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WELCOME



IRONMAN® 70.3 Venice-Jesolo

Dear IRONMAN 70.3 Venice-Jesolo 2024 Triathletes.

May 5 will be a special day, a day that will bring challenges, excitement and gratification.

Welcome to the Venice-Jesolo Ironman 70.3!

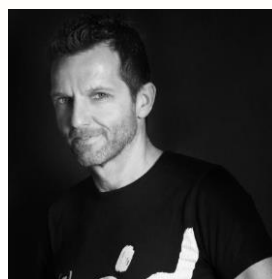
I am honoured to welcome you to this incredible competition, where commitment, determination and passion meet in an epic challenge of endurance and strength.

As Race Director, I will be there to guide you through this extraordinary experience and ensure that every single step of your journey is unforgettable.

You are on one of the most beautiful and fast courses Ironman has to offer. Venice, Jesolo, Cavallino and Eraclea will welcome you with their beauty. No matter what your goal is, whether it is to conquer a new personal best, complete your first race or simply enjoy the journey, know that you are part of an amazing community of athletes who share the same passion for challenge and success.

I encourage you to give it your all, to find strength in the tough times, and to celebrate every accomplishment along the way. Whether it is the swimming leg, the run along Jesolo beach or the cycling through the area's enchanting roads, know that you have my support and the admiration of everyone watching.

Finally, I want to thank each athlete who will be present for accepting this challenge. Your commitment and dedication are an inspiration to all of us. May your day be filled with success, satisfaction and unforgettable moments. Good luck to all athletes! Let the adventure begin!



Max Rovatti

Race Director IRONMAN 70.3 Venice-Jesolo

EVENT PROGRAM



FRIDAY 03

Hours	Description	Location
10:00h- 18:00h	Athlete's Registration	Light House Beach, Jesolo
10:00h - 18:00h	Info Point & Expo Area	Light House Beach, Jesolo
10:00h - 18:00h	IRONMAN Merchandise Store	Light House Beach, Jesolo
18:00h - 19:00h	Race Briefing (ENG)	Kursaal Congress Center (Sala Tiepolo)
20:00h	Night Run Eraclea Mare	Via Dancalia Eraclea Mare

SATURDAY 04

Hours	Description	Location
10:00h- 17:00h	Athlete's Registration	Light House Beach, Jesolo
10:00h - 18:00h	Info Point & Expo Area	Light House Beach, Jesolo
10:00h - 18:00h	IRONMAN Merchandise Store	Light House Beach, Jesolo
12:00h - 18:00h	Bike Check-In	Viale Gorizia/Udine - Transition Area
10:00h - 11:00h	Race Briefing (ENG)	Kursaal Congress Center (Sala Tiepolo)
11:00h - 12:00h	Race Briefing (ITA)	Kursaal Congress Center (Sala Tiepolo)

SUNDAY 05

Hours	Description	Location
05:30h- 07:00h	Transition open	Viale Gorizia/Udine - Transition Area
05:30h- 07:00h	Drop-Off White Bag- Athlete Garden	Light House Beach, Jesolo
7:30h	Swim start - Age Group START	Light House Beach, Jesolo
10:00h - 18:00h	Info Point, Lost & Found & Expo Area	Light House Beach, Jesolo
10:00h - 18:00h	IRONMAN Merchandise Store	Light House Beach, Jesolo
14:30h - 18:00h	Bike Check-Out	Viale Gorizia/Udine - Transition Area
17:20h	Race finish	Light House Beach, Jesolo
18:30h	Awards & Slot Allocation	Cinema Teatro Vivaldi



License/Medical document required for athletes.

To participate in IRONMAN races, it is mandatory to have an annual triathlon license. issued by a national triathlon federation or a one-day license issued by the FITRI. **Please consult the following document to check your situation and understand where to upload your annual license or how to purchase the FITRI One-Day License.**

- 1. The athlete has a FITRI yearly License or a valid annual triathlon licence from an ETU (European triathlon Organization) Federation** → Upload your License on DOKEOP.
- 2. The athlete has a valid annual triathlon license from a country Federation that is NOT part of the ETU (European triathlon Organization)** → Upload your License and a medical certificate, specific for triathlon in competition dated less than one year from the day of the race, on DOKEOP.
- 3. The athlete does NOT have any yearly Triathlon License from any Triathlon Federation** → Purchase a One-Day License on Active AND provide a Medical Certificate specific for triathlon in competition, dated less than one year from the day of the race. YOU MUST USE THE FITRI MEDICAL CERTIFICATE TEMPLATE. Then upload to DOKEOP a screenshot of the purchase receipt and the FITRI Medical Certificate.

Where to buy the One-Day License? You can buy it on your Active profile during or after your registration under the section 'Additional Offers/Purchases'. If you are already registered for the event and you want to purchase the One-Day License, you can do it here: [Myevents \(active.com\)](https://myevents.active.com).

What is the price of the One-Day License? The price depends on the type of competition in which you want to compete in: - Full Distance and 70.3: €30. - Distance 5150 (Olympic Triathlon): €20 - Distance 70.3 RELAY: €15

Where to upload the One-Day License? Please remember that if you bought the One-Day license you should upload on DOKEOP a screenshot of the receipt of your purchase (Active will send the receipt in a confirmation mail after the purchase), and a medical certificate specific for triathlon in competition, dated less than one year from the day of the race using the specific FITRI medical certificate template (Find the Template [HERE](#), below this document)

To help you understand the rules on race day, take the time to read and understand the rules of the Ironman 2024 Athlete's Guide and Competition Rules.

	<p>Blue Card</p> <p>1st BLUE CARD- Penalty 5:00 2nd BLUE CARD- Penalty 10:00 3rd BLUE CARD- DSQ Penalty</p> <p>Penalty served in a penalty tent on the bike course</p>
	<p>Yellow Card</p> <p>30 second <i>Stop and Go</i> penalty served next to the referee.</p>
	<p>Red Card</p> <p>Disqualification (DSQ).</p>

The violations of the POSITION are summarized below:

- Always drive on the right side of your lane to avoid an ILLEGAL POSITION or BLOCK call.
- Maintain a free space of six bike lengths between the front wheel of your bike and the rear wheel of the cyclist that precedes you to avoid a wake-up call.
- Always go over the left of the cyclist who precedes it; never on the right to avoid an ILLEGAL PASS notice.
- Complete your pass within 25 seconds to avoid a DRAFTING call.
- Past athletes should be seen making immediate and steady further progress outside the drafting area to avoid a DRAFTING call.
- The BIB number is mandatory for the bike section.

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The arbitrator's decision is final in the case of position violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, staff, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

Any additional incident that is not contemplated in the Athlete's Guide will be governed by the regulations of the Italian Triathlon Federation.

2024 COMPETITION RULES



GENERAL VIEW

CLICK ON THE BELOW BOTTON TO SEE THE
RACE VENUE MAP AND DOWNLOAD ALL THE
RACE'S COURSES

[CLICK HERE](#)



TRANSITION / VILLAGE / SWIM START / REGISTRATION

IRONMAN 70.3 Venice-Jesolo – Merchandising Store

At the IRONMAN Merchandise Store you will be able to find all official IRONMAN 70.3 Venice-Jesolo merchandise. The Merchandise Store will be open on Friday 5th May, Saturday 6th May and Sunday 7th May from 10:00 to 18:00.

