

marathon ●
IRONMAN®
70.3® ECUADOR
MANTA



ATHLETE GUIDE

SUNDAY JULY 16 2023

1.9KM SWIM • 90KM BIKE • 21.1KM RUN

SPONSORED BY:



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**JUNTO
A TI**



**Tu tranquilidad es
nuestro principal objetivo.**

INTEROCEANICA

COMPAÑÍA ANÓNIMA DE SEGUROS

¡MÁS QUE SEGUROS!

MESSAGE

FROM THE ORGANIZERS

Dear MARATHON IRONMAN 70.3 athletes,

Welcome to a new edition of IRONMAN 70.3 Ecuador. For those who are coming back, we know Manta feels like home. And for those who are coming for the first time: prepare for the ovation of your lives! With the warmth of its people and its challenging route, IRONMAN 70.3 Ecuador has already become a classic in the South American circuit.

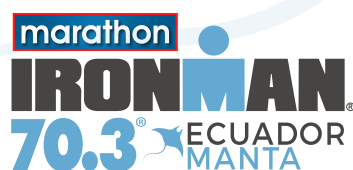
We are honored to be here, in this wonderful city: Manta. People from Manabi, our hosts and welcome us, for another year, with the same hospitality that we have found from the first day.

Sunday July 16th is your day, and we hope you enjoy every step of the way to the finish line. As always, we invite you to recharge from the city's energy and from those spectacular volunteers who will support you throughout the event and to return every smile received. We thank our sponsors, those who are with us from the first year and those who join for the first time.

And of course, a big thanks to the authorities of Manta, Jipijapa, Rocafuerte, Crucita and Portoviejo for their continuous support.

Welcome to IRONMAN 70.3 Ecuador.

Sincerely,





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Grupo Promerica

VIERNES 14 DE JULIO DE 2023 / FRIDAY, JULY 14, 2023

| COMIENZO START | FIN END | EVENTO EVENT | LOCACIÓN LOCATION |
|-------------------|------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| 10 AM | 12 PM | REGISTRO DE ATLETAS IRONMAN 70.3 ECUADOR GRUPO 1 CAPACIDAD LIMITADA | SALON GOLDEN SAIL 1, 1 ^{ER} PISO |
| 10 AM | 12 PM | IRONMAN 70.3 ECUADOR ATHLETE REGISTRATION GROUP 1 LIMITED CAPACITY | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 10 AM | 6 PM | REGISTRO MIEMBROS AWA | SALON GOLDEN SAIL 1, 1 ^{ER} PISO |
| 10 AM | 6 PM | AWA MEMBERS REGISTRATION | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 12 PM | 3 PM | REGISTRO DE ATLETAS IRONMAN 70.3 ECUADOR GRUPO 2 CAPACIDAD LIMITADA | SALON GOLDEN SAIL 1, 1 ^{ER} PISO |
| 12 PM | 3 PM | IRONMAN 70.3 ECUADOR ATHLETE REGISTRATION GROUP 2 LIMITED CAPACITY | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 12 PM | 6 PM | EXPO IRONMAN 70.3 ECUADOR | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 6 PM | IRONMAN 70.3 ECUADOR EXPO | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 6 PM | SERVICIO MECANICO | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 6 PM | BIKE TECH | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 7:30 PM | TIENDA DE MERCHANDISING OFICIAL IRONMAN | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 7:30 PM | OFFICIAL IRONMAN MERCH STORE | TERMINAL DE CRUCEROS DE MANTA |
| 3 PM | 3:30 PM | CHARLAS TECNICAS ESPAÑOL/INGLES OBLIGATORIO | TERMINAL DE CRUCEROS DE MANTA |
| 3 PM | 3:30 PM | MANDATORY ATHLETE BRIEFING IN SPANISH | TERMINAL DE CRUCEROS DE MANTA |
| 3 PM | 6 PM | REGISTRO DE ATLETAS IRONMAN 70.3 ECUADOR GRUPO 3 CAPACIDAD LIMITADA | SALON GOLDEN SAIL 1, 1ER PISO |
| 3 PM | 6 PM | IRONMAN 70.3 ECUADOR ATHLETE REGISTRATION GROUP 3 LIMITED CAPACITY | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 4 PM | 4:45 PM | WORKSHOP POR RODRIGO ESPINOSA - CEO DE INTELLIGO FREE TEMA: MONITOREO CONTINUO DE GLUCOSA EN UN DEPORTISTA DE ALTO RENDIMIENTO. | TERMINAL DE CRUCEROS DE MANTA |
| 4 PM | 4:45 PM | WORKSHOP BY RODRIGO ESPINOSA - CEO DE INTELLIGO FREE "CONTINUOUS GLUCOSE MONITORING IN A HIGH PERFORMANCE ATHLETE" | TERMINAL DE CRUCEROS DE MANTA |
| 5 PM | 5:45 PM | WORKSHOP NATURAL VITALITY TEMA: ESTILO DE VIDA | TERMINAL DE CRUCEROS DE MANTA |
| 5 PM | 5:45 PM | WORKSHOP NATURAL VITALITY "LIFE STYLE" | TERMINAL DE CRUCEROS DE MANTA |

