






IRONMAN[®]
70.3[®]  **DUISBURG**

RACE BRIEFING
2023





Saturday 5th of August 2023

-  10:00am – 06:00pm IRONMAN Merchandise Store open
– Klönnewiese
-  10:00am – 06:00pm IRONMAN SportExpo open
– Klönnewiese
-  10:00am – 05:00pm Registration open
– Main Building Regatta Course
-  11:00am – 01:30pm Race briefings
– Regatta Course Stands
-  02:00pm – 06:00pm Bike Check-In + Drop off bag (blue + red)
– Dreieckswiese

Race Briefing



REGISTRATION

Every Athlete receives:

 BIB

 Sticker for the helmet

 Sticker for the bike

 Sticker for the Transition Bags (3)

 Athletes wristband

 Swimcap

 3 Transition Bags (blue, red, white)





TRANSITION BAGS

Race Briefing

Blue Bag (Saturday)



Delivery: Bike Check-In

Bike Gear

**Pickup: in Transition Area
after the race**

Red Bag (Saturday)



Delivery: Bike Check-In

Run Gear

**Pickup: in Transition Area
after the race**

White Bag (Sunday)



Delivery: way to start

After-Race Gear

**Pickup: in the Athleten
Garden after the race**



BIB (RACE NUMBER)

2023 **IRONMAN**
70.3 DUISBURG

ST

0000

SAMPLE

TRICLUB NAME

AWA
IRONMAN ALL WORLD ATHLETE

The Race Number has
to be worn
clearly legible!



NEEDED FOR CHECK-
IN ON SATURDAY AND
FOR CHECK-OUT ON
SUNDAY!

Race Briefing



BACK OF BIB

Name: _____
Nom / Nombre / Nome / Namn / Név / Navn

Address: _____
Adresse / Dirección / Indirizzo / Adress / Cim

Emergency Contact Name: _____
Persona da contattare in caso di necessità / Persona a contactar en caso de necesidad / Notfällen zu benachrichtigenden Person /
Personne à contacter en cas de nécessité / Nødtelefon / Segélyhívó / Nöd kontakt

Emergency Contact Number: _____
Notrufnummer / Numéro de téléphone d'urgence / Número de contacto de emergencia / Numero di emergenza /
Nödsituationer kontaktnummer / Segélyhívó szám / Nødtelefon nummer

Health Risk Factors: _____
Gesundheitlichen Risikofaktoren / Factors de risc per la salut / Factores de riesgo para tu salud / Fattori di rischio per la salute / Riskfaktorer för
hälsan/ Egészségügyi kockázati tényőzök / Helse risikofaktorer

Current Medication: _____
Medikamente / Médicament / Medicación / Medicazione / Medicinering / Jelenleg szedett gyógyszer / Nåværende Medisinerer

Allergies: _____
Allergien / Alergia / Allergier/ Allergie / Allergia

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sticking to your sport


**IMPORTANT MEDICAL
INFORMATION HAVE TO
BE SIGNED IN!**

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TRANSITION: Bike Check-in



ENTRANCE



EXIT &
Timing Chip

Bike Check-in only
on Saturday
2pm – 6pm

Race Briefing






RACE CHIP



**WEAR THE
WRISTBAND!**



-  The Race Chip will be handed out after Bike Check-In in Transition Area by showing the athletes wristband
-  The Race Chip has to be worn at the left wrist
-  Bikes won't be returned if the athlete is not able to show his Race Chip





CHECK IN

Athletes have to check-in ...