Lost & found

Any items lost and found by IRONMAN staff will be deposited and left available for retrieval by athletes at the Info Point at Lido di Jesolo (Lighthouse Beach). When the race ends all lost and found items can be retrieved at the awards ceremony (1h before the race) at the [**CINEMA TEATRO VIVALDI**](#)

“EXPO”

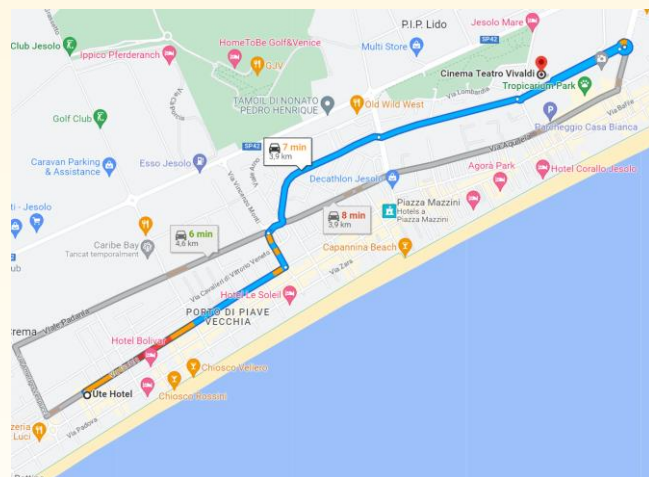
The expo will be open on Friday 5th May, Saturday 6th May and Sunday 7th May from 10:00 to 18:00.





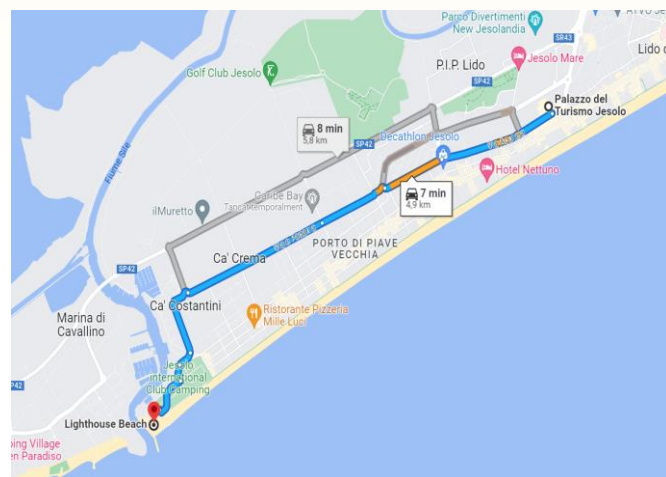
Where you can park!

There will be **free parking** near the transition area; we ask you to share your car with another athlete, when possible, to reduce traffic congestion on race morning.



How to get from transition to the awards ceremony (CINEMA TEATRO VIVALDI)

To get to the award ceremony from transition you can calculate **7 minutes** by car.



How to get from transition to swim start?

From transition to the swim start **11 minutes'** walk, about 1 km.

- Your safety is our primary concern. The medical team will be staffing the medical facilities at The Finish Line. Medical resources will also be available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP

You will not receive a penalty or be disqualified for receiving a medical evaluation.

If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (*dizziness*), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. **You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.**

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you need help by yelling “help.” You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- **During the bike:** If you are at an aid station, let someone know you need medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **During the run:** same as the bike. If you are at an aid station, let someone know you need medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **Helping another athlete:** if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- **After you have finished the race:** please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

Manage your Health and Safety on Race Day – RACE HEALTHY, RACE SMART!

Please visit our [Athlete Smart web page](#) for more information regarding your health pre-race and during competition:

MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- Please stop by the “Help Desk” at Athlete Check-In to get a special race day wristband on which you should write the details of your medical condition(s).
- Please also write the details of your medical condition(s) on the back of your athlete bib, which you will receive in your race packet.
- The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information.
- If you have any questions or concerns about providing medical information, please stop at the “Help Desk.”



CHECKLIST



✓ PRE-RACE:

- Directions to:
 - Registration
 - Bike Check-In
 - Race Start
 - Race Finish
- Photo ID.
- Valid Triathlon License or One Day License
- Attend Athlete Briefing
- Bike Services/Tune up
- Plan & test your nutrition
- Study the racecourse.

✓ RACE DAY – SWIM

- Timing Chip
- Wetsuit or swimsuit
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)

✓ RACE DAY – BIKE

- Helmet
- Bikes shoes and socks
- GPS watch or bike computer
- BIB Number
- Bike Repair Kit
- Extra Nutrition
- Sunscreen
- Sunglasses

✓ RACE DAY – RUN

- Race Belt or Safety Pins
- Bib Number
- Hat/ Visor
- Running Shoes & Socks
- Sunglasses
- Water Bottle
- Sunscreen

✓ MISCELLANEOUS

- Vaseline
- Antibacterial Gel
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Lip Balm
- Post-Race Clothing
- Extra Swimsuit or Wetsuit



Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



REGISTRATION HOURS		
May 3rd	10:00h- 18:00h	Light House Beach, Jesolo
May 4 th	10:00h- 17:00h	Light House Beach, Jesolo

Please note that we WILL NOT assign bib numbers before the opening of registration. Bib numbers will be assigned on a first come, first served basis at the registration desk.

In order to complete the athlete check-in, you will need to follow the steps detailed below:

- 1 The access to the registration tent will be located close to the finish line..
- 2 At the entrance, there will be 2 lines for the License Control check. You need a valid photo ID (such as Passport or Driver's License). Before registration you should have uploaded all the documents required in Dokeop

If you don't have a license and need to buy one, you can do so through your Active profile: at: [Myevents \(active.com\)](https://myevents.active.com)
- 3 Direct yourself to any of our Check-In desks to pick your BIB, Stickers, wristband and swimcap.
- 4 Don't forget to collect your event t-shirt at the 'T-shirt Pick- Up" area inside registration.
ATTENTION: We will hand the Size indicated in your registration.
- 5 If you have an issue at any point of this process, please go to the HELP DESK and we will assist you.

BIB NUMBER

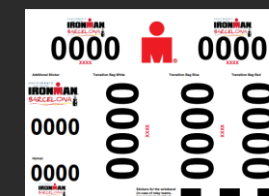
- You must wear your bib on your back for the bike course and in front for the run course, failure to do so will result in a disqualification.
- It must be attached with two points minimum. We recommend to use a running belt which saves you time and avoids making holes in your clothes. You can also use safety pins.
- Attached to the bib number, you will find key information for the event.



STICKERS

You will have a sheet of stickers; please place relevant sticker on your bike, helmet and bags:

- 3 stickers for the RUN, BIKE and STREET WEAR bags.
- 1 sticker for the seat post of your bike.
- 1 sticker to stick on the front of your helmet.



WRISTBAND

- A wristband with a QR code will be placed on your wrist when you collect your bib.
- This wristband will identify you as an official athlete and must be worn during the whole week of the race.
- The wristband is required for medical identification purposes and gives you access to all athlete areas before, during and after the race.
- **You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.**



SWIMCAP

- You must wear the swim cap given to you when you collect your bib number during the SWIM.

BACKPACK

To be collected at the time of registration with:

- 2 transition bags
- 1 STREET WEAR bags

Your belongings must be placed in these bags (see next page).



EVENT T-SHIRT

- Each participant will receive an event t-shirt that must be picked up in registration.
- We will hand out the Tshirt size indicated in your registration.
- **A size change can only be requested on Race Day at the Info Point.** We do not guarantee that the size will be available.



PRE-RACE



PUT IN:

- Clean clothes
- Towel
- Dry Shoes

DROP OFF

Sunday, from 5:30h to 7:00h at the Athlete Garden.

RACE



PUT IN:

- Swimcap
- Goggles
- Wetsuit

TAKE OUT:

- Helmet
- Sunglasses
- Bike Shoes
- Socks
- BIB Number

DROP OFF

Saturday, from 14h to 19h at Transition Area.



PUT IN:

- Helmet
- Bike Shoes

TAKE OUT:

- Run Shoes
- Cap

DROP OFF

Saturday, from 14h to 19h at Transition Area.

POST-RACE



TAKE OUT:

- Clean clothes
- Towel
- Dry Shoes

PICK UP

At the end of the race, in the Athlete Garden.

