race. **Closing time of the competition is at 11:00 p.m.** Athletes who arrive later at the finish will not appear in the results list. Road closures, safety precautions, course marshals, etc. are only active until the cut-off times!

Participants who have to finish the race early have to sign out immediately at a race judge or, IRONMAN responsible person or sign back at the tent of Mi Timing in the next transition area. Otherwise, the organizer will assume that you are still on the course and may have a serious problem. The costs for the instructed search by the rescue service have to be paid by the causing participant.

# AID STATIONS

## AID STATIONS ON THE BIKE COURSE

There are four aid stations per lap on the bike course.  
The refreshment stations are located in the following places:

**Großmannstraße approx. KM 20, KM 110**

**Overwerder Hauptdeich (Hohendeicher See) approx. KM 39, KM 129**

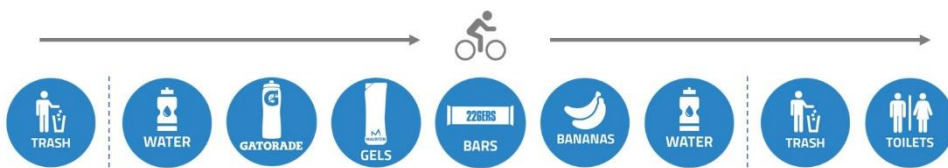
**Hower Hauptdeich approx. KM 63, KM 153**

**Großmannstraße approx. KM 82, KM 172**

The following food will be distributed at the refreshment points:

- **Water** (In bike bottles 750ml)
- **GATORADE Sports Drink** (in 750ml plastic bottles suitable for the bottle cage on the bike)
- **MAURTEN GEL**, 100 & CAF 100
- **226ERS Energy Bar**, with wrapper, halved
- **Bananas**, with peel halved

All aid stations are set up in the same order.



**Attention:**  
Waste disposal only allowed within the marked areas allowed. (littering zones) Please pay attention to the appropriate signs. Littering outside the marked areas will result penalty.



## AID STATIONS ON THE RUN COURSE

There will be 5 aid stations and 1 water station per lap on the run course at the following locations:

**Jungfernstieg: KM 0,5 / 11 / 21,5 / 32**

**An der Alster (a): KM 2,5 / 13 / 23,5 / 34**

**Harvestehuder Weg: KM 4,5 / 15 / 25,5 / 36**

**An der Alster (b): KM 6 / 16,5 / 27 / 37,5**

**Lombardsbrücke: KM 8 / 18,5 / 29 / 39,5**

**Gänsemarkt: KM 9,5 / 20 / 30,5 / 41**

The following catering will be provided:

- **Water** (in paper cups with IRONMAN logo)
- **Cola** (diluted with water in bio cup)
- **Red Bull** (diluted with water in organic cup with Red Bull logo)
- **Gatorade** (in paper cup with Gatorade logo)
- **Bananas**, halved with peel
- **MAURTEN GELS**
- **226ers Energy Bar**, with wrapper cut in half
- **Salty Snacks** (crackers, salt sticks, prepared in individual paper cups with IRONMAN logo)

All aid stations are set up in the same order.



**Attention:**  
Waste disposal only allowed within the marked areas allowed. (littering zones) Please pay attention to the appropriate signs. Littering outside the marked areas will result penalty.



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### 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.





# SWIM

## SWIM PROCEDURE

The swim start will be as follows:

- 06:15 start of the male pros
- Between 6:20 a.m. and 7:30 a.m. the main field will start (rolling start).

The athletes place themselves in the designated pre-start area and sort themselves into the areas according to the respective estimated swim time. Please be honest with yourselves, because this is the only way to guarantee a smooth and safe course with equal opportunities.

**2 athletes each (rolling start) will be sent on their IRONMAN adventure. It will take about 70 minutes until all athletes have started.**

The starting arch with the timing mat is located directly at the pier and will be passed by each participant.

Participants must exit the water via the official exit (ramp) and cross the timing mat for re-acquisition.

If you exit the water at any other point and do not cross the timing mat, your swim exit will not be recorded. This will result in disqualification.

In addition, the organizers will assume that the person is still in the water and will arrange for a search at the participant's expense. Therefore, we ask each disqualified participant to immediately inform the event staff or the Red Cross of his or her disqualification.