 Bike helmet

 Bike

 BIB

 Transition Bags (marked with the Race Number)



ATHLETES ONLY



**NO TRANSITION
BAGS,
NO CHECK-IN!**



BIKE CHECK-IN

Bike helmet

- Race Number (front of the helmet)
- Inside/ Outside condition of helmet;
If damaged → no start
- Chinstrap, locking device

Bike

- Function of brakes
(brake lever facing backwards)
- Bar end plugs
- Handlebars, headset, quick release skewers, seat post fixed, ...
- Tyre pressure





BIKE CHECK-IN



Keep the ground clear



Bike shoes:

may attach shoes on the pedals or leave them in the blue Transition Bag



Bike helmet + BIB + Sun Glasses:
in the blue Transition Bag



All Other equipment:
in the blue transition bag



SUNDAY 6th of August – RACE DAY!

-
-  6:30am – 8:00am Transition open
– Dreieckswiese

 -  Bis 8:30am Drop-off „Street-Wear-Bag“ (white)
– Dreieckswiese

 -  8:00am – 9:15am Rolling Start IRONMAN 70.3 Duisburg
Agegroupe Athlete’s, then relays
– Regatta Course

 -  10:00am – 6pm IRONMAN SportExpo and Merchandise
Store open – Klönnewiese


SUNDAY 6th of August – RACE DAY!

 11:30am – 12:30pm First Athlete in finish and Interviews
– Schauinsland Reisen Arena, Indoors

 5:45pm Cut-Off Finishline

 2:30pm – 7pm Rad Check-Out
– Dreieckswiese


 6:30pm Award Ceremony
IRONMAN 70.3 Duisburg
– Regatta Course Stands


 7:30pm Slot Allocation – VinFast IRONMAN 70.3
World Championship 2024,
in Taupo¹³ Newzealand



WEATHER ON RACE DAY

 We monitor the weather on raceday

 If the conditions are too extreme, we reserve the right to cancel, change or shorten every part of the race if security of the athletes can't be guaranteed

 The decision whether to start with or without swim suit will be published 1 hour before the start of the race





Swim warm up

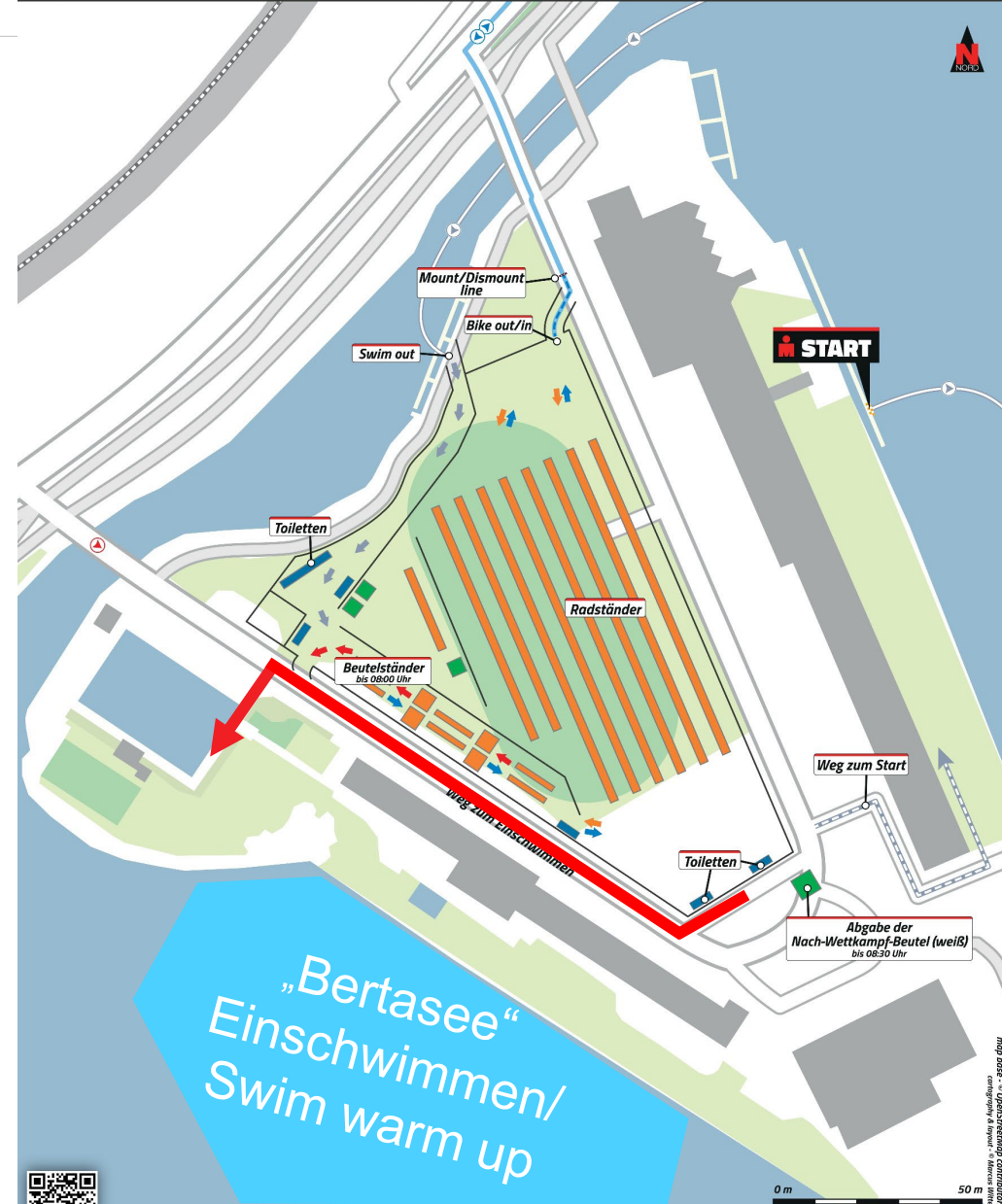
Swim warm up **only** on Raceday from 6:30am - 8:30am in the „Bertasee“