RACE MORNING

You will be able to access the blue bag and bike before the race to add any drink or nutrition.

BAGS PICK-UP

The blue and red bags will be collected at Transition Area during check-out along with the bike.



PUMPS ARE FORBIDDEN

It is forbidden to access transition on race day with pumps.

The organization will provide several pumps in transition for those who want to check their tire pressure.



BIKE & BAGS CHECK-IN

On Saturday, from 2pm to 7pm, all athletes must leave their bike and transition bags.

NOTE: Participants will have access to the bike and to the bags on the morning of the race to add any drinks and/or nutrition for the race.

WHAT YOU NEED:

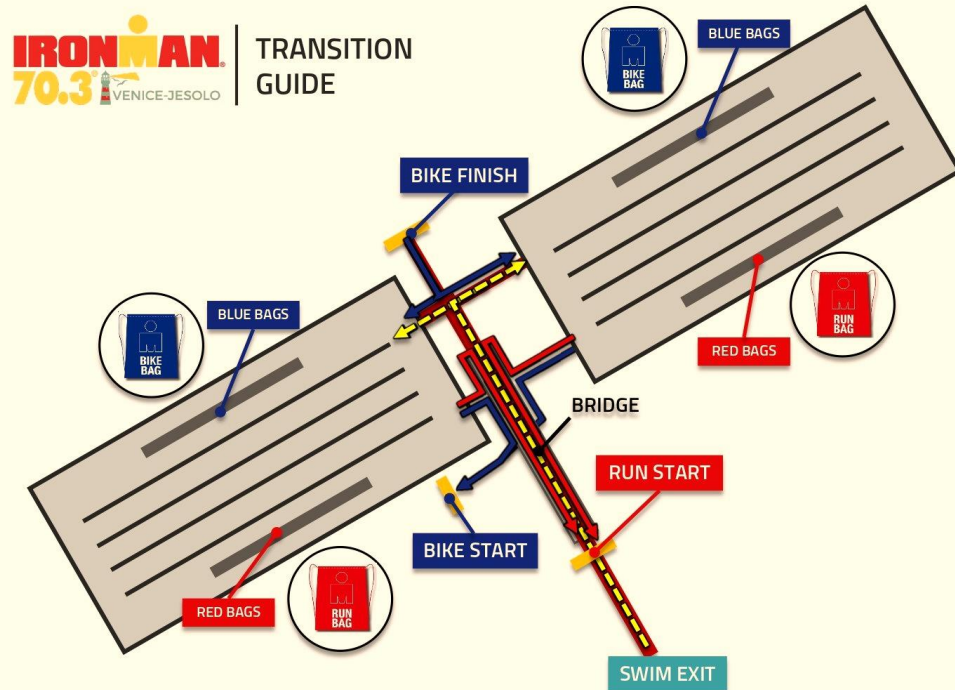
- ✓ Your bike.
- ✓ Helmet.
- ✓ Transition bags (Red & Blue) already packed.

Athletes are responsible for ensuring that their bike and helmet are in a safe and functional condition. IRONMAN is not responsible for any failure of the bicycle.

WHAT WE WILL CHECK:

- ✓ That your helmet and bike are in good condition and ready for the race.
- ✓ That your bib numbers are properly attached to your bike, your helmet and your bags. That you are wearing your athlete wristband, that we gave you during Athlete Check-In.

Without these elements you will not be able to check-in!



YOU MUST PICK UP YOUR TIMING CHIP AT THE TRANSITION EXIT.

⚠ REMINDER: If you want a dry change of clothes at the end of the race, you must leave the **WHITE BAG** in the finish area on Sunday from 5:30h to 7:00h.

TIMING CHIP

The timing chip will be given to you on Saturday at the **EXIT of TRANSITION AREA** after dropping off the Red and Blue bags on the corresponding hanger.

Please note that your wristband does **NOT** have a chip on it.

TIMING CHIP



WRISTBAND



- ❑ The chip will register your individual start time as you cross the timing mat at the swim start and provide your swimming time, bike time, run time, finish time, transition splits, overall and age group ranking.
- ❑ You will need to carry the chip tied to your left ankle throughout the race.
- ❑ Please note that **you must have your timing chip on for the Bike Check-Out**. So, keep it on, even if you drop out of the race

⚠ Your timing chip is a loan. You must return the chip to the timing company, or you will be charged for its replacement.

CHIP REPLACEMENT DURING THE RACE

If during the race we detect that your chip is not working, we will leave a spare chip on your Transition bag.

You will find the new chip clipped around your transition bag:

- If it fails in the SWIM, the chip will be left in the BLUE BAG.
- If it fails in the BIKE, the chip will be left in the RED BAG.

PLEASE place the new chip on your ankle and leave the old one in your bag.

At check-out, please hand in both chips to the organization.



SCHEDULE BRIEFINGS

17:00h	English	Light House Beach, Jesolo
18:00h	Italian	Light House Beach, Jesolo

Athletes must either attend the in-person information session or watch the online briefing available from Friday in the Athletes section of the website.

The briefings will cover important information regarding the peculiarities of the route, the rules and cut-off times for each modality, and more importantly, any last-minute changes or procedures in the event that have occurred or may occur due to weather forecasts. **If there's any discrepancy with this guide, the Briefing information prevails.**

RACE DAY

RACE DAY SCHEDULE

Hours	Description	Location
05:30h- 07:00h	Transition open	Viale Gorizia/Udine – Transition Area
05:30h- 07:00h	Drop-Off White Bag- Athlete Garden	Light House Beach, Jesolo
7:30h	Swim start – Age Group START	Light House Beach, Jesolo
10:00h – 18:00h	Info Point, Lost & Found & Expo Area	Light House Beach, Jesolo
10:00h – 18:00h	IRONMAN Merchandise Store	Light House Beach, Jesolo
14:30h – 18:00h	Bike Check-Out	Viale Gorizia/Udine – Transition Area
17:20h	Race finish	Light House Beach, Jesolo
18:30h	Awards & Slot Allocation	Cinema Teatro Vivaldi

RACE MORNING PROCEDURE

- Transition area will be open from 6:00 to 7:20h.
- The organization will put at your disposal air pumps in case you want to check the pressure of the wheels of your bicycle. **IT IS NOT ALLOWED TO ACCESS TRANSITION WITH YOUR PUMP.**
- Please do not wear your bib number when swimming. Leave it with your gear and put it on before you go out on the bike course.
- Place your Warm-Up gear in your White Bag and drop it off in the Athlete Garden.
- Remember to bring your timing chip, event swim cap, goggles and wetsuit.
- At 07:00, all athletes should come out of transition and head to the swim start.

Most of the information contained in the Athlete's Guide applies to relay teams, as far as times and requirements for registering and checking in are concerned. In cases where there are variations due to the logistics of the equipment, we have provided the information below.

REGISTRATION

All members **MUST** come to registration together to complete the Check-In.

Each team member will have to provide a valid Triathlon License or have purchased our One Day License.

If you don't have a license and need to purchase one, you can do so through your Active Profile: at: [Myevents \(active.com\)](#). Otherwise, you can buy it at the registration tent, paying by card.

Teams will confirm their athletes' details at registration. If any changes need to be made, they will be made at the HELPDESK. **Please note that you will not be able to change team members at the time of registration, you will only be able to change their details.**

RACEPACK

As a relay team, you will receive 3 athlete's backpacks containing:

- 2 x race BIBs - one for the bike, one for the running.
- 3 identification wristbands, one for each team member.
- 1 swimming cap.
- 1 x Sheet of stickers - for bicycle and transition bags

BIKE & BAGS CHECK-IN

Relay Teams of 3 members don't need to check-in transition bags. If a one of the team members is doing 2 disciplines back-to-back, swim-bike or bike-run, they will need to drop the respective transition bag on Saturday.

You'll need to go to Transition Area to collect the Timing Chip and drop the Bike during the Bike Check-In time.