SÁBADO 15 DE JULIO DE 2023 / SATURDAY, JULY 15, 2023

| COMIENZO START | FIN END | EVENTO EVENT | LOCACIÓN LOCATION |
|-------------------|------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------|
| 10 AM | 12 PM | REGISTRO DE ATLETAS IRONMAN 70.3 ECUADOR GRUPO 4 CAPACIDAD LIMITADA | SALON GOLDEN SAIL 1, 1 ^{ER} PISO |
| 10 PM | 12 PM | IRONMAN 70.3 ECUADOR ATHLETE REGISTRATION GROUP 4 LIMITED CAPACITY | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 10 AM | 1 PM | CHECK IN DE BICICLETAS PARA ATLETAS OBLIGATORIO GRUPO 1 CAPACIDAD LIMITADA | MUELLE DE PLAYA MURCIELAGO |
| 10 AM | 1 PM | MANDATORY BIKE CHECK IN GROUP 1 LIMITED CAPACITY | MUELLE DE PLAYA MURCIELAGO |
| 10 AM | 5 PM | CHECK IN DE BICICLETAS - REGISTRO MIEMBROS AWA | MUELLE DE PLAYA MURCIELAGO |
| 10 AM | 5 PM | BIKE CHECK IN - AWA ATHLETES REGISTRATION | MUELLE DE PLAYA MURCIELAGO |
| 10 AM | 5 PM | EXPO IRONMAN 70.3 ECUADOR | TERMINAL DE CRUCEROS DE MANTA |
| 10 AM | 5 PM | IRONMAN 70.3 ECUADOR EXPO | TERMINAL DE CRUCEROS DE MANTA |
| 10 AM | 5 PM | SERVICIO MECANICO | TERMINAL DE CRUCEROS DE MANTA |
| 10 AM | 5 PM | BIKE TECH | TERMINAL DE CRUCEROS DE MANTA |
| 10 AM | 6 PM | TIENDA DE MERCHANDISING OFICIAL IRONMAN | SALON GOLDEN SAIL 2, 1 ^{ER} PISO |
| 10 AM | 6 PM | OFFICIAL IRONMAN MERCH STORE | SALON GOLDEN SAIL 2, 1 ST FLOOR |
| 12 PM | 12:45 PM | WORKSHOP HAMMER NUTRITION- POR LUCAS ALMEIDA TEMA: TIPS SOBRE NUTRICIÓN PRE Y DURANTE LA CARRERA | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 12:45 PM | WORKSHOP HAMMER NUTRITION- BY LUCAS ALMEIDA "NUTRITION TIPS BEFORE AND DURING THE RACE" | TERMINAL DE CRUCEROS DE MANTA |
| 12 PM | 2 PM | REGISTRO DE ATLETAS IRONMAN 70.3 ECUADOR GRUPO 5 CAPACIDAD LIMITADA | SALON GOLDEN SAIL 1, 1 ^{ER} PISO |
| 12 PM | 2 PM | IRONMAN 70.3 ECUADOR ATHLETE REGISTRATION GROUP 5 LIMITED CAPACITY | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 1 PM | 2 PM | CHARLAS TECNICAS ESPAÑOL/INGLES OBLIGATORIO | TERMINAL DE CRUCEROS DE MANTA |
| 1 PM | 2 PM | MANDATORY ATHLETES BRIEFING IN ENGLISH/SPANISH | TERMINAL DE CRUCEROS DE MANTA |
| 1 PM | 3 PM | CHECK IN DE BICICLETAS PARA ATLETAS OBLIGATORIO GRUPO 2 CAPACIDAD LIMITADA | MUELLE DE PLAYA MURCIELAGO |
| 1 PM | 3 PM | MANDATORY BIKE CHECK IN GROUP 2 LIMITED CAPACITY | MUELLE DE PLAYA MURCIELAGO |
| 2 PM | 4 PM | REGISTRO DE ATLETAS IRONMAN 70.3 ECUADOR GRUPO 6 CAPACIDAD LIMITADA | SALON GOLDEN SAIL 1, 1 ^{ER} PISO |
| 2 PM | 4 PM | IRONMAN 70.3 ECUADOR ATHLETE REGISTRATION GROUP 6 LIMITED CAPACITY | SALON GOLDEN SAIL 1, 1 ST FLOOR |
| 2:30 PM | 3 PM | PRO PANEL | TERMINAL DE CRUCEROS DE MANTA |
| 2:30 PM | 3 PM | | TERMINAL DE CRUCEROS DE MANTA |

| | | | |
|---------|------|-------------------------------------------------------------------------------------------|-------------------------------|
| 3 PM | 5 PM | CHECK IN DE BICICLETAS PARA ATLETAS OBLIGATORIO GRUPO 3 CAPACIDAD LIMITADA | MUELLE DE PLAYA MURCIELAGO |
| 3 PM | 5 PM | MANDATORY BIKE CHECK IN GROUP 3 LIMITED CAPACITY | MUELLE DE PLAYA MURCIELAGO |
| 3:15 PM | 4 PM | WORKSHOP PRODUBANCO POR PABLO VALLEJO- BET TEMA: CONSEJOS PREVIOS AL DÍA DE LA CARRERA | TERMINAL DE CRUCEROS DE MANTA |
| 3:15PM | 4 PM | WORKSHOP PRODUBANCO BY PABLO VALLEJO- BET "TIPS BEFORE RACE DAY" | TERMINAL DE CRUCEROS DE MANTA |
| 4 PM | 5 PM | CHARLAS TECNICAS ESPAÑOL/INGLES OBLIGATORIO | TERMINAL DE CRUCEROS DE MANTA |
| 4 PM | 5 PM | MANDATORY ATHLETES BRIEFING IN ENGLISH/SPANISH | TERMINAL DE CRUCEROS DE MANTA |

DOMINGO 16 DE JULIO DE 2023 / SUNDAY, JULY 16, 2023

| COMIENZO START | FIN END | EVENTO EVENT | LOCACIÓN LOCATION |
|--------------------|--------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 4:30 AM 4:30 AM | 6:00 AM 6:00 AM | APERTURA TRANSICION TRANSITION OPENING | MUELLE DE PLAYA MURCIELAGO MUELLE DE PLAYA MURCIELAGO |
| 6:25 AM 6:25 AM | | HIMNO NACIONAL NATIONAL ANTHEM | PLAYA MURCIELAGO PLAYA MURCIELAGO |
| 6:32 AM 6:32 AM | | INICIO CARRERA PRO HOMBRES PRO MEN RACE START | PLAYA MURCIELAGO PLAYA MURCIELAGO |
| 6:35 AM 6:35 AM | | INICIO CARRERA PRO MUJERES PRO WOMEN RACE START | PLAYA MURCIELAGO PLAYA MURCIELAGO |
| 6:40 AM 6:40 AM | | INICIO CARRERA GRUPOS POR EDAD (ROLLING START) AGE GROUP RACE START (Rolling Start) | PLAYA MURCIELAGO PLAYA MURCIELAGO |
| 12 PM 12 PM | 5 PM 5 PM | INICIO BIKE CHECK OUT OBLIGATORIO MANDATORY BIKE AND GEAR CHECK OUT | MUELLE DE PLAYA MURCIELAGO MUELLE DE PLAYA MURCIELAGO |
| 3:46 PM 3:46 PM | | CORTE DE META (APROX) FINISH LINE CUT-OFF (APPROX.) | ZONA DE LLEGADA ZONA DE LLEGADA |
| 4:30 PM 4:30 PM | | CEREMONIA DE ENTREGA DE PREMIOS Y ASIGNACIÓN DE PLAZAS PARA EL CAMPEONATO MUNDIAL VINFAST IRONMAN 70.3 2024 | ZONA DE LLEGADA/CARPA VIP ZONA DE LLEGADA/CARPA VIP |
| | | AWARDS CEREMONY & 2024 VINFAST IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION/ROLLDOWN CEREMONY | ZONA DE LLEGADA/CARPA VIP ZONA DE LLEGADA/CARPA VIP |
| 8:00 PM 8:00 PM | 2:00 AM 2:00 AM | FIESTA MARATHON IRONMAN 70.3 ECUADOR IRONMAN 70.3 ECUADOR'S PARTY | HOTEL SAIL PLAZA, ÁREA DE LA PISCINA SAIL PLAZA HOTEL, POOL AREA |

EL PROGRAMA DEL EVENTO PUEDE SUFRIR MODIFICACIONES SIN PREVIO AVISO.
EVENT PROGRAM MAY CHANGE WITHOUT NOTICE.