→ Entry through the DSV →



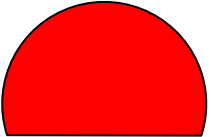
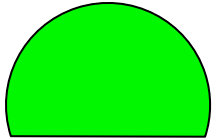
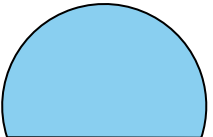
Before the swim start, each athlete is required to be in the transition area, which will close at 8:00 am.

Race Briefing









START GROUPS

Group	Swimstart	Swimcap	
AG Men	from 8:00 am	Red	
AG Women	from 8:00 am	Neon Green	
Relay	after AG	Light Blue	

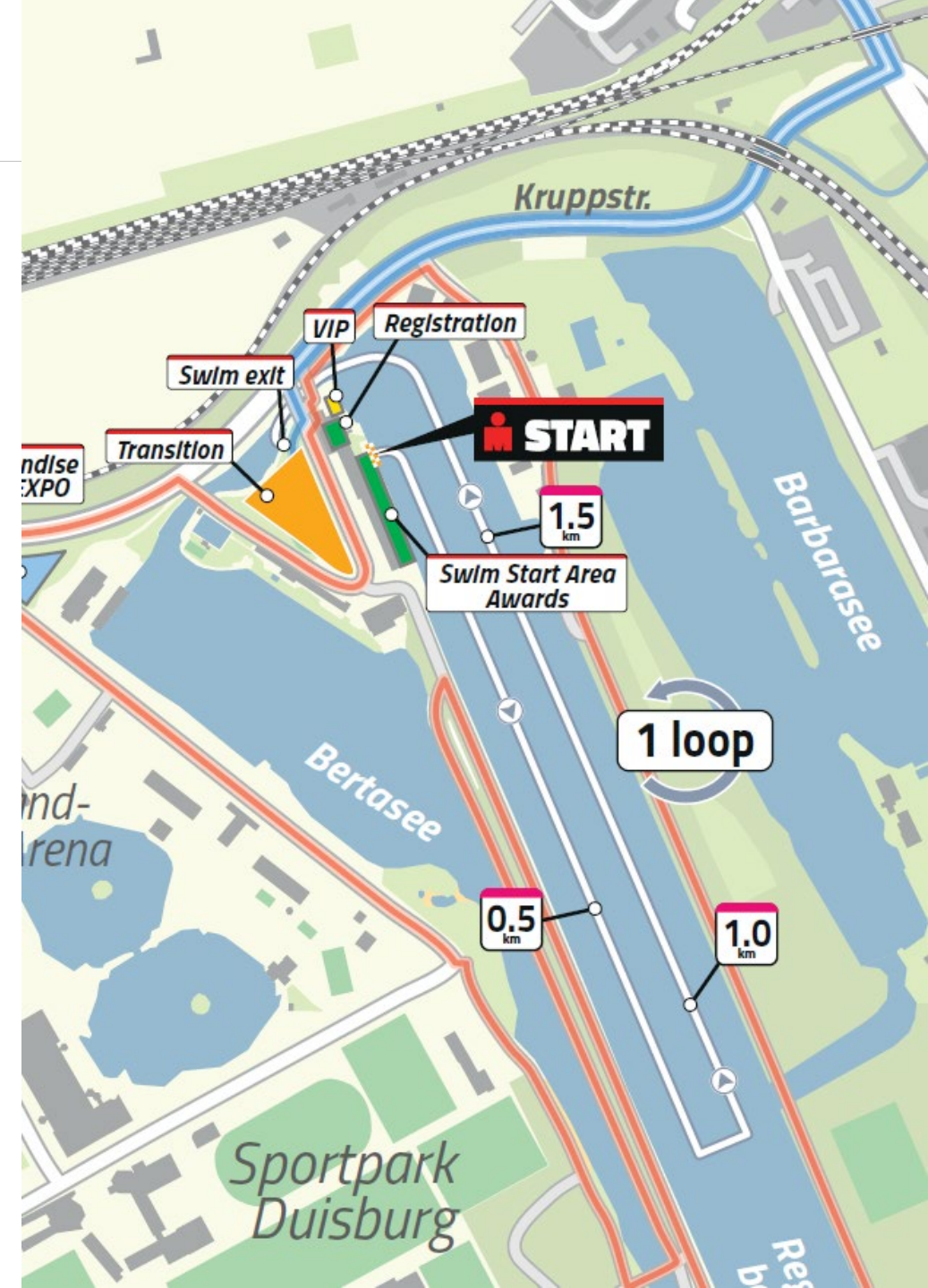
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SWIM COURSE – 1,9KM

-  Start at Regatta Course Stands
-  1 Loop with 2 turning bouys
-  You have to swim counterclockwise
-  Exit at the Pier at the Dreieckswiese

Race Briefing





ROLLING SWIM START

 As part of the global IRONMAN Swim Start initiative and the overall development of this tournament, there will be a so called „Rolling Swim Start“ at the **IRONMAN 70.3 Duisburg**

 This whole procedure will take about 75 minutes





**PLEASE BE HONEST AND ORDER IN YOUR
REALISTIC ESTIMATED RACE TIME!**

**This is the only way to guarantee fluent start with
the same chances for everybody.**



SWIM START



-  cross the timing mats to activate the timing system
-  Jumping over fences or swimming into the start area from the side will not be registered and not timed → **Disqualification**
-  starting arch with the timing mat is located directly on the shore → will be crossed automatically when entering the water
-  The swim start is a land start



DURING SWIMMING

 Shortcutting 

 Unfair behaviour 






**CUT OFF:
1 HOUR 10 MINUTES
AFTER RESPECTIVE START
LATEST: 10:25AM!**





SWIM EXIT

-  Swim exit only via the official exit (timing mat)
-  Exit at another point: Exit is not registered and we assume that the athlete is still in the water.
-  In case of DNF always sign out with rescuers or officials.
 - We will organize a rescue operation
 - You will be responsible for the costs