The Swimmer will start the race with this timing chip on the ankle and must be passed from the swimmer to the cyclist to the runner in the Transition Area.

RACE DAY INFORMATION

All teams will be placed together in transition.

Team Members don't need to be all day in transition. However, it is the Team Member responsibility to be in Transition 20 minutes before the teammate arrives.

It is mandatory to wear the BIB number during the Bike and Run section.

If a team member does not make the Cut-Off times, the Team **CANNOT** continue the course.

The 3 members will be able to enter the finish line together. A 'Relay' flag will be placed to mark the entry of teammates right at the beginning of the final straight.



AID STATIONS

BIKE



1 st	KM 18.2	KM 49.7	KM 72.5
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Drinks: ISO & Water in bottles of 750ml.

Energetic Bars: Maurten Energy Bars

Food: Bananas

RUN



1 st	KM 1.5	KM 3.5	KM 6.5
2 nd	KM 9.5	KM 11.5	KM 13.5
3 rd	KM 16.5	KM 18.5	Finish Line

Drinks (served in cups): ISO & Water (IN CUPS)

Energetic Bars: Maurten Energy Bars

Energetic gels: Maurten Gels (with and without caffeine).

Food: Bananas

RIDE THE REVOLUTION



YOUR RIDE. YOUR CHOICE.

KICKR began as a simple idea: a new way to ride indoors. Little did we know we'd ignite an indoor training revolution. A revolution that rolls on today in the form of the world's most complete indoor training ecosystem. An integrated cycling experience that offers cyclists of all levels the tools they need to get faster, fitter and have more fun while chasing their goals. From accessories that blur the line between virtual and reality, **the revolution isn't over, it's just begun.**



wahoofitness.com



AG1[®] is Foundational Nutrition made simple.



DrinkAG1.com



We're in this together

As Official Sports Performance Nutrition of the IRONMAN Global Series, Maurten Gels and Solids will be available on-course on race day. You won't fuel short.

maurten.com



CUT-OFF TIMES



01:10:00



05:30:00



+ T1

+



08:30:00



+ T1

+



+ T2



TIMES ARE CALCULATED BASED ON THE INDIVIDUAL START TIME, NOT THE RACE START TIME

IRONMAN reserves the right to remove an athlete from the course and leave him/her out of action if our race staff determines that there is no possibility that the athlete will be able to finish the discipline in question (swimming, cycling, running) before the established cut-off times, based on the location, time and average speed of the athlete at that point.

Athletes who do not arrive on time to the cuts will be considered DNF and will not qualify for the World Championships.

FOLLOW THE EVENT



FOLLOW YOUR ATHLETE

IRONMAN 70.3 Venice-Jesolo has real-time information while delivering live results through the IRONMAN Tracker app.

FEATURES INCLUDE

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.

Real-time Facebook Notifications:

- Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook notifications. Your stats will post live as you pass each checkpoint.

Live Map Tracking:

- Participants' locations will be plotted on the Interactive Course Map as you progress through the race. The position of each participant is estimated based on the most recent time received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.
- Mobile App: Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Information and more!

SOCIAL MEDIA

Share your experience at IRONMAN 70.3 Venice-Jesolo on your social media profiles with **#IM703Venice**

Stay connected with IRONMAN 70.3 Valencia through our social channels to be on top of all the latest news and exciting events:

@IRONMANLive: your home for detailed race day coverage (pace, part-time, etc.) of the career while you are on the go.

- facebook.com/IronmanItaly
- instagram.com/ironmanitaly
- **IRONMAN Athlete Tracker App**

DOWNLOAD THE APP



SWIM START – ROLLING START

Athletes will enter the water in a continuous stream from 7:30 to 08:10.

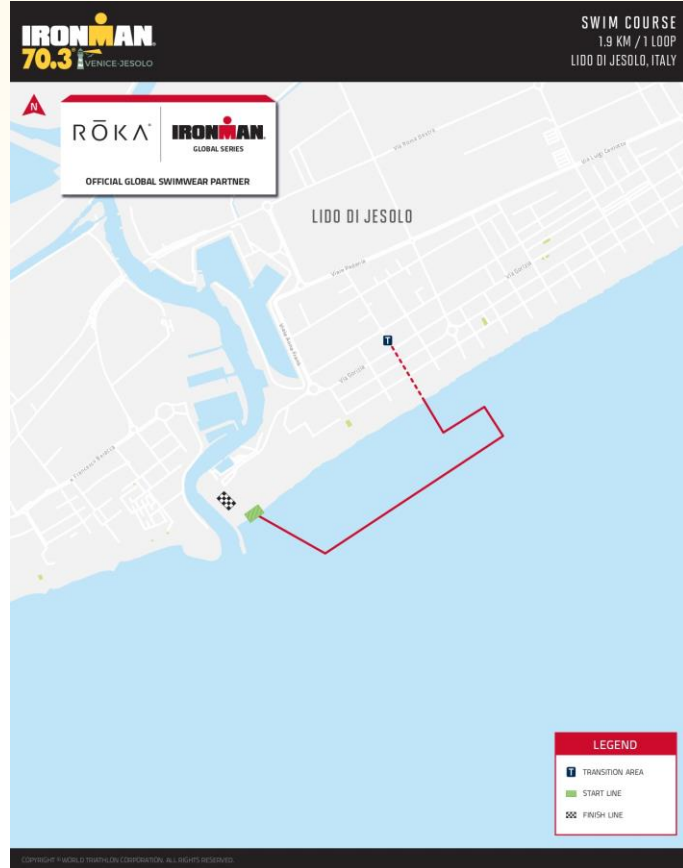
There will be 7 starting boxes, each one indicating a time to complete the swimming section. Each participant will place himself/herself in the box that most closely matches their estimated swimming time.

At 7:30 the fastest group will start to leave the first box. Once they are all started, the next group will advance to the starting line, and so on until all participants are in the water.

Each athlete's individual race time will begin when they cross the start timekeeping mat.



COURSE



KEY INFORMATION

Wetsuit: Permitted (based on expected water temperature).

Water Temperature: 23°C expected.

Circuit: 1x 1.900m loop in anticlockwise direction in the Mediterranean Sea.

BUOYS



SWIMMING – RULES

- Athletes must wear the official swimcap provided by the organization.
- The use of fins, gloves, oars or flotation devices (including trawl buoys) of any kind is not permitted.
- The use of water socks (neoprene booties) is not allowed unless the water temperature is 65 degrees Fahrenheit or colder.
- Where the use of wetsuits is prohibited, clothing covering any part of the arms below the elbows and clothing covering any part of the leg below the knee shall be considered illegal equipment and shall not be permitted. Compression sleeves or calf protectors/compression socks can NOT be worn during swimming at non-wetsuit events but can be worn at the end of swimming.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The use of individual rowers or companions is not allowed. The course will be properly patrolled by canoes and paddle boards.
- Any assistance required during swimming will result in disqualification if forward progress has been made.
- Athletes are allowed to use kayaks and boats as an aid, as long as they do not progress forward. Race officials and medical staff reserve the right to withdraw athletes from the course if it is determined to be medically necessary.
- The swimming course will close 1 hour 10 minutes after the last athlete enters the water. Each athlete will have 1 hour 10 minutes to complete the 1.9 km of swimming. Individual athletes who take more than 1 hour 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to remove athletes from the course that exceed the established times.

SWIMMING TO BIKE – TRANSITION 1

- After swimming, you will be directed through the timing mats to transition zone 1. In this area, athletes will take their bike equipment bag from the hanging shelves.
- If athletes wish to change completely, they can use the on-site exchange tents. There will be a locker room for men and one for women. Public nudity is NOT allowed.
- Athletes will place all of their swim gear inside their bike bags and leave the bags in the enabled area. We require that you be fully prepared for the race before getting on the bike.