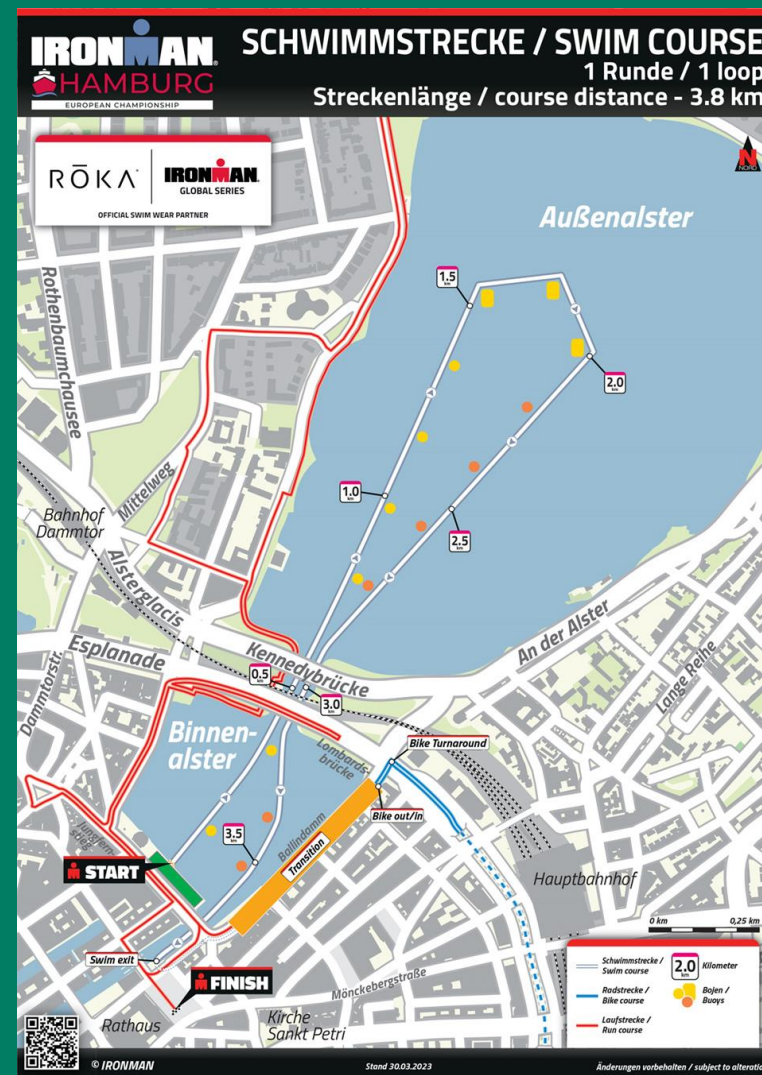
## ROUTE

**The swim course covers one lap.**

It is a land start from the jetty of the Jungfernstieg. The start area is to be entered via the official entrance (ramp). Entering the start area from the side or climbing over fences is prohibited.

## CUT-OFF

**Time limit swim: 2 hours 20 minutes**  
**Cut-Off: 09:50 (swim exit)**



START	STARTING GROUP	COLOUR SWIM CAP
06:15	PRO MEN	PURPLE
06:20 – 07:30	PC/ SPECIAL TEAMS	GREEN
06:20 – 07:30	AGE GROUP MEN	PINK
06:20 – 07:30	AGE GROUP WOMEN	YELLOW
06:20 – 07:30	AGE GROUP WOMEN	POWDER BLUE

JESSE THOMAS  
2x IRONMAN CHAMPION

RŌKA

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## SWIM RULES

### WETSUIT

The decision whether to swim with or without a wetsuit will be officially announced one hour before the race start in the pre-start area and in the transition area.

### COMPRESSION SOCKS

The wearing of support stockings is not allowed during the swim. In case of a neoprene ban, this ban also applies to swimsuits.

### SPECTACLE WEARER

Spectacle wearers may place their glasses on a table on the way from the transition area to the swim start before the start and pick them up again shortly after the swim exit. The athlete is responsible for the marking (start number) of the glasses.

### SWIM CAP

The official bathing cap must be visible and "clean". Stickers or other homemade markings are not allowed on the swim cap.

### IMPORTANT:

It is strictly prohibited to swim in the Alster outside of the competition. Boat traffic as well as technical equipment in the Alster can cause serious injuries. Please adhere to this rule accordingly. Violations will be punished by the authorities.

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

Here's a top-10 checklist to help get you ready.

#### 1. PREPARE FOR RACE CONDITIONS

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

#### 2. RACE IN SHORTER EVENTS

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

#### 3. LEARN ABOUT COURSE DETAILS

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

Keep in mind that every body of water is different- educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

#### 4. ENSURE HEART HEALTH

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

#### 5. PAY ATTENTION TO WARNING SIGNS

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

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

Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

#### 7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. **Please note that warming up in the water is prohibited.**

#### 8. CHECK OUT THE COURSE

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

#### 9. START EASY – RELAX AND BREATHE

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

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

#### 10. BE ALERT AND ASK FOR HELP

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

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

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

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



## SWIM - BIKE TRANSITION

**ATTENTION:** The **blue** and the **red** bag will be placed one below the other on the same transition bag stand. The change will be made directly at the transition bag stand.