Transition (1)

Swim out 

(to the changing area, changing at the bag racks or naked area-tents, transition-bags must be hung back by yourself)

Bike out 

Race Briefing





TRANSITION 1: SWIM → BIKE

RED CARD



- **Using communication or entertainment media**
- **Urinating in the Transition Area**

YELLOW CARD



- **Wearing BIB during swimming**
- **Changing of clothes at the bike**
- **Neo below the hip without reaching transition tent → athletes have to leave transition tent clothed**
- **Blue bag not placed on the bag rack**
- **open helmet after bike pick up**
- **Riding the bike in Transition Area**



WEAR YOUR BIB NUMBER AT THE BACK. IT IS REQUIRED TO WEAR A SHIRT!



BIKE COURSE

- Length: 90km
- Altitude: approx. 120m
- Laps: 2
- 2 „Cut-Offs“ in Lap two at the turning-points:
 - 12:35pm (KM 45)
 - 1:30pm (KM 67)

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BIKE COURSE

1 fixed Bike Service:
At the parking lot Marientor





Aid Station:
1. Km 15 & 58
2. Km 30 & 73

2 Penalty Boxes:
1. Crossing Kolonie-/Lortzingstraße
2. On Crossing to Rheindeichstraße

Race Briefing



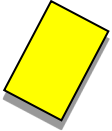
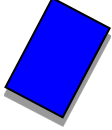
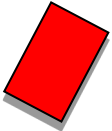
BIKE COURSE – AID STATIONS

-  All aid stations are set up in the same order
-  Water and Gatorade Sport ISOTONIC DRINK (Orange) all offered in 750 ml sport bottles
-  226ERS Bars (halved)
-  Maurten Sport Gels





BIKE COURSE – RULES

-  Yellow Card: 00:30 min time penalty
-  Blue Card: 05:00 min time penalty
(for each card 05:00 min!)
-  Red Card: Disqualification
(you can finish the race but without rating!)



Race Briefing

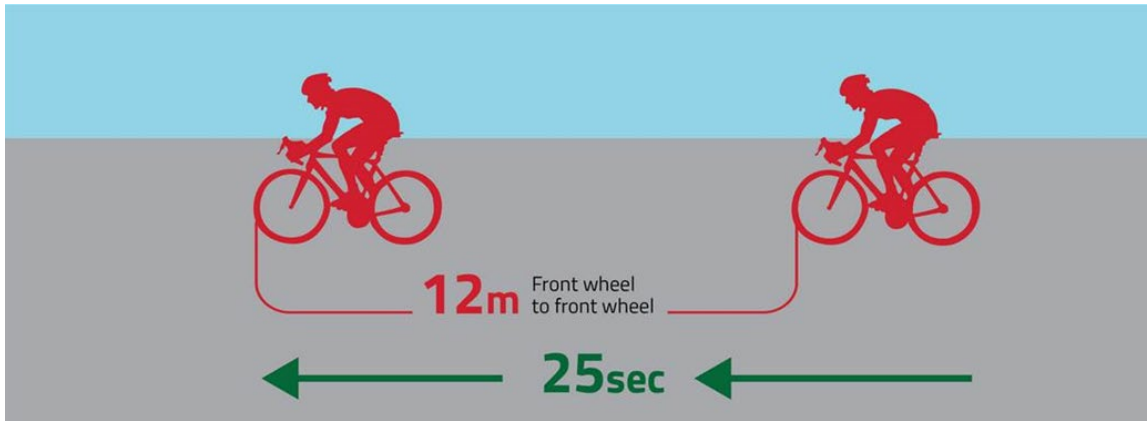


**NO STOP IN PENALTY BOX
→ DISQUALIFICATION**

**Athletes are obliged
to sign the protocol in
the penalty box!**



BIKE COURSE – RULES



!