RULES – WETSUIT

MANDATORY
Water Temperature below 16 °C

OPTIONAL
Water Temperature between 16 and 24.5 °C

FORBIDDEN
Water Temperature above 24.5 °C

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for age group prizes, including IRONMAN World Championships. Athletes who choose to wear a wetsuit will be placed in an optional wave of wetsuit after all athletes without a wetsuit.

Forbidden wetsuit: Soto Water Rover wetsuits cannot be more than 5 mm thick.

SWIMWEAR POLICY

- Swimsuits should be 100% textile material. Simply put, this generally refers to suits made only of nylon or lycra that do not have any rubber material such as polyurethane or neoprene. Swimsuits should not cover the neck, extend beyond the elbow, or exceed the knees.
- Swimsuits may have a zipper. You can carry a race kit under the swimsuit. You can wear compression clothing during swimming without a wetsuit as long as it is made of 100% textile material and that this material does not exceed the elbows or knees. Any compression garment that extends beyond the elbows or knees will not be allowed in swimming without a wetsuit (this includes compression sleeves, compression socks or compression tights).



RŌKA



LUCY CHARLES-BARCLAY
2023 IRONMAN WORLD CHAMPION

MAVERICK X2

FASTEST WETSUIT IN THE WORLD.

"The most comfortable, mobile wetsuit I have worn yet. The shoulder / arm flexibility is unmatched. Highly recommend."

Julia C. — Seattle, WA

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RŌKA



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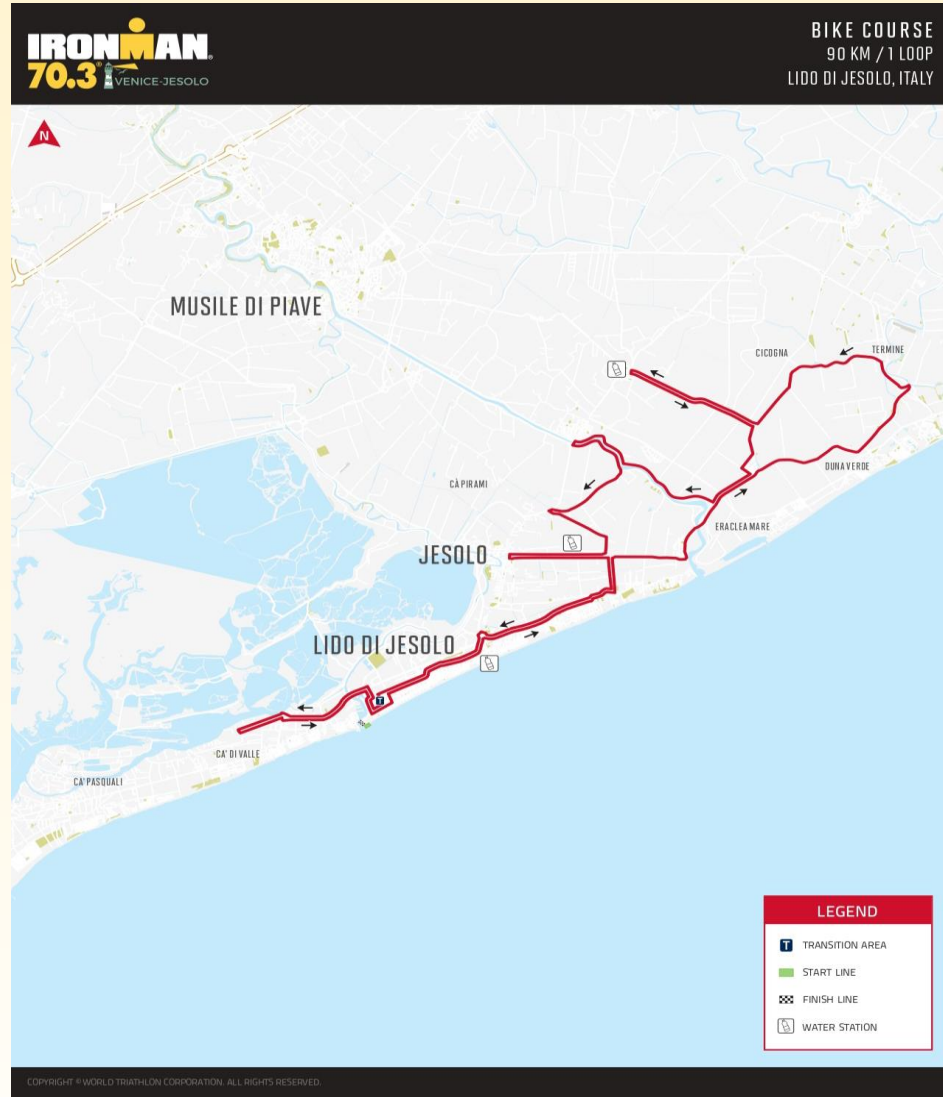
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C³

C3™ Unmatched Optics
& Premium Lens Coatings

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Materials



MECHANICAL ASSISTANCE

With FBR the best condition for your bike is guaranteed, ensuring that everything works perfectly after so many hours of training.

You can book their services in advance and avoid waiting. FBR mechanics can do a basic check-up, disassemble your bike, or prepare it to travel again in your luggage.

The team of mechanics will take care of your bike.

All athletes must be self-sufficient and able to repair minor problems on their own. Mechanical assistance will be an additional support provided during the race.

However, there will be 3 FBR BIKE SERVICES POINT along the route



KEY INFORMATION

Circuit: 90 Km, 1 Loop

Elevation: 200m.

Aid Station Nutrition: Water, Energy drinks, 226ers bars & Bananas (details on Aid Station Section).

Aid Stations KM: 18.2 – 49.7 – 72.5

- **FBR Bike Service Point:** Viale del Marinaio (Jesolo Lido)
- Via Sette Casoni (Ponte Crepaldo fronte Scuole)
- Via Cristoforo Colombo 1° Ramo (Jesolo)



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BIKE RULES



POSITION RULES

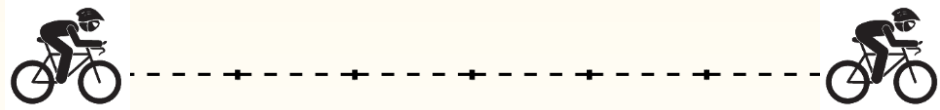
- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.
- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the athlete being overtaken.
- Overtaking athletes may pass on the left for up to 25 seconds but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).
- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.
- Athletes must ride single file on the far-right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.
- Athletes who impede the forward progress of other athletes will be given a blocking violation.
- Athletes committing rule violations will be notified "on the spot" by an official.

THE OFFICER WILL:

1. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding-colored card.
2. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

THE ATHLETE WILL:

1. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
2. Have race numbers marked by the PT Official.
3. Register, via the sign-in sheet.
4. Resume the race after serving a 60 second time penalty for all non-drafting violations (YELLOW CARD).
5. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
6. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the Race Referee.
7. Be disqualified for not reporting to the PT.



12 METERS
25 SECONDS TO PASS



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



30 second *Stop & Go* penalty. It is the Referee who starts the stopwatch.

OFFICIAL APPEAL

If a Race Official has disqualified you from the event and you want to appeal the decision, please ask for the Head Referee at the Finish Line.

- Appeals can only be made to the Head Referee, in person on Race Day.
- An email sent to the organization IS NOT an appeal and WILL NOT BE REVIEWED.
- Once the Head Referee has reviewed the case, the decision is FINAL and cannot be appealed a second time.
- The Head Referee will be located at the Finish Line Area on Sunday until 17:00h.



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"FulGaz has revolutionized my training approach for IRONMAN bike courses. It allows me to rehearse the entire course, mentally prepare for what's ahead and feel the real course inclines and descents. I'm using the platform for motivation, to build bike strength and to know the courses I'm racing on, such as the IRONMAN World Championships in Nice."