PRE-RACE INFORMATION

PERSONAL COMMUNICATION PLAN

Before traveling to Manta, make sure to establish a communication plan with your family and friends back home.

Define an emergency contact for the day of the competition, even if they are in Manta. It is important to have a plan to communicate or meet up afterward.

PERSONAL SAFETY

Always train with at least one companion and carry identification and an emergency contact number. In the city of Manta, the beaches are public, and there is the possibility of swimming in them.

When riding a bicycle, use the designated bike lanes in the city. It is dangerous to cycle on roads with vehicular traffic unless they are closed. As a respectful guest in Manta, we ask that you comply with the traffic regulations to avoid fines and/or accidents.

If you practice in urban areas and streets, remember to wear reflective clothing and carry identification.

INTEROCEÁNICA INSURANCE COVERAGE

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- Accidental death: \$7,000.00
- Accidental dismemberment: \$7,000.00
- Permanent disability: \$7,000.00
- Medical expenses for accidents: \$2,000.00
- Funeral expenses for accidental death: \$200.00
- Ambulance: \$200.00

ATHLETE REGISTRATION AND KIT DISTRIBUTION

The athlete registration and kit distribution will take place at the Golden Sail 2 Room, 1st Floor of the Wyndham Sail Plaza Hotel.

To perform your Check-In, log in to My Events: <https://myevents.active.com/WTC>

Click on Check-in Times & Merch and select your athlete registration time slot. Please note that these time slots are assigned on a first-come, first-served basis. All athletes must attend during their assigned time slot to maintain social distancing guidelines.

If you are part of a relay team, all team members must register together. Make sure to select the same entry time as your team members!

Click on "Edit Registration" to update your personal information, paying close attention to your emergency contact and medical information. You will expedite your registration process by updating your personal information.

Athletes will be assigned a schedule for bike and equipment check-in on Saturday, July 15th. Please note that these schedules are also assigned on a first-come, first-served basis.

Friday (Kit Pickup):

***AWAs** can enter at any time, respecting the start and end times of the day's activities.

Friday, July 14th

10:00 a.m. to 12:00 p.m. **(Group 1)**

12:00 p.m. to 3:00 p.m. **(Group 2)**

3:00 p.m. to 6:00 p.m. **(Group 3)**

Saturday, July 15th

10:00 a.m. to 12:00 p.m. **(Group 4)**

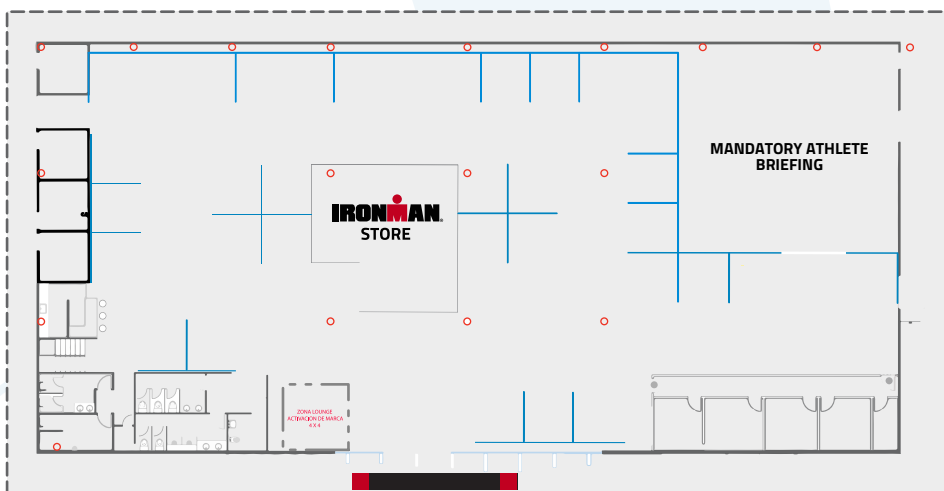
12:00 p.m. to 2:00 p.m. **(Group 5)**

2:00 p.m. to 4:00 p.m. **(Group 6)**

INFORMATION

MANDATORY EXPO/ATHLETE CHECK-IN

The Expo will take place at the Manta Cruise Terminal on Friday, July 14th from 12:00 p.m. to 6:00 p.m. and Saturday, July 15th from 10:00 a.m. to 5:00 p.m. The Athlete Check-In will be held at the Wyndham Sail Plaza Hotel on Friday, July 14th from 10:00 a.m. to 6:00 p.m. (according to the group you have chosen) and Saturday, July 15th from 10:00 a.m. to 4:00 p.m. (according to the group you have chosen).



**IRONMAN 70.3 ECUADOR EXPO,
BIKE CHECK IN, TRANSITION**
Cruise Terminal
ATHLETECHECK-IN
Wyndham Sail Plaza Hotel
SWIM START
Playa Murcielago

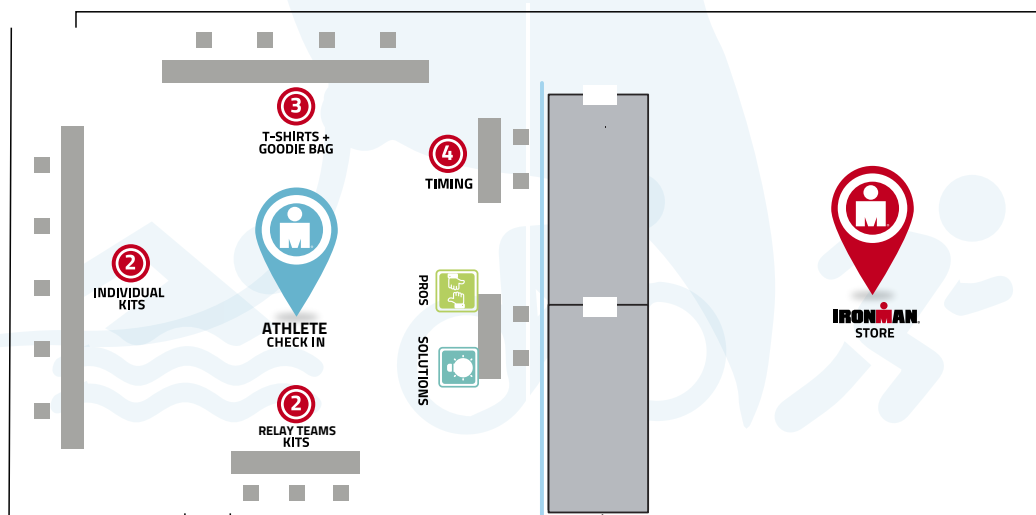


CHECK-IN

HOW WILL THE CHECK-IN BE CONDUCTED?