It is the athlete's responsibility to hang the change bag back in the specified position on the bag stand after the transition has been made.

For this purpose, the athlete has to pick up his **BLUE CHANGE BAG** at the provided transition bag stand by himself. After the change, the athlete puts all swimming utensils back into the **BLUE BAG** and hangs it back on the provided transition bag stand.

Naked changing is only allowed in the provided changing tents! Otherwise you can change in front of the changing bag stands, there are enough seats available for this purpose.

### Attention!

To ensure a clean transition area and a smooth course of events, the following rules apply:

- No objects are allowed to be unattached to the bike.
- Bicycle shoes may only be/remain on the bicycle if they are clicked into the pedals.
- Helmet, sunglasses and race number must be stowed in the **BLUE BAG** (before cycling) or **RED BAG** (after cycling).
- Please use the designated benches when changing and keep the running path and bag racks clear for the other athletes.

## TRANSITION BIKE – RUN

After finishing the bike course, each athlete independently hangs his bike back to its place at the bike stand.

The **RED CHANGE BAG** with the running equipment will be picked up by the athlete from the change bag stand and hung back after the change.

The discarded cycling equipment is to be packed in the empty red bag. This has to be done independently by the athlete. The athlete then hangs the **RED CHANGE BAG** back independently on the hook provided on the change bag stand.

Naked changing is only allowed in the provided changing tents! Otherwise it is possible to change in front of the changing bag stands, there are enough seats available for this purpose.

**ATTENTION:** In case of an unredeemed penalty, it is mandatory to use the penalty box just before the changing zone entrance.



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- Paul, Seattle, WA

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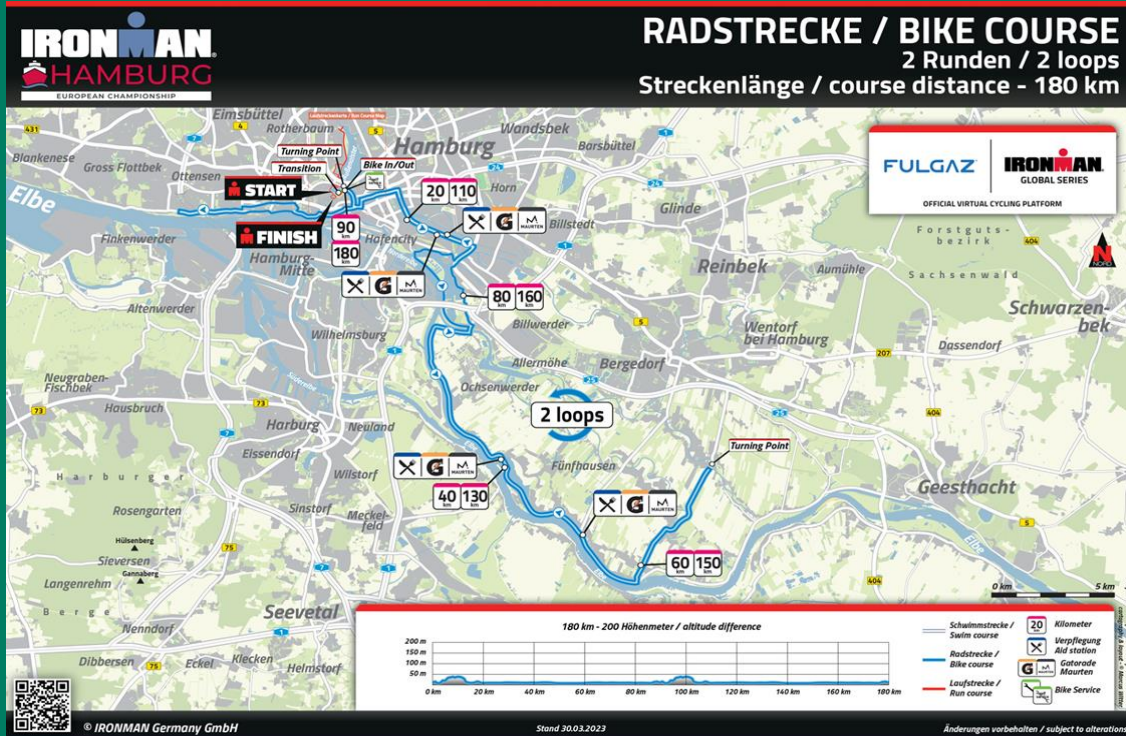
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AVAILABLE ON





The bike course is basically flat and fast, but can be very windy, especially in the dike area. Some parts are technically demanding, so we ask you to pay attention to the following danger spots:

▪ **KM 12.5 / 102.5 Sloping curve**

Shortly before Fischmarkt Altona, the course enters a steep S-curve. Here, a significantly higher speed is reached.