- Nikki Bartlett, Professional Triathlete

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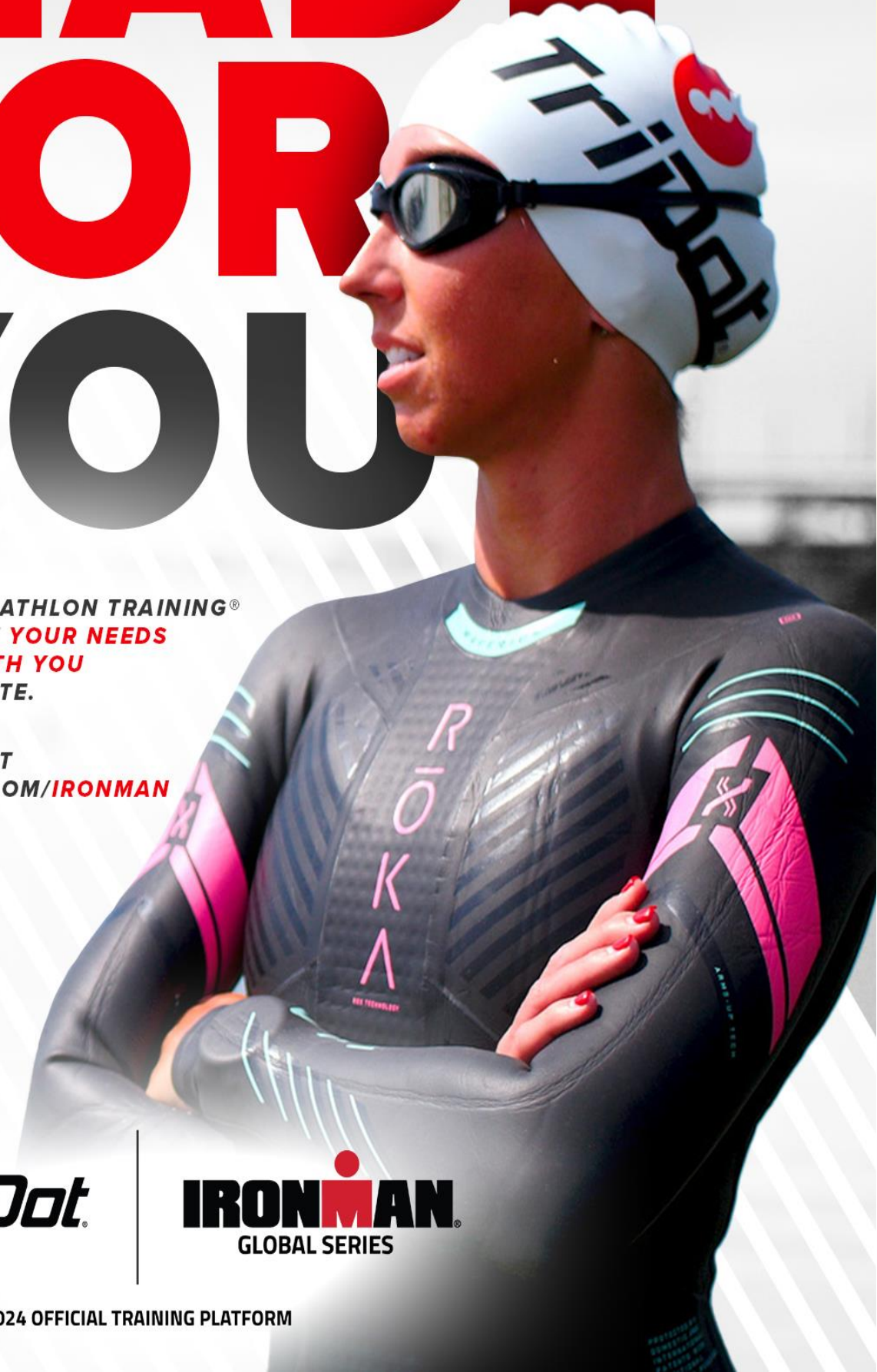
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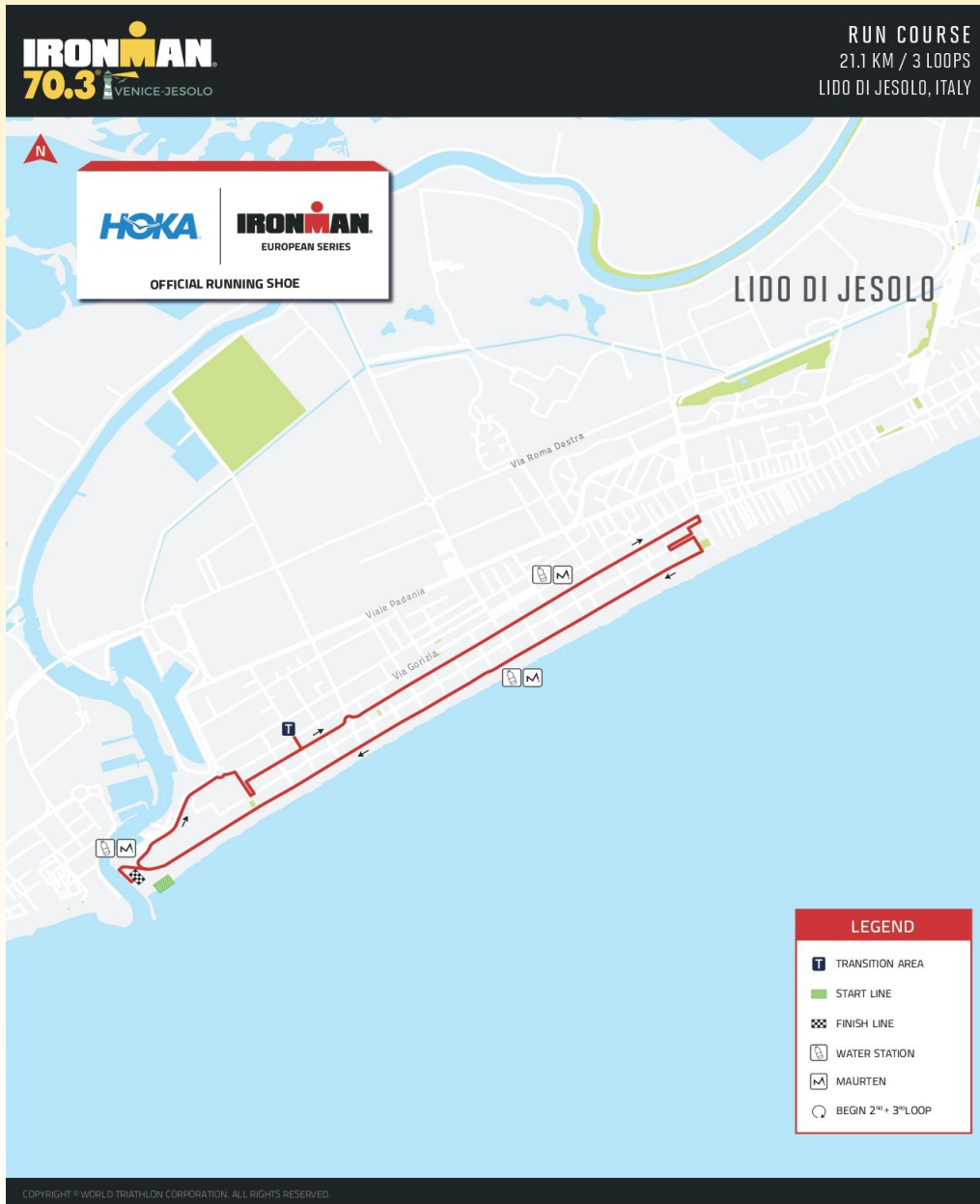
LEARN MORE AT
WWW.TRIDOT.COM/IRONMAN



IRONMAN
GLOBAL SERIES

2024 OFFICIAL TRAINING PLATFORM





KY INFORMATION

Circuit: 21 Km, 3 Loops.

