

# IRONMAN 70.3

## MOSSEL BAY

2023

RELAY

GUIDE

Name	Time
D VAN ZYL	08:00:35
J STEENKAMP	08:19:55
S SPECK	08:01:20
A MATTHEW	07:57:00

# REGISTRATION

## RELAY INFORMATION

The majority of information in the Athlete Guide applies to relay teams, with regards to timing and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

## REGISTRATION

Registration for all athletes will take place on Thursday 16 November 2023 – 14H00 until 18H00, Friday 17 November 2023 – 09H00 until 18H30 and Saturday 18 November 2023 – 08h00 until 12h30. It is compulsory for all relay members to attend site to sign waivers. (Please note the last athlete in the Team to register will be given the race pack, timing chip etc.)

You will need to bring your ID. All members will need to have signed the waiver online at registration. Each team needs to pay the one-day TSA license fee of R120.

## REGISTRATION OPENING TIMES

Thursday 16 November - 14h00 - 18h00

Friday 17 November - 09:00 - 18:30

Saturday 18 November - 08h00 - 12h30

## REGISTRATION LOCATION

Marquee,  
Diaz Hotel & Resort

## RACE PACK

As a relay team you will receive for each team member:

- Back pack each
- ID athlete band for each team member
- 2 x Race Bib number (for cyclist and runner)
- 1 x Swim Cap – for swimmer
- 1 x Sticker Sheet – for the bike and transition bags
- Transition bags





# TRANSITION

## TRANSITION

Like individual athletes, relay teams must also rack their bike the day before and go through the same checks. We do advise that all team members attend Transition so you can familiarise yourselves with the meeting points and the route. Information regarding openings times and location of Transition are below:

### TRANSITION OPENING TIMES

#### TRANSITION

Saturday 18 November 14h00- 17h00 (Bike & Bike & Run Gear Bags)

### TIMING CHIP

**The swimmer will need the timing chip to start the race.** Please note that each relay team will only receive one timing chip, it is not one timing chip per person. The timing Chip is passed from one member to the next at the start of each discipline like a relay baton.

### TRANSITION BAGS

At the Registration you will receive the transitions bags. For the relay teams it is not mandatory to use them, but you can hand them in if needed (optional).

### TRANSITION MEET POINT

In Transition, there will be a holding pen & signage near the swim in for Team members to wait for their swimmer. This is the area where you may exchange your timing chip with the other relay team member during the race. Please make sure all team members are aware of this area when racking on Saturday.

For example:

The swimmer will run to Transition where the Relay Meeting Point will be at Transition – they will then exchange the timing chip with the cyclist who will then run to their bike and start their bike leg.

Once the cyclist has completed the bike leg, they will rack their bike in Transition and run towards the run course where the holding pen will be for Team members. The cyclist will give the timing chip to the runner who will run out on to the run course.

# THE FINISH LINE

## AFTER THE RACE

- All team members will receive one finisher medal and one finisher T-shirt.
- After the race all the relay team members have access to the Final Aid Station in the IRONMAN Village with refreshments.