**DRAFTING ZONE = 12M
(FROM FRONT WHEEL TO
FRONT WHEEL)**

Passing only on the left side!

Crossing the center line is prohibited (two-way traffic)

Passing on the right

Drafting

Passing other athletes takes longer than 25 seconds

Race Briefing



BIKE COURSE – RULES 2023

RED CARD



- Public urinating
- Intentional littering out of allowed areas (nearby aid stations)
- Usage of any communication or entertainment equipment
- Accepting assistance from a third party

BLUE CARD



- Once overtaken, remaining in the draft zone for more than 25 seconds

GELBE KARTE



- Blocking
- Not wearing a helmet during the race
- Make forward progress without bike
- Coaching

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DOING BIKE REPAIRS OR GOING TO TOILET DURING A PENALTY ARE PROHIBITED!



RULES

The accumulation of three cards – **no matter which colour** - will result in a disqualification.



Yellow cards will no longer count as a “strike”
(penalty counting towards disqualification),

→ but athletes may still be disqualified should the Head Referee consider the accumulation of yellow cards to be in violation of IRONMAN Competition Rule 3.03(b).



CUT OFF BIKE

Cut off time for Bike & Swim: 5 hours 30 minutes after respective start.

→ Latest 02:45pm.

On the 2nd lap there will be two hard cut-offs at the turnaround points (12:35pm & 1:30pm).

Race Briefing






Transition (2)

Bike in 

(to the changing area, changing at the bag racks or naked area-tents, transition-bags must be hung back by yourself)

Run out 

Race Briefing





TRANSITION 2: BIKE → RUN

Red Card



- Using communication / entertainment media
- Manipulation (electrical/mechanical cheating)

Yellow Card



- Chin strap not closed
- Getting off the bike after the DML
- Changing of clothing outside the transition tent
- Red bag not placed on the bag rack



YOU MUST WEAR A T-SHIRT DURING RUNNING. BIB VISIBLE!