1. Athletes will be sent a **link from Active** to choose a specific time slot for their check-in.
2. Enter the Check-In area with your identification document (ID) and the QR code provided by **Active**, either printed or digitally on your mobile device. (You will find the QR code in the email you received upon registration or in your Active account under My Events/Registration/QR Code).
3. You will sign the waiver on an iPad presented by volunteers. Afterward, you will collect your athlete kit, which includes:
 - Competitor number (Bib)
 - Helmet and bag sticker sheets
 - Swim cap
 - Athlete bracelet (to be put on by a volunteer)
 - Bike check-out tickets (2) for non-athletes
4. At another table, your timing chip will be handed to you.
5. Proceed to the next table where you will receive:
 - White bag (for morning clothes)
 - T-shirt
 - Backpack
 - Schedule for bike check-in
6. Head towards the exit.

ATHLETE CHECK-IN WYNDHAM SAIL PLAZA SALON GOLDEN SAIL 1 Y 2



1
VOLUNTEERS
QR CODE

BIKE CHECK-IN

MANDATORY

Bike check-in is mandatory and will be done by appointment, starting on **Saturday, July 15th, from 10:00 a.m. to 5:00 p.m. at the Transition Area**, located at the Manta Cruise Terminal. You will have access to your bike from **4:30 a.m. to 6:00 a.m. on race day**, but you will not be allowed to move it from the Transition Area until the start of the cycling course.

Please arrive early at the Transition Area to allow enough time to set up your equipment.

You will be given a colored card representing your assigned time slot, which will be provided during Athlete Check-in. No bikes will be allowed into the transition area on the morning of the event.

Athletes may cover their seats and handlebars if weather conditions require it, but full covers will not be permitted.

You will have access to your bikes from the opening of the transition, but no bikes can be removed from the transition area until the designated time for this.

BIKE RELAY TEAMS CHECK-IN

Only the cycling relay team member is allowed to enter the transition area with the bike and personal items.



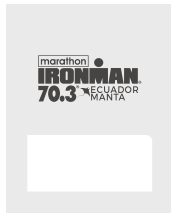
ATHLETE WRISTBAND

When you receive your kit, a volunteer will place your athlete wristband on your wrist, which will identify you as a registered athlete and must be worn during all activities throughout the week.

The wristband will grant you access to the transition areas and recovery zone. No one without the wristband will be allowed to remove their bike from the transition area.

WHITE COLOR BAG

In your athlete package, you will receive this unique bag:



WHITE BAG / MORNING CLOTHES BAG

You will receive a bag for your pre-swim clothing.

Before starting the swim on race morning, place all the gear, clothing, objects, etc. that you may need after completing the swim leg in the transition area in your pre-swim clothing bag.

The bag will be provided at the start of the swim. Any items that do not fit in your pre-swim clothing bag, such as air pumps and backpacks, will not be accepted. **IRONMAN is not responsible for any items.**

Do not place any valuable items in your bag. During the race, your bag will be transported to the recovery area for you to collect after the race.

ATHLETE BRIEFING

These are created by the Organizing Committee with important instructions and reminders of the competition rules, and will be distributed to participants via email and published on IRONMAN70.3 Ecuador's social media channels.

Technical Briefings:

Friday, July 14th

From **3:00 p.m.** to **3:30 p.m.**

Cruise Terminal

Saturday, July 15th

From **1:00 p.m.** to **2:00 p.m.**

From **4:00 p.m.** to **5:00 p.m.**

Cruise Terminal

RELAY TEAMS

All relay team members must attend the informational meeting.

WAIVER FORM

Each member of the relay team must attend the Check-in together to sign their waiver form and collect their race package on the registration days. Relay team members are not allowed to pick up race packages for their teammates.

BIKE ENTRANCE

Only the cycling relay team member is allowed to enter the transition area with the bike and personal items.

SPECIAL AREA FOR RELAYS

There will be a special area for relays at the start of the swim (last wave of departure) and one in the transition area for the swim-to-bike relay, where the cycling relay member must stay inside to make the chip exchange.

CHIP EXCHANGE

Relays will have a designated area in the transition zone to perform the chip exchange with the corresponding relay member. Relays must always remain within this area.

RELAY TEAMS

Relay team members must go together to sign their waiver forms and collect their race package on the registration days.

Make sure your package includes:

- One swim cap
- One bike number
- One sticker sheet with numbers for helmet and bags
- One runner number
- One chip (remember that this will be handed out in a separate line from your race packages).
- Bike check-out tickets (2) for non-athletes.

RACE MORNING

INFORMATION

You must arrive at the swim start on race morning by walking to Murciélago Beach. The streets will be closed from 4am, and there will be no vehicle access.

Remember to bring everything you need. You can find the Bike Technical Service Tent at the entrance of the transition area. **DO NOT** wear the BIB during the swim as it will deteriorate in the water. You will **not be allowed** to enter the transition area without the competition wristband and chip. The transition area closes at 6:00AM.

Valuable items, air pumps, suitcases, or backpacks will not be accepted. We strongly recommend not depositing phones, iPods, cameras, electronic devices, watches, glasses, etc. The organizing committee will not be responsible for valuables left in the bags. After finishing the competition, you must collect your white bag in the designated area at the finish line.

OPTIONAL USE OF WETSUIT

Wetsuits will be permitted if the water temperature is (including) 76.1 degrees Fahrenheit (24.5 degrees Celsius) or colder.

Wetsuits cannot be thicker than 5mm. Athletes who insist on wearing wetsuits despite the water temperature not meeting the legal usage temperature will not be eligible for Age Group awards, World Championship slots, or roll-down spots.

SWIM START "ROLLING START"

Athletes should start walking towards the swim start area at Murciélago Beach as soon as they finish their preparations.