We therefore ask you to be careful when leaving the curve and to leave the trailer position.

▪ **KM 24 / 84 / 114 / 174 Rail crossing**

After aid station 1 there are two rail crossings, the first is on a straight stretch and is unproblematic.

The second is in the right turn after the aid station - we have filled these rails with timbers, still watch out and ride this turn with a firm grip and not in a trailer.

On the way back, also make sure not to take this curve in a trailer.

▪ **KM 88.5 / 178.5 Klosterwall exit / Wallring tunnel entrance**

On the way back, shortly before the Wallring Tunnel, you will come downhill from Klosterwall at high speed and enter the Wallring Tunnel via a 180-degree right-hand bend.

Please adjust your speed and brake in time before the curve!

## CUT-OFF TIME

**9h30 : SWIMMING + CYCLING**

**Cut Off Cycling:**

There will be a continuous cut off! At 01:30 p.m. the entrance to the 2nd bike lap will be closed. At this time the broom car will also start with an average speed of 25 km/h and collect all participants who are slower.

**IMPORTANT**

The bike course is mostly on one lane per race direction. Therefore, it is extremely important that you strictly adhere to the right-hand driving rule and under no circumstances cross the center line when overtaking. This will be strictly punished by judges, as there is a significantly increased potential for danger.

## BIKE SERVICE

Our partner yeply is official bike service partner and will be at your disposal in case of problems with your bike on Saturday and Sunday in the transition area until shortly before the start. In addition, yeply will provide assistance at two bike service stations on the bike course during the race.



The stations are located at the following kilometer points:

- KM 46/60 & 136/150 in the intersection area Zollenspieker Hauptdeich / Kirchenheerweg
- KM 2.5/14 & 92.5/104 on the secondary carriageway in the Baumwall / Stubbenhuk area.

# BIKE RULES

## BIKE RULES

### Slipstream ban

The cycling is a single time trial with slipstream ban and without any personal escort.



### Closure of the course

The bike course consists of two laps (90km each) and starts at the northern end of the transition area, which is located at Ballindamm. The bike course is completely closed to other traffic. However, oncoming traffic by athletes or in case of emergency by emergency vehicles is to be expected at any time.

### Competition operation

Trained IRONMAN European Championship Hamburg security personnel will set up locks for other road users at certain points along the competition course under police supervision. The competition will not be affected by the locks.

**On the entire bike course there is a strict right-hand driving rule.**

### PENALTY BOXES

- The penalty boxes on the bike course are to be approached by the athletes themselves.
- The penalty boxes are located at the two turning points at Ferdinandstor / Ballindamm (KM 90 / 180) and at Heinrich-Stubbe-Weg (KM 56.5 / 147).
- The penalty boxes are marked.

#### ATTENTION:

When a penalty is pronounced, you must always the next penalty box must be approached!

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

### 1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly. Keep your bike clean and your chain lubed. Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

### 2. LEARN THE BASICS

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

### 3. SUIT UP

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

### 4. BE PREPARED TO RIDE

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

### 5. PLAN AHEAD

Always obey all traffic signals and signs. Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you. Select a ride distance appropriate to your fitness.

### 6. INFORM OTHERS

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

### 7. STAY ALERT

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

### 8. OBEY THE LAW

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

### 9. COMMUNICATE

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

### 10. SAFETY FIRST

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



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# RUN

GPX track >>>

## RUNNING COURSE

The running course is a circuit that must be completed four times. Entering the running track is reserved only for the athletes for reasons of fairness and safety. For the visual lap control, the participant can receive a colored control tape in each lap. In this case, the instructions of the helpers must be followed. The lap bands are for self-control and are not obligatory! Nevertheless we recommend every athlete to use the offer. The lap bands are available in the area of the Gänsemarkt after the refreshment point (approx. KM 9,5 / 20 / 30,5 / 41).

## REFRESHMENT STATIONS ON THE COURSE

There are 5 aid stations and 1 water station per lap on the run course at the following locations:

- Jungfernstieg: KM 0,5 / 11 / 21,5 / 32
- An der Alster (a): KM 2,5 / 13 / 23,5 / 34
- Harvestehuder Weg: KM 4,5 / 15 / 25,5 / 36
- An der Alster (b): KM 6 / 16,5 / 27 / 37,5
- Lombardsbrücke: KM 8 / 18,5 / 29 / 39,5
- Gänsemarkt: KM 9,5 / 20 / 30,5 / 41

Disposing of trash of any kind outside the designated areas will result in disqualification.