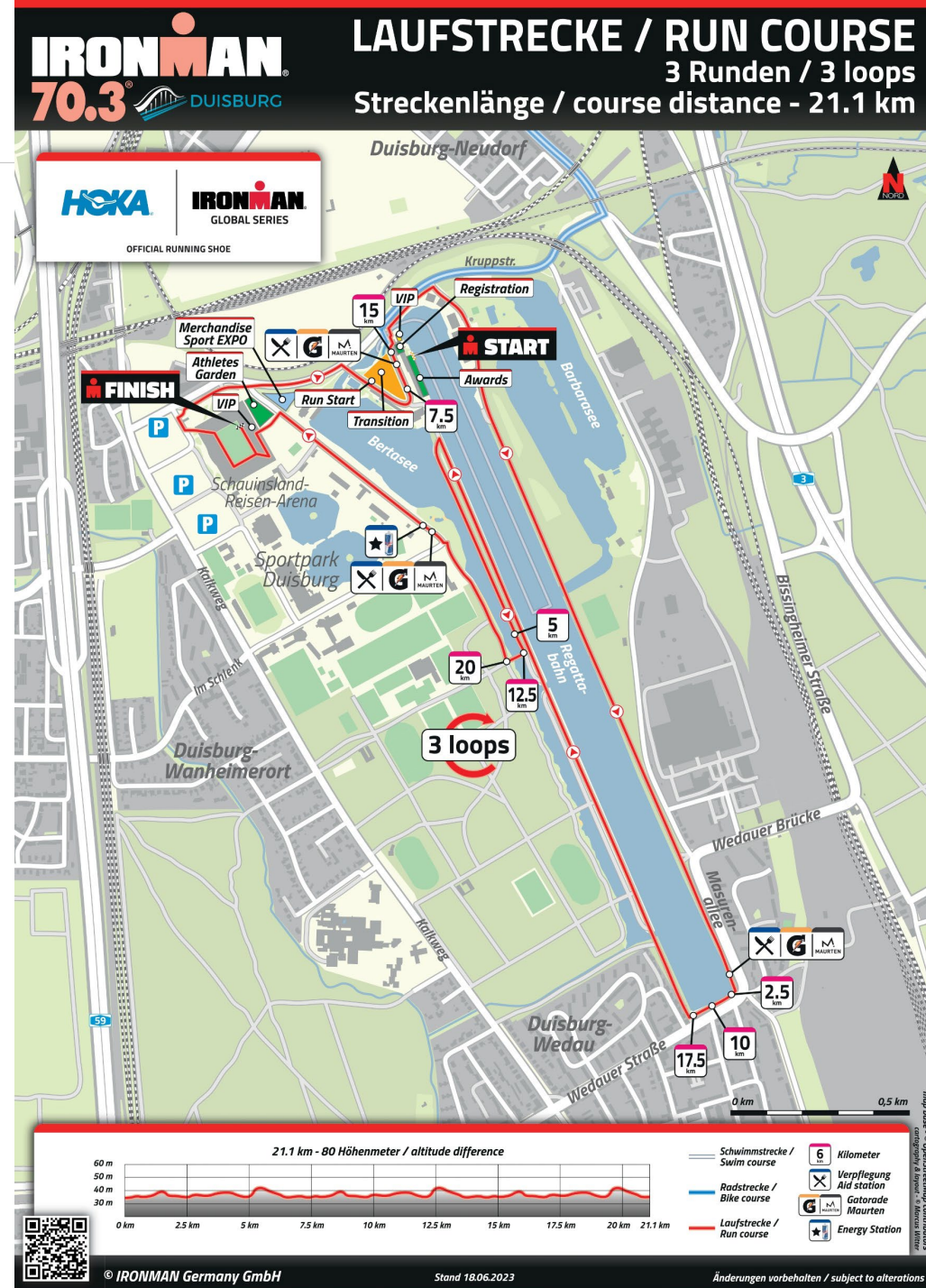
RUN COURSE – 21,1km

- Athletes receive a different coloured wristband every lap
- In total there are 3 laps
- 3 aid stations
- Finish line closing: 05:45pm



**NO PENALTY BOXES ON THE RUN COURSE!
IF AN ATHLETE RECEIVES A PENALTY ON THE
RUN COURSE HE / SHE HAS TO STOP
IMMEDIATELY FOR 30 SECONDS.**

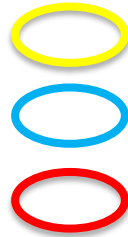