Athletes will enter the water continuously through a controlled access zone.

BOTTLE FILL

In the transition area, you will find a water refill station "Bottle Fill" to refill your cycling bottles before the competition. This station will be removed when the transition area closes at 6:00 AM.

SUNSCREEN STATION

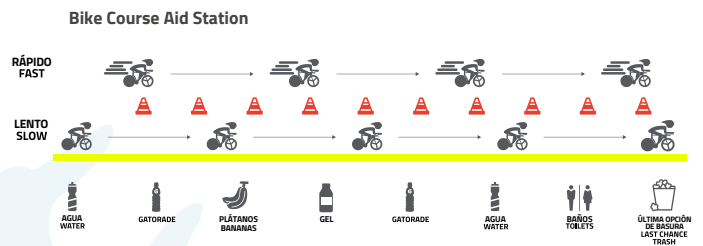
In the transition area, you will find a station with individual sunscreen for athletes to use.

HYDRATION STATIONS

BIKE COURSE

There will be 5 (five) aid stations (at km15, 44 & 81 and km32 & 62) on the cycling course. At these stations, you will find Gatorade, water, bananas, gels, and restrooms.

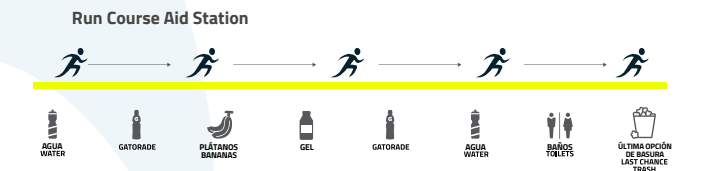
The bike aid stations will close five hours and 30 minutes after the last athlete has entered the water in the Rolling Start format.



RUNNING

There will be self-aid stations every 2.5km on the run course.

At these stations, you will find Gatorade, fruit, water, bananas, Pepsi, gels, and restrooms. Volunteers will be there to serve cups for self-aid.



RACE DAY RELAYS

There will be a special area for relays in the transition zone. The cycling relay member and the running relay member must remain inside this area to make the chip exchange with the corresponding relay member.

RELAYS - TIME RULES AND CHIP TRANSFER

To ensure accurate chip timing, relay athletes must keep the strap and chip on their ankle at all times.

Athletes must perform the chip transfer from ankle to ankle in the designated relay area.

Athletes must not run with the chip in their hands at any time to ensure accurate chip reading.

Athletes must hand over the timing strap/chip to proceed to the next discipline.

Failure to do so will result in a DNF (Did Not Finish).

RELAY: SWIM - CYCLING

The bike should not be removed from the bike rack until the chip is transferred correctly and attached to the next teammate.

The athlete completing the swim leg will exit the water and proceed to the transition area, where they will meet the athlete doing the bike leg and perform the chip ankle strap transfer.

Only after the chip and ankle strap have been transferred, can the athlete performing the bike leg go to the bike rack to start this discipline.

RELAY: CYCLING - RUNNING

The chip cannot be removed until the bike is properly placed in the designated spot.

RELAY: RUNNING - "FINISH LINE"

Only the relay participant who is going to do the running leg can cross the finish line. All other relay team members can access the athlete finish line area. The cyclist in transition must have the swimmer's chip before dismounting the bike and must place the bike in the designated spot before passing the chip to the runner.

If a relay team member withdraws from any leg or fails to meet the given time assignment, the relay team will not be able to continue the race and will be disqualified.

RACE CUT-OFF TIMES

The race will officially end 8 hours and 30 minutes after the last athlete starts swimming.

Each individual athlete or relay team member will have 8 hours and 30 minutes to complete the entire course. Any individual athlete or relay team member who takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the race course closes will receive a DNF (Did Not Finish).

Any individual athlete or relay team member who takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the race course closes will receive an NC (Not Classified) in the race results and will not be eligible for awards or World Championship slots.

The cut-off times for each discipline will be: 1 hour 10 minutes for swimming, 5 hours 30 minutes for cycling, and 8 hours 30 minutes for race completion.

Any individual athlete who does not meet the intermediate cut-off times will not be allowed to continue and will receive a DNF. Note: IRONMAN officials reserve the right to remove athletes from the course who exceed the established time limits of the course.

SWIM CUT-OFF TIMES

7:00 AM (approx.) Last group swim start. 8:10 AM swim cut-off time.

CYCLING CUT-OFF TIMES

The cycling leg will close 5 hours and 30 minutes from the time the last athlete starts the swim leg. Each individual athlete or relay team will have 5 hours and 30 minutes to complete the swim and cycling course, regardless of when they start the swim.

Any individual athlete or relay team member who takes longer than 5 hours and 30 minutes to complete the entire course but crosses the finish line before the race course closes will receive an NC (Not Classified) in the race results and will not be eligible for awards or World Championship slots.

Approximately 1:10 p.m. End of the cycling leg.

RUN CUT-OFF TIMES

Any individual athlete or relay team member who takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the race course closes will receive an NC (Not Classified) in the race results and will not be eligible for awards or World Championship slots.

2:30 p.m. Athletes must start the second lap of the course.

Approximately 4:00 p.m. Race course closes, 8.5 hours from the last group to start the swim leg.

***Note: IRONMAN officials reserve the right to remove athletes who exceed the established time limits.**

Our athletes must respect the cut-off times in all IRONMAN events.

TIMING CHIP

Your timing chip will not be in the athlete bag. You must pick it up at the Timing table, where you should verify that your number and name match and are correct.

Your chip must be worn on the left ankle throughout the race. If you do not start the race, you are responsible for returning the chip to IRONMAN staff. Failure to return it may result in disqualification from participating in other IRONMAN events.

It is essential that we know where you are on the course for your safety and peace of mind.

Make sure to return the chip to our staff if you decide at any point not to continue participating. If you realize after the race that you still have the competition chip, you must return it within the next 5 days to:

**Sportstats USA
88 54th St. SW Suite 106 Grand Rapids, MI 49548**

IRONMAN TRACK APP

La aplicación IRONMAN TRACK brinda información en tiempo de real de los atletas para algunos eventos IRONMAN y IRONMAN 70.3. Descargue la aplicación en su teléfono para poder darle seguimiento a los atletas y poder compartir información en las redes sociales.



POST-RACE

ATHLETE FOOD TENT

The food area for athletes is exclusively for their use, and the wristband is what grants them access.

MEDICAL TENT

The medical tent is exclusively for athletes, and family members are not allowed to enter. The medical team needs the area clear to effectively carry out their work.