## BIKE CHECK-OUT

Don't forget to do the bike check-out

## BIKE CHECK-OUT TIMES

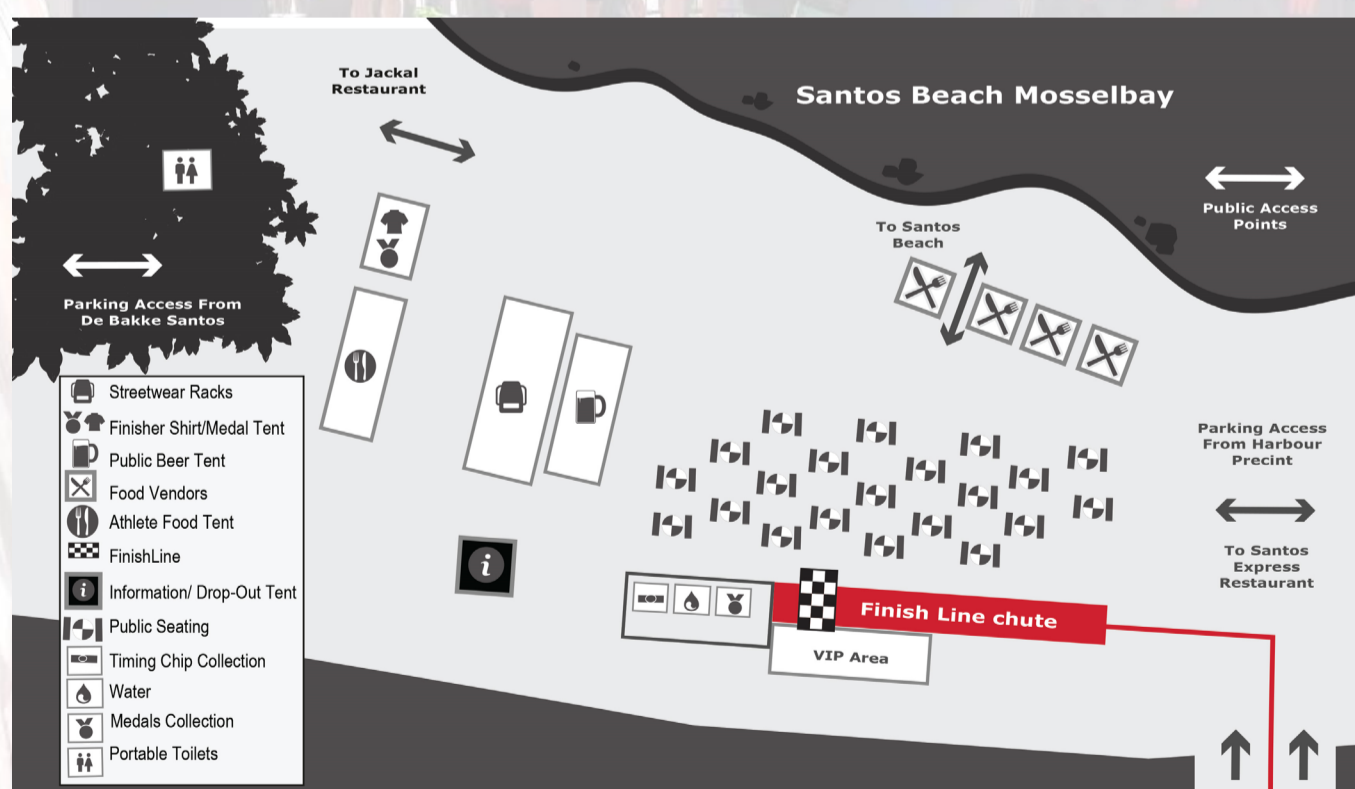
Sunday 19 November - 13:30 - 16:45

## SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Mossel Bay 2023. We will provide you with our "Foto-Flat" which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

The whole race photo pack can be purchased by only one team member.

Order your race images here: [www.sportograf.com](http://www.sportograf.com).



FINISH LINE

Mossel Bay



# RULES AND REGULATIONS

## RULES AND REGULATIONS

Please make sure that you are familiar with the [general rules for IRONMAN](#) and the specific rules that relate to each discipline for the relevant athlete. These are outlined in the Athlete Race Guide but we have also included the main ones below for you.

It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, change overs and the finish.

## LOCAL RULES



- Littering will result in a penalty
- Race numbers must be worn on the back for bike and front for the run.

## General Rules

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete
- No iPods, video recording, listening or recording devices are allowed
- Athletes who abuse Race Officials will be disqualified
- Athletes who fail to follow instructions of a Race Official will be disqualified
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately, this includes Medical and Water Safety Personnel

## Penalties

Penalties will be issued by referees, as well as a team of Referees on motorcycles on the bike course using the following card system.

-  Yellow Card – 30 second Penalty
-  Blue Card – 5 Minute Penalty
-  Red Card – Disqualification

The penalty tents on the bike course are located at the following locations.