Aid Station Nutrition: Water, Energy drinks, 226ers bars & Bananas (details on Aid Station Section).

Aid Stations : Every 2/3 Km

CONGRATULATIONS!

YOU HAVE FINISHED THE 70.3 VENICE-JESOLO, WE LOOK FORWARD TO SEEING YOU AT THE AWARDS CEREMONY AT THE **CINEMA TEATRO VIVALDI**

**FAST IN.
FASTER
OUT.**



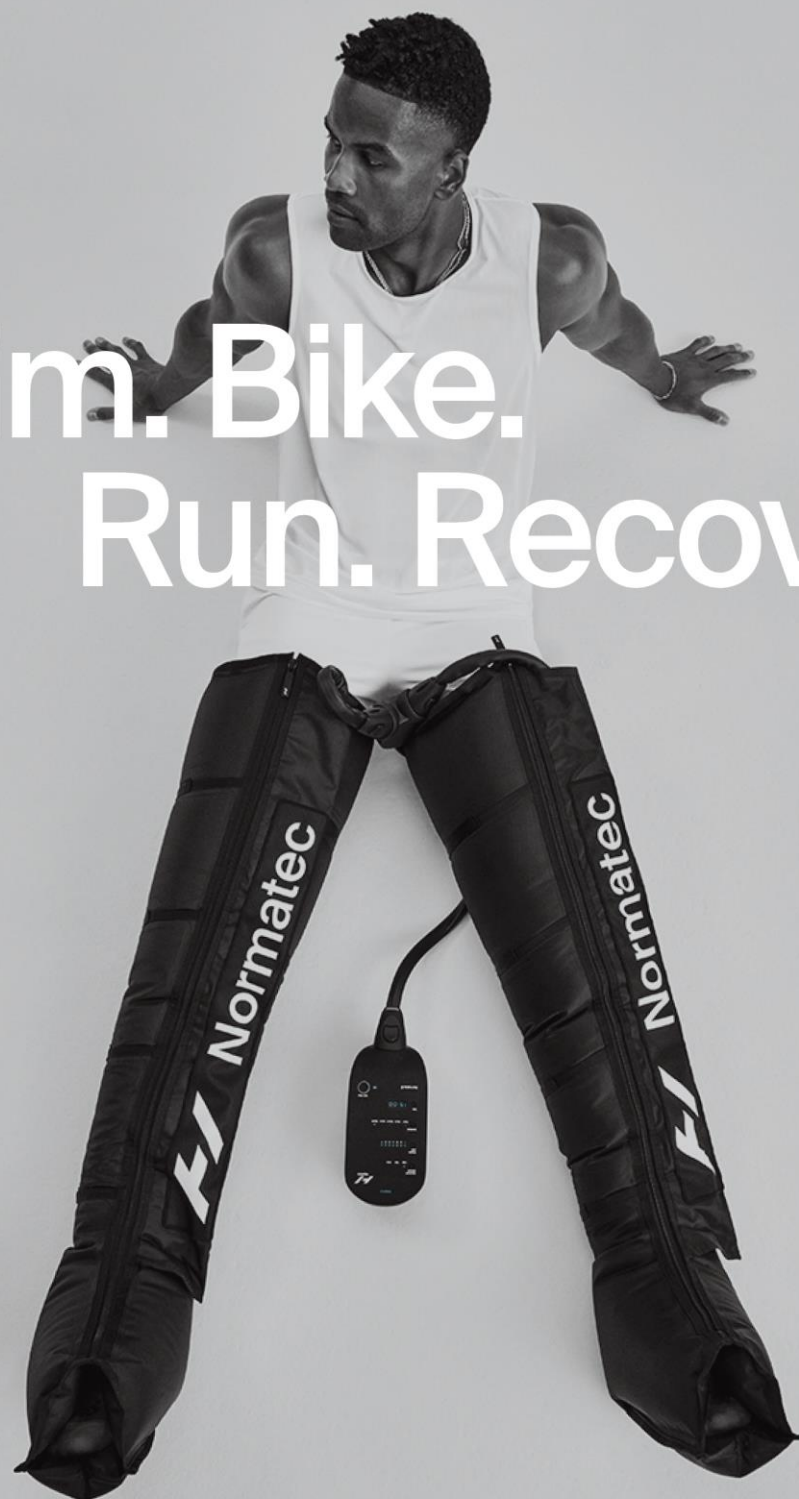
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RUN RULES

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2024 OFFICIAL RECOVERY TECHNOLOGY



Perform your best on race day with the most advanced warmup and recovery technology. Our suite of technology is here to help you achieve your next goal and move better tomorrow.

Athletes can run, walk or crawl.

1. Athletes must wear their IRONMAN issued bib number in front of them and clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
2. It is **STRICTLY FORBIDDEN** to bend, cut the bib number, intentionally alter it in any way, or not carry the race number and may result in disqualification.
3. Headphones or headsets which are inserted to or covering the ears 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. **NO INDIVIDUAL SUPPORT VEHICLES OR NON-PARTICIPATING RUNNERS ARE ALLOWED.**

This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should 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. It IS permissible for an athlete who is still competing to run with other athletes who are still competing.

6. Athletes are expected to follow the directions and instructions of all race officials and public authorities
7. 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.
8. **IT IS FORBIDDEN TO RUN WITH THE NAKED TORSO. ATHLETES MUST WEAR A T-SHIRT, JERSEY OR SPORTS BRA AT ALL TIMES DURING THE RACE SEGMENT. FRONT ZIPPERED UNIFORMS MAY BE OPENED TO ANY LENGTH, PROVIDED THAT THE ZIPPER IS CONNECTED TO THE BOTTOM OF THE UNIFORM AT ALL TIMES AND THE TOP OF THE UNIFORM COVERS THE SHOULDERS. THE UNIFORM MUST BE COMPLETELY CLOSED WHEN CROSSING THE FINISH LINE.**
9. The race will officially end 8 hours and 30 minutes after the last athlete enters the water.

FINISH LINE POLICY

Friends and/or family members are not allowed to cross the finish line or enter the arrival ramp with participating athletes. This policy will allow each competitor adequate time to celebrate their achievement without interfering with the other finalists and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect this policy will receive an automatic disqualification (DSQ).



POST-RACE INFORMATION



CHECK – OUT

CHECKOUT

At the end of the race, you must go to the change area to:

- Pick up your bike
- Pick up your gear bags and "Streetwear".
- Return your timing chip.

Check-out time: Sunday, 14.30 p.m. to 18:00 p.m.

Check-out location: [Transition Area](#)

In order to collect your bike and equipment, you must wear your athlete's **wristband** and present your **timing chip**.

NOTE

Athletes who do not hand in their chip at check-out will be charged €50. In the event of a chip change before and/or during the race, both chips must be returned.

AWARDS

The awards will be held at the [CINEMA TEATRO VIVALDI](#) on Sunday 5 May at 18:30.

POST-RACE SERVICES



MEDAL ENGRAVING

GET YOUR RACE TIME RECORDED ON THE MEDAL DIRECTLY AFTER THE RACE!

Make this an unforgettable experience by booking this service from your Active profile, in the Official Store or at the medal engraving point at the Finish Line Area.

Please note that medal engraving will only be made at the venue of the event. If you have selected this option, it is your responsibility to ensure that it is completed after the race.



SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN 70.3 Venice-Jesolo.

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.

Help us take your best photos:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.

Order your race images here: www.sportograf.com



AWARDS & SLOT ALLOCATION



AWARD CEREMONY

The awards ceremony will be held on Sunday May 6th at Teatro Cinema Vivaldi, close to the Finish Line area. All athletes must attend the ceremony in person to receive their trophy.



Prizes not collected at the event will not be sent home.