For information regarding the medical care of an athlete, companions must wait in the external area.

BIKE AND EQUIPMENT REMOVAL

Bikes and other equipment can be removed from the transition area from 12:00 PM to 5:00 PM on Sunday, July 16, 2023.

You must use your athlete wristband to enter the transition area. This area is exclusive to athletes, and family members or friends are not allowed to enter.

PHOTOGRAPHY SERVICE

Finisher Pix will have several photographers along the race course: at the swim start, along the cycling route, and, of course, at the finish line.

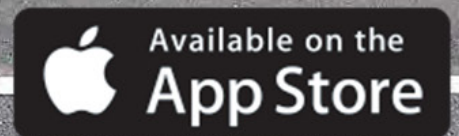
We recommend properly placing your race number on the front of your bike and on your helmet so that it is always visible.

Upon reaching the finish line, ensure that your BIB is displayed on the front.

Make sure to wear your best smile to capture a great finish line photo.

You can visit www.finisherpix.com.



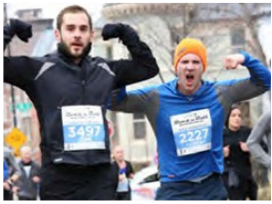


Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!



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NEVER FORGET YOUR RACE



IRONMAN
OFFICIAL PHOTOGRAPHER



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AWARDS CEREMONY

The awards ceremony will take place at the finish line in the VIP Area. It will occur after the completion of the race on Sunday, July 16th at 5:00 p.m.

- Location: VIP Area, next to the morning clothes tent in the recovery area.
- Trophies will be presented to the top 3 finishers in each age category, relay teams, and PC (Persons with Disabilities) category.

VOLUNTEERS

Please remember to thank the volunteers for their great work! The event would not be possible without their support.

LOST AND FOUND ITEMS

Lost and found items will be handed over to the event information tent. Once the event is over, you can send an email to: ironman70.3ecuador@andesportstri.com

MAP AND LAYOUT

TERMINAL DE CRUCEROS - FINISH LINE





BIKE SHOP

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- Servicio de Mecánica

 @bikeshopecuador

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RACE RULES

FINISH LINE AREA RULES

It is not allowed for any family member or friend to cross the finish line with an athlete or be on the finish line straight; this is to ensure the safety of all athletes, volunteers, and spectators. Athletes who decide to break this rule will be automatically disqualified (DSQ).

Any athlete who verbally or physically disrespects any of the judges, race officials, staff, and/or volunteers will be immediately disqualified from the competition.

EVENT PENALTIES AND RULES

1. Any athlete who currently holds the elite/professional athlete title in their National Triathlon Federation or is registered as an IRONMAN professional athlete, or has competed as a professional in any competition worldwide, is prohibited from competing in the AGE GROUP category in the same calendar year as the competition. If they insist on participating, they will be DISQUALIFIED and possibly PENALIZED from IRONMAN events, and will also not be eligible for World Championship slots.

2. It is expected that all athletes follow and comply with the rules of the race officials and authorities.

3. Race officials have full authority to disqualify any athlete.

4. The medical staff has the FINAL AND ULTIMATE AUTHORITY to remove any athlete they consider physically incapable of completing the race due to the risk of injury or death.

5. Theft, fraud, abusive treatment of any athlete or staff member, or any other behavior considered unsportsmanlike, will be grounds for immediate disqualification and may result in being banned from participating in other IRONMAN 70.3 events.

6. As a condition for participating in IRONMAN 70.3 events, all registered athletes are required to be informed about and accept the anti-doping rules. According to the Anti-Doping rules, all athletes may be subject to testing before or after the event, and they are recommended to familiarize themselves with all restrictions and rules.

7. If an athlete decides to withdraw from the race at any time, it is the athlete's responsibility to report to the Timing Tent located in the finish area and surrender their BIB number and chip. It is very important for race officials to have a clear understanding of which athletes are still competing. Failure to report may result in a penalty that prevents participation in other IRONMAN or IRONMAN 70.3 events.

8. IRONMAN reserves the right to change any rule and will notify athletes in writing or at briefings.

9. Prize money must be equal for both men and women. Additionally, professional athletes are not eligible for age group category awards, and age group athletes are not eligible to win cash prizes.

10. Cameras, cell phone cameras, and video cameras are prohibited unless authorized by IRONMAN, and it is the athlete's responsibility to inform a race official before the start of the competition. Any athlete found with any of these devices will be disqualified.

11. Athletes may not use any communication devices, including but not limited to: cell phones, smartwatches, smart helmets (Bluetooth enabled), two-way communication radios, in any way that distracts them from the race. "Distraction" includes, but is not limited to, the following actions: making or receiving calls, sending or receiving text messages, listening to music, using social media, taking or posing for photos, and attaching accessories to the bike specifically for these purposes; using any communication device. The use of any of the aforementioned devices will result in disqualification.

12. IRONMAN does not allow the transfer of an athlete's registration to another person, and there are no exceptions to this rule. Any attempt to transfer a registration may result in disqualification and possible suspension from participating in other IRONMAN or IRONMAN 70.3 events.

13. Assistance from race staff or race officials is permitted, but it is limited to fluids, nutrition, technical support, or medical assistance. Competing athletes may assist each other with nutrition and fluids after passing a hydration point, as well as with air pumps, tubes, tubulars, and tire repair kits.

It is not allowed for an athlete to lend an item to another athlete if it prevents them from continuing the competition. This includes, but is not limited to, shoes, bicycle, bicycle frame, wheels, or helmet. No athlete may assist another athlete in any segment of the race; the penalty for this is disqualification for both athletes.

14. Athletes must complete the entire course of all disciplines. Failure to complete the full course may result in disqualification.

FOR FURTHER INFORMATION ON THE COMPETITION RULES, REFER TO THE IRONMAN COMPETITION RULES.

RULES

DISABILITY DIVISION

SWIM

IRONMAN 70.3 reserves the right to place athletes in the swim course start (e.g. early start, late start, or designated wave, etc.). Athletes must wear a trisuit during the competition.

Each athlete must obtain prior approval from IRONMAN 70.3 to use accessories and swimwear during the swim course.

Any modification to these items will result in disqualification. The use of any swimming device is prohibited unless authorized by IRONMAN 70.3.

BIKE

Handcycles are allowed on the cycling course. Cycling conduct and specifications are consistent with the IRONMAN Competition Rules.

The equipment must comply with all other general rules for bicycles regarding IRONMAN competition, including the use of supplemental devices that may reduce wind resistance or improve the aerodynamics of the bike, regardless of any secondary benefit.