Race Briefing



RUN COURSE – LAP CONTROL

 Used for visual lap control:

- 1. lap: yellow wristband
- 2. lap: blue wristband
- 3. lap: red wristband






 Please wear the wristbands visible on the right arm

 Volunteers support the delivery

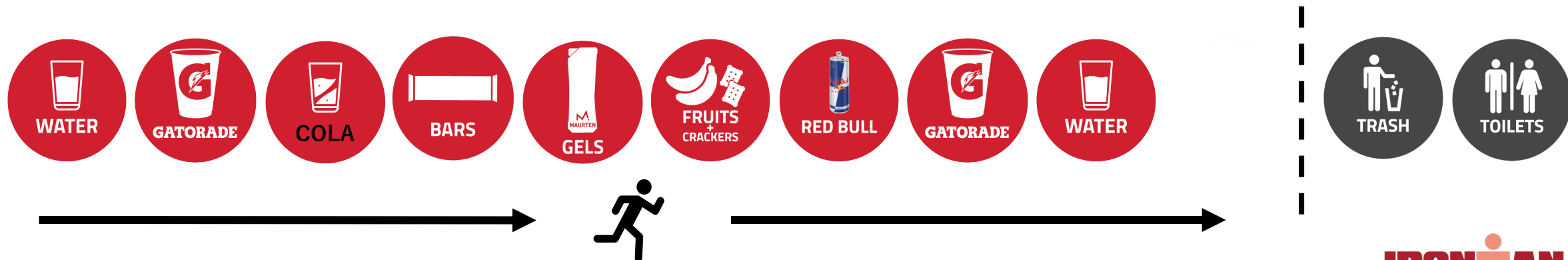
 Only if all bands are gathered athletes are allowed to turn onto the Finish Line