SLOT ALLOCATION



Price: **780.00 USD**

Inclusive of all fees and taxes

The Slot Allocation Ceremony will be held on Sunday 6th immediately after the awards ceremony in the same area.

Both, participants and supporters can access the ceremony for free.

LOST & FOUND

Any objects found during the event will be kept at the Infor Point. If at the end of the race you miss something, head to that point to see if you find it there.

The Lost & Found box will be also available at the Award Ceremony.

Likewise, if you do not find your objects after the race you can consult with the organization by email.

The organization will keep the lost items for 15 days after the event. After that time, we will dispose of the unclaimed items

SLOT ALLOCATION PROCESS



CLASSIFICATORY SLOTS

This event offers 45 Age Group Slots to the IRONMAN 70.3 World Championship 2024 in Taupo, New Zealand held on December 14th and 15th, 2024. Please note, slot allocations are subject to change and may be verified, [here](#).

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Slot Allocation Ceremony at the advertised time and location. Photo ID is required to be presented and payment must be made at this point in time. Once payment is completed, athletes will receive a registration invite for the relevant world championship event in the following days, and **this must be completed to be registered for the event.**

SLOT ALLOCATION PROCESS

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 31 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 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.



NIGHT RUN ERACLEA MARE



The first edition of **Night Run Eraclea Mare** will take place in Veneto during the weekend of Ironman 70.3 Venice-Jesolo thus opening the IRONMAN season in Italy! It will be a 5.5km non-competitive race taking place on Friday, May 3 at 8 p.m. that will serve as a prelude to the official race on May 5.

Participants will run through picturesque areas of the village, passing through a pine forest illuminated by the lights of sunset. Athletes will be able to arrive comfortably at the race site via a shuttle system that will depart from Jesolo.

This evening race adds an exciting dimension to the first IRONMAN race in Italy for the 2024 season, where sports enthusiasts gather to race one of the fastest and most anticipated courses of all European IRONMAN races.

Bus NIGHT RUN Eraclea Mare: For transportation, a bus service will be organized. It will leave from Piazza Brescia (Jesolo) at 18:45 on May 3, and it will take you directly to Eraclea Mare near the starting line of the race. The way back will be at 21:30 from Eraclea to Jesolo, the bus will drop you off in Via Dancalia (Jesolo)

You can register to the Night Run Eraclea Mare through this link: [Night Run - Eraclea Mare 2024 \(active.com\)](https://www.active.com)



NIGHT RUN ERACLEA

FRIDAY, MAY 3 - 2024

8 PM - VIA LUNGOMARINA ERACLEA MARE



5,5 km

2 laps of 2,75 km



 **SHUTTLE**

- START
6:45 PM - PIAZZA BRESCIA (panoramic wheel)
- RETURN
9:30 PM - VIA DANCALIA

ONLINE REGISTRATIONS

REGISTRATION COST:
€10 + 9% ACTIVE FEE



IRONMAN

5 TOP THINGS TO DO

15 KILOMETRES OF GOLDEN BEACH

Jesolo is also known as the City Beach for its wide golden beaches, warm sunshine and crystal-clear sea certified by the Blue Flag every year. The 15 km of sandy shore stretching between the Jesolo Marina Resort and the Cortellazzo Marina Resort host well-equipped and organised bathing establishments. It is the ideal destination for those seeking a summer holiday with their feet in the sand, pampered by the hospitality of the facilities overlooking the sea and the "Lungomare delle Stelle".



VIA DEI FORTI

An open-air museum that aims to enhance and connect the fortifications located along the Cavallino- Treporti coastline by means of a route through nature and memories of the area. A historical route, a diffuse open-air museum circuit linking the fortifications belonging to the 1845-1920 period. The fulcrum is the V. Pisani Battery, an artefact from before the First World War, now restored and converted into a museum. A number of exhibitions have been set up inside, leading to the discovery of the history linking Cavallino Treporti to the Great War and beyond



RISAIA

After a nice dip in the sea and a refreshing walk in the pine forest what you need to do to take a beautiful memory of Eraclea with you is a visit to the local farm, specialised in rice production since 1960. On a bike tour you can discover all the secrets of this important cereal, take part in a cooking class and taste 0 km products!



VENEZIA

The city of water is one of the most extraordinary UNESCO sites in the world, a romantic destination to explore along its many canals on board a gondola. But above all, it is a city of art, rich in the splendours accumulated over the years of the Serenissima's history. A piece of advice to enjoy Venice to the full: live it on foot, losing yourself in its tangle of calli and bridges, exploring corners that will reveal small artisan shops or small restaurants where you can taste local specialities.



ENOGASTRONIMIC SUGGESTIONS

There are many local delicacies, but we recommend at least three dishes you absolutely must try here in the Eastern Veneto! First of all the 'sarde in saor', an appetiser based on fried sardines preserved in a mixture of onions, vinegar, pine nuts and sultanas. Then the 'baccalà mantecato', originally a poor man's dish that has now been elevated to gourmet status.



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ADDITIONAL INFORMATION



WHAT TO DO IN JESOLO WITH YOUR FAMILY

Jesolo is the perfect destination for your beach vacation with children: a long beach of golden sand and beach facilities equipped with all the services you need, different events and entertainment every day, attractions for all ages... and much more! City Beach pays special attention to families and offers all-around services to let all its members experience the best vacation between fun and relaxation. From restaurants with children's menus and play areas to vacation rentals and family hotels, here you'll find everything you need to unplug and enjoy the summer. Theme parks and attractions are suitable for all ages-just think of the super award-winning Caribe Bay water park, where parents and children can each find their own dimension of fun Jesolo also offers a wide choice of summer centers, sports camps, and greets for children and teens, engaging them in recreational and interesting activities



WHAT TO DO IN JESOLO AS A COUPLE

The couples beach vacation you've been dreaming of is already here waiting for you. Come and lie in the sun on the very long sandy beach of Lido, enjoying all the services of the bathing establishments or the convenience of the free beaches. If you are looking for romantic places for your couples vacation, Jesolo is the perfect destination for your summer: you can enjoy magnificent sunsets from rooftop bars, from the Ferris wheel, in the Lagoon after a bike ride. Or relax at a spa with a couples massage, have a picnic on the lawn or try a tasting of local dishes and wines. In fact, Jesolo's food and wine scene will surprise you with local dishes, ethnic restaurants, wine bars and clubs to satisfy all palates. And what could be more romantic than a dinner overlooking the sea?



WHAT TO DO IN JESOLO WITH FRIENDS

City Beach will then surprise you with its design buildings, designed by international archistars, bike paths for a bike ride surrounded by nature, and the history and culture of a city with an ancient past. And don't forget that a short distance away is Venice, one of the most romantic cities. If you are thinking above to go on vacation with friends, you have found the perfect destination: sea, events, sports and nightlife are just some of the things City Beach has to offer. Not to be missed, for example, are the theme parks, such as the award-winning Caribe Bay or the highly entertaining Sunny Aquapark, in addition to the many attractions available day and night. At Lido you can choose from the services of the bathing establishments to the convenience of the free beaches, conveniently booking your spot with the J.Beach app. While at sunset you can enjoy excellent aperitifs with friends at one of the many kiosks and bars overlooking the sea. The night will fly by between bars, discos, clubs and the big events that have made Jesolo famous, such as lighthouse parties, concerts by music bigwigs at national and international level, fireworks... and much more! Finally, you can discover the surrounding area on a bicycle for an adventure all together surrounded by nature. Or stay above water with a SUP board, kite surfing or on a catamaran.



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IRONMAN 2024 ALL WORLD ATHLETE

Are you ready to take your triathlon journey to new heights? Introducing the IRONMAN All World Athlete program, the ultimate recognition for the dedicated triathlete.

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



COMPETITIVE RANKING



GLOBAL RECOGNITION



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NEVER RACE ALONE



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[ironmantriclub](https://www.instagram.com/ironmantriclub)