Se requiere casco aprobado (CPSC) durante todo el recorrido de ciclismo, incluyendo dentro y fuera de las zonas de transición. Cualquier atleta que monte sin un casco o sin abrocharla correa, será descalificado

RUN

The conduct and specifications of the athletics are consistent with the IRONMAN Competition Rules.

Athletes are required to undergo the same equipment safety inspection for the athletics and cycling portions.

Standard racing wheelchairs must be used.

An approved helmet (CPSC) is required to be worn throughout the wheelchair athletics course, including inside and outside the transition areas.

Any athlete riding without a helmet or without fastening the chin strap will be disqualified.



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MESSAGE FROM THE HEAD REFEREE

| | |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|
|  | DRAFTING VIOLATION |
| | BLUE CARD |
| | Five minute penalty to be paid at the Penalty Tent of the Bike Course. |

| | |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------|
|  | LITTERING VIOLATION |
| | BLUE CARD |
| | Five minute penalty to be paid at the Penalty Tent of the Bike Course. |

| | |
|-----------------------------------------------------------------------------------|--------------------------------------------------|
|  | BLOCK VIOLATION |
| | YELLOW CARD |
| | 30sec Stop and Go to be paid at the Penalty Tent |

| | |
|------------------------------------------------------------------------------------|-------------------------------|
|  | DISQUALIFICATION (DSQ) |
| | RED CARD |

**THREE BLUE CARDS
MEANS DISQUALIFICATION**

THE POSITION RULES IN THE CYCLING STAGE ARE AS FOLLOWS:

- Always ride on the **right side of the road** to avoid a penalty for illegal positioning or blocking.
- Keep **six bike lengths of clear space** between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a **DRAFTING** call.
- Always **pass on the left of the cyclist in front of you**; Never on the right to avoid an **ILLEGAL PASS** call.
- Complete your pass **within 25 seconds** to avoid a **DRAFTING** call.
- Passed athletes must be seen making **immediate and constant rear progress** out of the drafting zone to avoid a **DRAFTING** call.
- Do not use any device that **will distract you** from paying full attention to your surroundings. Using a device in a distracting manner **will result in disqualification**.
- Triathlon is an individual event, and it is your responsibility to **fully understand the rules and avoid penalties**. The referee's ruling is final in the case of **POSITION** violations, and there are no protests or appeals.

IRONMAN will operate under the "three strikes and you're out" principle with respect to **BLUE CARD** violations.

DRAFTING AND LITTERING are the only two violations that will result in a **BLUE CARD** violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course).

YELLOW CARD violations (**thirty second time penalty**) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While **YELLOW CARD** violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the IRONMAN70.3Ecuador Competition Rules.

ANOTHER COMMON VIOLATIONS:

HELMET STRAP

The strap that secures the helmet must be fastened securely throughout the cycling stage.

ATHLETE NUMBER

Athletes must keep their race number visible throughout the running stage. Additionally, the bike number must remain visibly attached to the bicycle at all times.

TRASH DISPOSAL

It is prohibited to litter outside the designated areas specifically designated for it at the aid stations along the route.

UNAUTHORIZED EQUIPMENT

The use of any communication system (including cell phones) and any type of audio system, including iPods, MP3 players, etc., is prohibited.

EXTERNAL ASSISTANCE

Receiving external assistance by running or riding alongside an athlete or using any other means of communication to progress alongside an athlete is prohibited. Friends, family, coaches, or any members of the public are not allowed to assist the athletes. It is the athletes' responsibility to communicate this to anyone attempting to assist them to avoid disqualification.

Please treat athletes, volunteers, and members of the organization with respect and courtesy. Failure to do so is considered unsportsman-like behavior and may result in the disqualification of the athlete.

SWIM






(1.2m / 1.9Km 1LAP)



NATACIÓN SWIM

1 VUELTA / 1 LAP
1.2 MILES
1.9 KM
SALIDA DE NADO
ROLLING START



-  START
-  FINISH
-  LOOP
-  AID STATION
-  BUOYS
-  BUOYS
-  ROUTE LINE

DESCRIPTION

Athletes will swim 1.9 km in the waters of Murciélago Beach (Pacific Ocean). The water temperature is expected to range between 19-21 degrees Celsius.

IMPORTANT

The water temperature will be measured on the morning of the race by Ironman officials to determine the legality of wetsuit use.

SWIM

(1.2m / 1.9Km 1LAP)

RULES REGARDING THE USE OF THE WETSUIT

- (A) For athletes competing in the open/age group category, the use of a wetsuit is only permitted in water temperatures up to and below 14.5 degrees Celsius (58.1 degrees Fahrenheit) (DSQ).
- (B) The wetsuit may cover any part of the body except the face, hands, and feet.
- (C) The thickness of the wetsuit must not exceed 5 mm. If the wetsuit consists of two or more pieces, then the combined thickness of the overlapping pieces must not exceed 5 mm (DSQ).
- (D) Wetsuits are mandatory for professional athletes and age group athletes in water temperatures below 16 degrees Celsius (60.8 degrees Fahrenheit).

POLICIES ON SWIMWEAR WHEN WETSUIT USE IS PROHIBITED

- (A) The swimwear must be made of 100% textile material, which is defined as materials consisting of natural and/or synthetic fibers, individual and not consolidated, used to constitute a fabric by weaving and/or knitting (this generally refers to suits made solely of nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ)
- (B) The swimwear may have a zipper.
- (C) The use of sleeves that extend from the shoulder to the elbow is allowed.
- (D) Neoprene shorts/pants are prohibited. (DSQ)
- (E) The swimwear must not cover the neck, extend beyond the elbow, or extend beyond the knees. (DSQ)

SWIM

(1.2m / 1.9Km 1LAP)

The swim course will close 1 hour and 10 minutes after the last athlete starts the swim. Each athlete or relay team member will have 1 hour and 10 minutes to complete the swim course, regardless of when they start swimming. Any athlete or relay team member who takes more than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a NC (not classified). IRONMAN officials reserve the right to remove athletes from the course who exceed the established time limits of the course.