## RULES

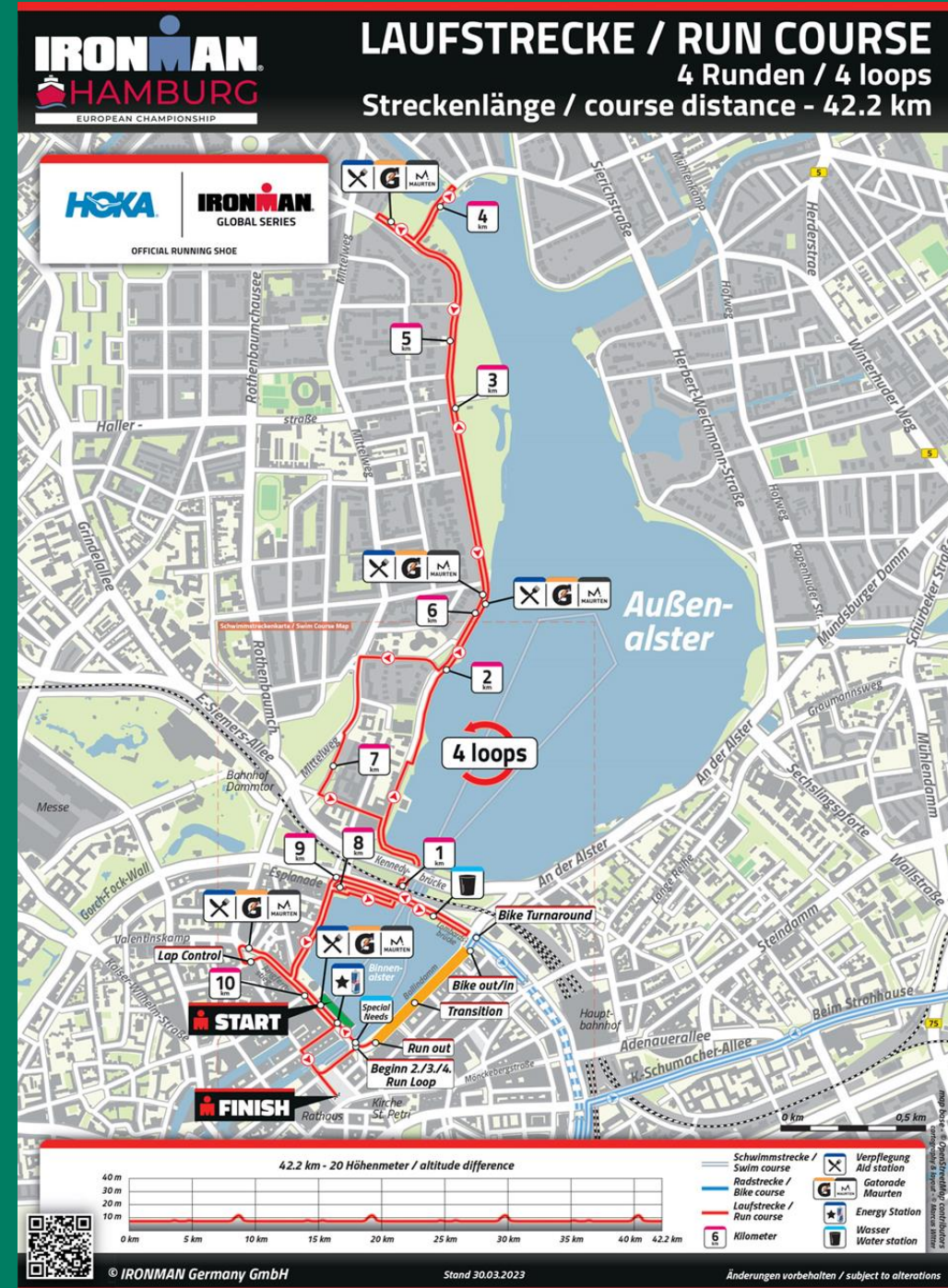
There is no penalty box on the run course. If an athlete receives a penalty card, they will be flagged on the spot and must stop for one minute.

## CUT OFF TIME

**IMPORTANT:** Access to the fourth run lap will be closed at 09:45 p.m.

**Time limit after swim, bike and run: 15 hours 30 minutes**

**Finish cut off: 11:00 p.m.**



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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# ENTER RUNNING BLISS

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for the ultimate smooth ride



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## FINISHLINE

### FINISH LINE AREA

- It is forbidden to enter the finish channel or cross the finish line with escorts and will result in disqualification.
- You will receive your well-deserved medal.
- After leaving the finish line area you will find the Athletes Garden (Mönckebergstr. / St. Petri Church) about 200m further on.

### ATHLETES GARDEN

The Athletes Garden is the regeneration and functional area for athletes of the IRONMAN European Championship Hamburg.