RUN COURSE – AID STATIONS

-  All aid stations (3 per lap) are set up the same way
-  Water, Gatorade Sport ISOTONIC DRINK (Orange) and Cola (deluted with water), and Red Bull (deluted with water: 2/3 Red Bull and 1/3 Water) all offered in cups
-  Maurten Gels (with and without Caffeine), 226ERS Bars (Cherry Cola), Apple and bananas (pieces), Cracker

Race Briefing





RUN COURSE – RULES

RED CARD



- Sortcutting
- Public urinating
- Intentional littering out of allowed areas (nearby aid stations)
- Usage of communication or entertainment equipment
- Accepting assistance from a third party

YELLOW CARD



- Coach / Manager enters the course
 - Coach running with the athlete beside the course
- Any escort by coaches outside the course is prohibited

To avoid penalties:

- ✓ Medical support only from the official medical team (except diabetics)





CUT OFF TIMES



SWIM

1:10 hours after respective start



BIKE (+ T1 + SWIM)

5:30 hours after respective start



RUN (+ T2 + BIKE + T1 + SWIM)

8:30 hours after respective start

We will reserve the right to remove an athlete from the course and DSQ the athlete if our course staff determines that there is no possibility of finishing the discipline or race before the posted cut-off times based on your location, the time and average speed to that point.

If you are involved in an accident:

Athlet – Spectator

The police needs to be called! You have to stay till the police has arrived!

Athlet – Athlet

Communicate with each other, whether both of you are able to continue. If not, both athletes have to stay till the police arrives.



QUITTING THE RACE





If you stop the race and quit, you have to inform a referee, officials or stop by the information point at the Transition Area!

Race Briefing





FINISH LINE PROCEDURE

-  It is prohibited to cross the finish line or even step onto the finish line with a companion (spectator) → **Disqualification**
-  Your medal will be handed out to you at the finish line
→ possibility to engrave at the Athletes Garden
-  You receive your finisher shirts at the Athletes Garden, showing your race number!
-  Athletes Garden: food, drinks, massage, showers (next to stadium) and medical team



ADDITIONAL INFORMATION

Manipulationen of the bike





In transition area we will check all bikes for electronical or mechanical manipulation. If the result of the check is positive, the athlete will be disqualified!

Lost&Found

- Put your Number and Name on all of your equipment
 - Personal belongings which are unmarked or have been left in the Transition Areas can be picked up at the “Awards Ceremony”
-




AWARDS CEREMONY | SLOT ALLOCATION


-  Awards Ceremony will take place at the grandstands at the Regatta Course after the race
→ 6:30pm
-  Trophies and prizes are handed out personally only; Trophies and prizes which have not been picked up will expire
-  The Awards Ceremony is open to the public
-  The Slot Allocation for the VinFast IRONMAN 70.3 World Championship in Taupō, New Zealand, takes place after the Awards Ceremony (7:30pm)






SLOT ALLOCATION VinFast IRONMAN 70.3 WORLD CHAMPIONSSHIP

 The **IRONMAN 70.3 Duisburg 2023** allocates:
40 slots for the VinFast IRONMAN 70.3
World Championship 2024 in Taupō, New Zealand

 Athletes who wish to make use of their
qualification slots have to be present at the
Slot Allocation

 Entry fee: 780 \$ (USD)
→ Payment only possible with credit card
→ Valid ID-card is mandatory





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HAVE A GREAT RACE