Penalty tent 1: Located at Bike turnaround point (Uitkyk – R327 +- 45Km)

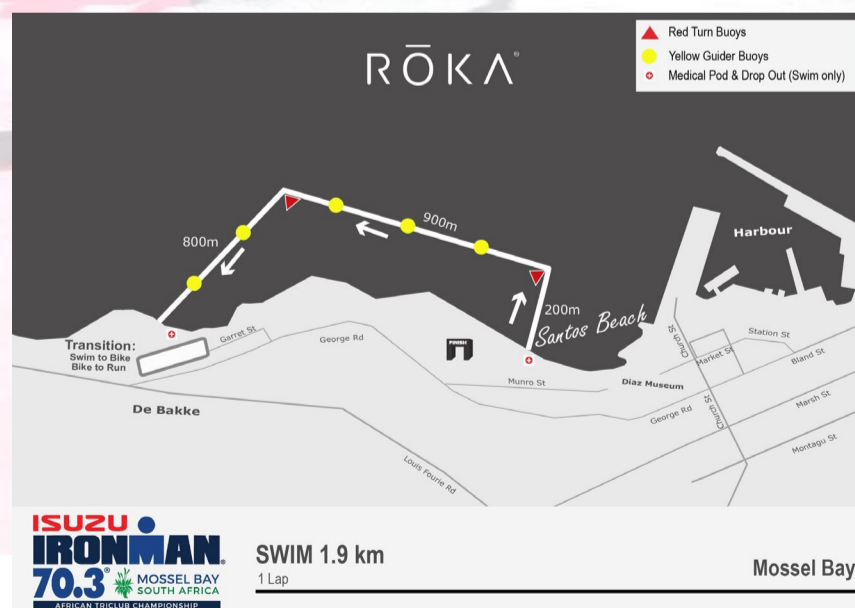
Penalty tent 2: Located inside Transition Prior to dismount line – 90km.

Should you receive a penalty on the bike course you **MUST** stop at the next penalty tent you pass on the course.

# RULES AND REGULATIONS

## SWIM COURSE RULES

- Athletes must wear the swim cap provided by race
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
- Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees or colder
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any part of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim
- Swim goggles may be worn. Snorkels are prohibited
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary
- The swim course will close 1 hour and 10 minutes after the last athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.9km swim. If the team swimmer takes longer than 1 hour and 10 minutes to complete the swim, the team will receive a DNF, and the team can no longer take part. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.





# RULES AND REGULATIONS

## BIKE COURSE RULES

*Athletes must wear their IRONMAN issued BIB number on their backs, clearly visible at all times on the bike course. BIB numbers identify the official athletes in the race. Folding, cutting the BIB number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification.*

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.

2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

5. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

6. Helmets, bike shoes, and other cycling gear cannot be placed around the athlete's bike in transition but cleats can be attached to the pedals. A shirt must be worn at all times.

7. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

8. Athletes must wear a bike helmet number on the front of their helmet and their BIB on their back for the bike section.

9. A bicycle helmet must be worn and fastened during the entire bike section. It must be securely fastened before the bike is removed from the rack and remain in place and fastened until the bike is re-racked.

10. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete, or receive anything from the athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.



# RULES AND REGULATIONS

11. **Do not litter.** Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the litter drop zones at each aid station. Any littering on the bike course will result in a penalty. We are privileged to be able to hold this race in an area of outstanding natural beauty and all have a responsibility to leave it unspoiled.

12. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

13. Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

14. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike.