#### The following areas are located in the Athletes Garden:

- Medical area for regeneration and care
- Changing rooms
- Distribution of finisher shirts
- Distribution of the white bags you handed in before the swim start
- Medal engraving service

#### The following catering will be provided:

- Water
- Gatorade isodrink
- Red Bull in cans (0,25 liter)
- Bananas, apples and oranges
- Typical Hamburger Franzbrötchen
- Other pastries and cakes
- Mini burger and mini quiche
- Salty snacks

**First IRONMAN?  
Ring the bell!  
Ring it loud!  
Ring it Proud!**

**FIRST TIMERS  
RING THE BELL**



The IRONMAN First Timers bell is located at the beginning of the finish straight about 50m before the finish. Ring it if it's your first IRONMAN ever!

## ADDITIONAL INFORMATION

### ATTENTION:

Please note the following in your preparation for IRONMAN Hamburg: It is prohibited to swim in the Alster without prior permission. You are only allowed to swim in the Alster during the official test swim on Saturday, 04.06. between 10:00 – 14:00 o'clock within the area secured by lifeboats. The Alster may only be entered via the official entrance at the test swim on the Lombardsbrücke shore.

### MEDICAL

The entire event will be accompanied by the medical service of the German Red Cross. After crossing the finish line, the athletes will be received by helpers of the Finish Area team. Our medical staff will check the well-being of all participants before they are directed to the Finish Area/Athletes Garden. The instructions of the medical staff must be followed! The medical team asks (especially in warm weather) all athletes to drink a lot and regularly (mineral water and especially isotonic drinks). This also applies after the finish.

***Sufficient insurance coverage in case of illness and accident is the personal responsibility of the participants and must be confirmed in the registration, as a possible hospital stay will be billed through the personal health insurance.***

### ANTI DOPING

For professional athletes the regulations of the IRONMAN Pro Membership apply. If age group athletes are drawn for doping control and take medication permanently or due to illness before the race, they have to carry a medical certificate with them. Subsequent submission is not possible (storage in a white bag is recommended).

## CHECK-OUT

### BIKE CHECK-OUT IN TRANSITION AREA

OPENING TIMES	DESCRIPTION	LOCATION
05:00 p.m. – 12:00 a.m.	Bike check-out	Transition zone (Ballindamm)

Bikes that have not been picked up by 12:00 a.m. will not be supervised from that time on.

**The bike will be issued only in exchange for the race chip.** In case of loss of the chip, the identity card or passport must be shown. In case of emergency, the bike can also be handed out to persons who legitimize themselves with the race chip and identity card.

The **blue** and **red** bags must also be collected from the transition area at the times indicated above. Also for this it is mandatory to bring the race number (or legitimation with identity card/passport/start chip).

No claims for damages or reports of loss can be made after leaving the bike hand-out area.



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## AWARDS CEREMONY AND RESULTS

### AWARDS CEREMONY – Monday 5<sup>th</sup> June

OPENING TIMES	DESCRIPTION	LOCATION
09:30 a.m. – 10:30 a.m.	Awards ceremony	Chamber of Commerce

### AWARD GIVING

The athletes can pick up their respective award there. There is also the possibility to take a winner's photo there. Trophies and prizes will only be handed over personally. Trophies and prizes not collected will be forfeited.

### LIST OF RESULTS

A result list is available online continuously, at the latest from the end of the race. For the determination of the race results, the so-called arbitration court in the sense of this event will meet the day after the race in the time between **08:45 a.m.** and **09:15 a.m.**

The place of the meeting is the place of the award ceremony. An appeal against possible penalties, disqualifications or false scores can only be made on Monday morning before the award ceremony. After that the results are binding and incontestable.

### The arbitration panel is composed as follows:

Race Director of the event or a representative designated by him/her.

Head Referee of the event or a representative designated by him/her

A person qualified to be a judge

The Court of Arbitration shall determine the results of the competition, subject to any doping findings yet to be made.

## SLOT ALLOCATION

### SLOW ALLOCATION – Monday 5<sup>th</sup> June

OPENING TIMES	DESCRIPTION	LOCATION
10:30 a.m. – 12:00 p.m.	Slot allocation	Chamber of Commerce

## SLOT ALLOCATION (Continued)

IRONMAN European Championship Hamburg 2023 awards qualifying slots for the 2023 IRONMAN World Championship in Nice, France the 2023 IRONMAN World Championship in Kailua-Kona, Hawaii:

- 175 qualifying slots for male Age Group athletes (Nice).
- 80 qualification slots for female Age Group athletes (Hawaii)

The qualification achieved at the IRONMAN European Championship Hamburg 2023 is exclusively valid for the respective IRONMAN World Championship in Nice on September 10, 2023 or in Hawaii on October 14, 2023.

### RULES

Athletes wishing to claim their qualification slot must be present in person.

All athletes wishing to accept a slot must check in upon entry. Only athletes marked as "Present" in the system will be considered for a slot. Athletes who are not marked as "Present" in the system will not be called during the slot allocation and therefore cannot accept a slot. A subsequent check-in during already running slot allocation is not possible.

Since not all participants will claim the qualifying slot they have reached, they will be moved up according to a special allocation key of the WTC until the last qualifying slot has been allocated.

The organizer explicitly reserves the final decision regarding the allocation of qualification slots.

The athletes have to identify themselves with a valid identity card. Payment can only be made by credit card. Cash and check payments are not possible.

### The entry fee is 1400,00 US\$ + Active fees (+ Hawai'i GE tax for female qualifiers)

The allocation of slots for the IRONMAN World Championships in Nice and Hawaii will be calculated at the IRONMAN European Championship Hamburg 2023 based on the actual starters\* on race day. The exact number of slots per age group can therefore only be announced on race day. After the swim start, the overview of the slots per age group will be determined and posted at the Info-Point and in the athletes' garden.

*ATTENTION: Please make sure that you meet all visa and entry requirements for the IRONMAN World Championships in Nice and Hawaii 2023. It is your responsibility to make sure you are able to provide all the correct documents to enter before accepting your slot.*

## SLOT ALLOCATION (Continued)

### 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 advertisement displays a variety of medals and promotional items. On the left, a silver medal with a red ribbon is shown. In the center, there are several medals, including one with a green ribbon and another with a yellow ribbon that says "NO MOUNTAIN HIGH ENOUGH". To the right, there is a blue ribbon with the word "FINISHER" and a silver medal with a red ribbon. The background features a scenic view of a lake and mountains.

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# IRONMAN COMPETITION RULES

**ULI ZIERL**  
IRONMAN HAMBURG  
Head of referee

Here you will find a summary of the most common rule violations and sanctions - this list is not an "all-inclusive list" of all rule violations and sanctions. It is the responsibility of each athlete to know and understand the competition rules for themselves (including any additional rules specific to that event).

## BLUE CARD

1. blue card: five-minute time penalty
  2. blue cards: ten-minute penalty
  3. blue cards: DSQ
- Penalty will be served in a penalty tent on the bike course

## YELLOW CARD

Yellow cards will result in a one-minute time penalty.

- This will be served on the bike course in the penalty box
- in the rest of the race as a "stop and go penalty" on the spot.

## RED CARD

- Disqualification: DSQ (athletes can finish the race, but are no longer in the classification).
- If a rule violation that was punished with a yellow card is not corrected, a red card may follow.

**Three penalty cards will result in disqualification - regardless of their color.**

SUMMARY OF GENERAL COMPETITION RULES	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow		Red
Outside help (other than referees, officials, or other participants).			Red
Waste disposal only in and immediately after the food service area. Waste disposal outside the designated containers / areas.			Red
Public nudity or inappropriate exposure.			Red
Public urination in the transition area or on the bike and run course.			Red
Cycling or running without a T-shirt or sports top (DSQ if not fixed).	Yellow		Red
Unsportsmanlike conduct (possible exclusion from IRONMAN events).			Red
Support of another athlete, preventing you from continuing the race yourself.			2x Red
Leaving the competition course (if not returning to the same place).			Red
Self-catering/personal needs may not be provided by caregivers and will be punished with a disqualification as "unauthorized acceptance of outside help" in case of violation.			Red
Use of communication devices (cell phones, smart watches, etc.) during the race that creates a distraction from the race will result in disqualification. This includes talking on the phone, sending messages, playing music, using social media, taking pictures, etc. - anything that interferes with the athlete's attention in any way.			Red

RULE VIOLATIONS IN THE TRANSITION ZONE	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow		Red
Stealing another athlete's equipment.	Yellow		Red
Cycling in the transition area (before Mount Line or after Dismount Line).	Yellow		
Swimsuit below the waist before reaching the change tent.	Yellow		
Changing clothes next to bike.			Red
The bicycle helmet can either be placed on the bicycle or packed in the blue changing bag. If it is in the changing bag, the helmet must be put on and the chin strap closed before leaving the changing tent. After cycling, the bicycle helmet must be packed in the red changing bag and may only be opened after entering the changing tent. In case of violation, the athlete will receive a yellow card.	Yellow		