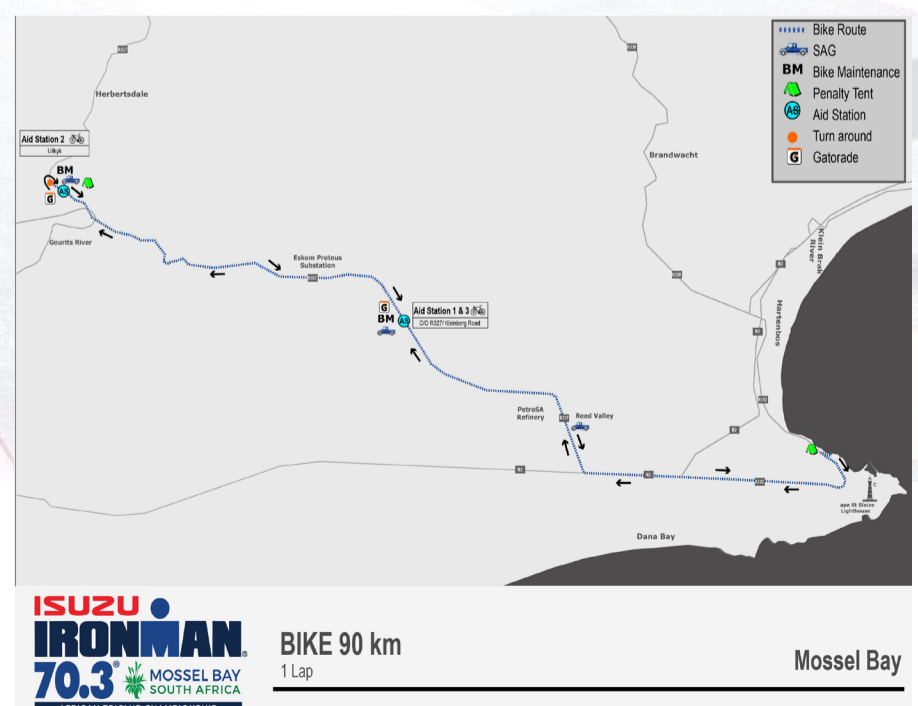
15. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

16. Please be aware that you could be DNF'ed after the race based on final timing verified by the timing company which shows that you failed to meet the cut off applicable to your start. Athletes have a total of 5 hours & 30 minutes to complete the swim and bike (including T1)

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distracting manner during the Race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distracting manner during the Race will result in disqualification.

19. 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. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.





# RULES AND REGULATIONS

## RUN COURSE RULES

1. Athletes may run, walk, or crawl

2. Athletes must wear their IRONMAN issued BIB number in front of them clearly visible at all times on the course. BIB numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification

3. Headphones or headsets of any type are not allowed during any portion of the event

4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified

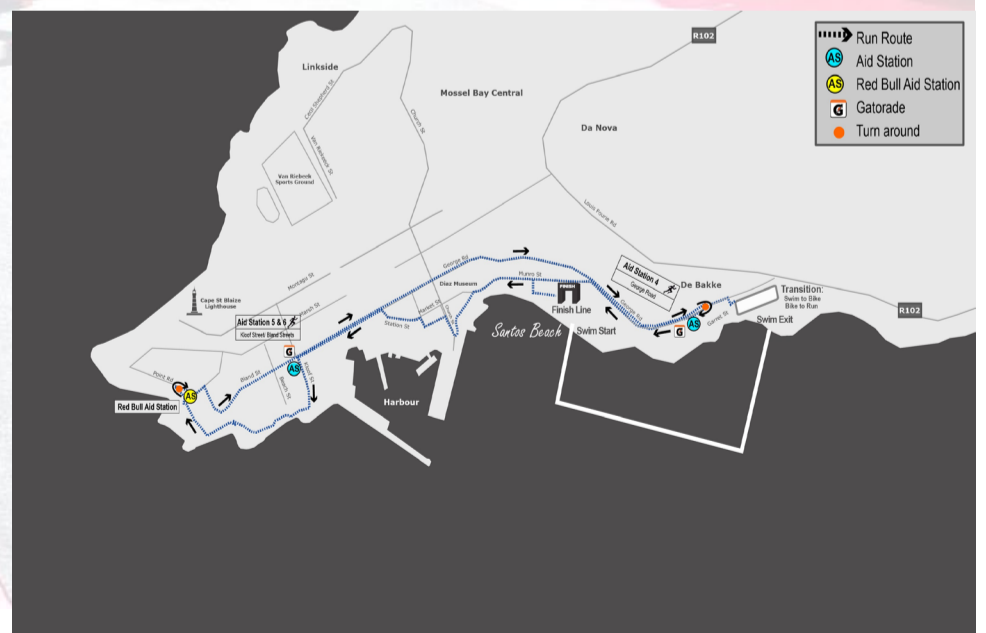
5. Athletes are expected to follow the directions and instructions of all race officials and public authorities

6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

7. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete, or receive anything from the athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

9. The run course will officially close 8 hours and 30 minutes after the last athlete enters the water.



ISUZU  
**IRONMAN**  
70.3  
AFRICAN TRICLUB CHAMPIONSHIP

RUN 21.1 km  
3 Laps

Mossel Bay