## IRONMAN COMPETITION RULES (CONTINUED)

RULE VIOLATIONS DURING SWIMMING	CARD	CARD	CARD
Start before the start signal (only relevant for professional athletes).	Yellow	White	Red
Wearing the race number under the swimsuit.	Yellow	White	Red
RULE VIOLATIONS DURING BIKING	CARD	CARD	CARD
Blocking and interfering with other athletes.	Yellow	White	Red
Continuing the competition without a bike.	Yellow	White	Red
Do not approach the next penalty box.	White	White	Red
Cycling without helmet.	Yellow	White	Red
Overtake on the right.	White	White	Red
Slipstreaming; overtaken athlete stays in the slipstream zone for more than 25 seconds.	White	Blue	White
Overtaken athlete may overtake again only after leaving the slipstream zone.	White	Blue	White
Overtaking process takes longer than 25 seconds.	White	Blue	White
RULE VIOLATIONS DURING RUN	CARD	CARD	CARD
Accompaniment of athletes by attendants, friends, etc. (for professional athletes = disqualification).	Yellow	White	Red
Receiving beverages/food outside of food service areas.	White	White	Red
Crossing the finish line with a companion who is not participating in the race.	White	White	Red

- A rule violation during the swim will be penalized in the transition area.
- A rule violation in the transition area and on the run course will be penalized directly and must be served directly.
- All penalties on the bike course must be served in the respective penalty boxes.
- Disc brakes are allowed in all IRONMAN and IRONMAN 70.3 races worldwide.

An overview of the regulations that apply to all IRONMAN events can be found here:

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

Please note that the rules may change slightly for different events. You will be informed about the valid rules in the race briefing.

### For the IRONMAN European Championship Hamburg 2023 applies:

In case of an accident involving an athlete, the athlete is legally obliged to wait at the accident site until the accident has been logged by an official or the police. Failure to do so is an unauthorized removal from the scene of the accident, which will be prosecuted by the police.

In addition, it is not allowed to pollute the race track or roadway. Pollution also includes any kind of painting and lettering. Violation will also result in a police investigation.

Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid penalties. The referee's decision is final for POSITION violations and there are no protests or appeals.

Please treat other athletes, all volunteers and your referees with courtesy and consideration. Failure to do so is UNSPORTAL CONDUCT and may result in disqualification.

**All competition rules can be found at:**  
[IRONMAN Hamburg 2023 Allgemeine Wettkampfregelein](https://www.ironman.com/competition-rules)

## GOOD TO KNOW

### LOST AND FOUND

Lost and found items will be collected at each race and brought to the **Infopoint** at the Rathausmarkt during the race week, where you can pick them up during opening hours.

After the race, lost and found items will be taken to the award ceremony (award ceremony at the Chamber of Commerce) and you can pick them up there on **June 5<sup>th</sup> from 8:45 a.m. -12:00 p.m.**

If you did not pick up your lost and found items on site, we will contact you after the race (if we can assign your race number to your lost and found items).

If you wish, we will send you your things for a fee. The organizer assumes no liability or responsibility for lost items on the course, transition areas and the event site.

### SAFETY AND SECURITY

If you are involved in an accident

Athlete - Spectator:

The police must be informed immediately! Until the arrival of the police, all parties involved in the accident must remain on site!

Athlete - Athlete:

Communicate with each other if all involved can resume the race. If not, all athletes must wait until the police arrive on the scene.

**Important:** If an athlete has to end the race prematurely it is mandatory to inform a referee or official or to report to the transition area.

### INFOPOINT

During the event days, the following two Infopoints will be available as contact points for help of any kind:

- **Infopoint** Rathausmarkt at the Sportexpo:  
**Thurs. - Sun. 10:00 a.m. - 06:00 p.m. each day**
- **Infopoint** Reesendambrücke (between transition zone and swim start):  
**Sat. 02:00 p.m. – 07:00 p.m. and Sun. 05:00 a.m. – 09:00 p.m.**

## HOW TO FOLLOW THE RACE?

### GOING TO THE EVENT

The IRONMAN Hamburg is a **big party** that will bring together thousands of athletes in the "Harbour City".

We invite you to come to the start at the Lake of Peyrolles, to the finish at the Rotonde but also all along the SWIM and RUN course to encourage the athletes and live the IRONMAN atmosphere.

### 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 IOS ET ANDROÏD IRONMAN TRACKER

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

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

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

### FACEBOOK/INSTAGRAM

Make sure to follow us on our Social media pages: Facebook:

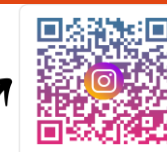
- **Facebook** – IRONMAN Germany
- **Instagram** – ironman\_germany



Lade dir die App herunter:



SCAN ME



SCAN ME



## SPORTOGRAF

### SPORTOGRAF

Sportograf is the official photo partner at the IRONMAN European Championship Hamburg.

Your personal race photos are available 24 - 48 hours after the race at [sportograf.com](https://sportograf.com).

Good luck at your race!

### HELP US TO TAKE YOUR BEST PHOTOS:

- Please make sure that your race number is always visible so that we can easily recognize it.
- Show us your best smile when you cross the finish line!

**ALWAYS REMEMBER YOUR RACE**  
get your personal pictures on [SPORTOGRAF.COM](https://sportograf.com)



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