RULES AND INSTRUCTIONS

GENERAL RULES

- (A) Each swimmer must wear a numbered swim cap. If an athlete fails to wear a swim cap throughout the swimming segment, a time penalty may be imposed by the Race Referees after the swimming segment in Transition 1 (T1).
- (B) The use of swimming goggles or masks that cover the entire face is neither prohibited nor mandatory.
- (C) The use of snorkels, fins, gloves, paddles, or any flotation devices (including pull buoys) is prohibited. The use of any of these implements will result in disqualification (DSQ).
- (D) The use of a cast or splint must be previously approved by the specific Head Referee of the Event; failure to do so may result in a 1-minute penalty or disqualification.
- (E) Neoprene boots or any other booties are prohibited unless the water temperature is 18.3 degrees C / 65.0 degrees F or colder. Non-compliance with this provision may result in a 1-minute penalty.
- (F) When the use of wetsuits is prohibited (see Section 4.03), clothing that covers any part of the arms below the elbows and clothing that covers any part of the legs below the knees is considered illegal and not allowed during the swimming segment of the Race. However, this type of clothing may be worn once the swimming stage has concluded. The use of this type of attire DURING THE SWIMMING STAGE will result in the disqualification of the participant (DSQ).
- (G) The use of paddlers or individual escorts is prohibited (DSQ).
- (H) Any assistance during the swimming segment will result in disqualification if the athlete progresses forward. Athletes are allowed to use kayaks and boats as aid, as long as no progress is made. Race officials and medical personnel reserve the right to remove athletes from the course if it is determined that such removal is medically necessary.
- (I) It is the sole responsibility of each athlete to know and follow the prescribed swimming course. No adjustments will be made to times or results for any reason for athletes who do not follow the appropriate course.
- (J) Indecent exposure and/or public nudity are prohibited throughout the entire competition.

SWIM

(1.2m / 1.9Km 1LAP)

RACE DAY INSTRUCTIONS

- (A) Before leaving the transition area for the swim start in the race morning, make sure your equipment is properly placed next to your bike. You must not leave any loose objects on your bike rack once you start the cycling leg.
- (B) Bring the swim cap and timing chip provided to you at athlete check-in to the swim start area. You will be called to the swim start area starting at 5:30 am. You will be asked to cross a timing mat to complete the swim check-in process. A time penalty may be imposed on any athlete not in the swim start area ten minutes prior to the start of the race.
- (C) The use of swim goggles is recommended but not required.
- (D) Paddlers or individual escorts are not allowed. Lifeguards, surfboards, kayaks, and boats properly patrol the swim course.
- (E) If you are in need of assistance during the swim, raise one arm and wave it up and down and call or seek help from water safety personnel. Any swimmer receiving assistance, whether voluntary or involuntary, must withdraw and be disqualified from the remainder of the race, unless such assistance does not aid the swimmer's progress. No swimmer will return to the race if directed to withdraw from the race or receive medical assistance by an official.
- (F) The swim course will close 1 hour and 10 minutes after the start of the last wave. Each athlete will have 1 hour and 10 minutes to complete the 1.9-kilometer swim. Individual swimmers and those taking longer than 1 hour and 10 minutes to complete the swim will receive a DNF (Did Not Finish).
- (G) When exiting the water, you will cross the timing mats on your way to the transition area. Once inside transition, you will change your gear for the bike leg (public nudity is prohibited).
- (H) After the swim, volunteers will collect all Swim Start morning gear bags and transport them to the finish for you to pick up after the race. Any loose gear within Swim Start will not be collected for transport to the transition area.
- (I) The swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual, and non-consolidated threads used to constitute a fabric by weaving and/or braiding (this generally refers to suits made solely of nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); (DSQ)
- (J) The swimwear may contain a zipper.
- (K) Sleeves that extend from the shoulder to the elbow are allowed.
- (L) Neoprene shorts/pants are prohibited (DSQ).
- (M) The swimwear must not cover the neck, extend beyond the elbow, or extend beyond the knees (DSQ).
- (N) A textile race kit may be worn under the swimwear, as long as the textile race kit does not extend beyond the elbow and does not extend beyond the knees (DSQ).

SWIMSMART

Open water swimming is substantially different from swimming in a pool. To alleviate stress, it is important that you arrive on race day healthy, fit, and prepared. We help you prepare by providing a list of 10 important points to consider.

1. PREPARE FOR THE SPECIFIC RACE CONDITIONS.

Race day should not be your first time swimming in open water. Ensure that your training replicates the actual race conditions, including swimming in proximity to other swimmers and wearing a wetsuit. These are important aspects to consider.

2. PARTICIPATE IN SHORTER EVENTS.

Proper training is the best way to reduce anxiety. If possible, participate in shorter events to prepare for open water swims. For extra advice on this topic, consult with an experienced coach.

3. STUDY THE COURSE.

It is important to prepare yourself mentally as well as physically for the race. Study the race course carefully on the event's website and in the Athlete's Guide. Remember that each body of water is different, so educate yourself about the location where you'll be swimming. The supervised swim schedules will be posted on the event's Facebook page in the week leading up to the race. DON'T MISS THEM!

4. MAKE SURE TO TAKE CARE OF YOUR HEART.

As a trained athlete, it is important to have regular consultations with your doctor. The American Heart Association suggests a 12-step screening process for all competing athletes. This includes a physical examination and an analysis of your family and personal heart history.

5. MAKE SURE TO TAKE CARE OF YOUR HEART.

If you experience chest pain, discomfort, shortness of breath, dizziness, or weakness during training, consult your doctor.

6. DO NOT USE ANYTHING NEW ON RACE DAY.

Focus on controlling all possible controllable aspects. Avoid using equipment that you haven't trained with. Make sure your wetsuit fits comfortably, and ensure that your goggles and cap are working properly. Prepare extra equipment just in case.

7. WARM UP ON RACE DAY.

Arrive early for a proper warm-up, preferably in the water. If you're not allowed to warm up in the water, spend 5 to 10 minutes doing gentle exercises to increase circulation and prepare your muscles.

8. CHECK THE COURSE.

Take note of the entry point into the water, water conditions, the exit point, turns, and buoy locations. Identify key landmarks to orient yourself in the water and know where you'll be swimming.

9. START SMOOTH. RELAX AND BREATHE.


Avoid swimming at maximum effort from the beginning. Relax and focus on breathing well until you find your rhythm.

10. STAY ALERT AND ASK FOR HELP IF NEEDED.

In a race, always stop in case of a medical problem. If you or a friend needs help, simply raise your hand to alert lifeguards or rescue boats. The rules allow you to stop, hold onto a boat, rest, and then continue as many times as necessary. Make sure to stop if needed, hold onto a floating object, and then continue swimming. This will not result in a penalty. SAFETY IS PARAMOUNT FOR A GOOD RACE.

BIKE

(56m / 90Km 3LAPS)




BICICLETA BIKE

3 VUELTAS / 3 LAPS
56 MILES
90KM

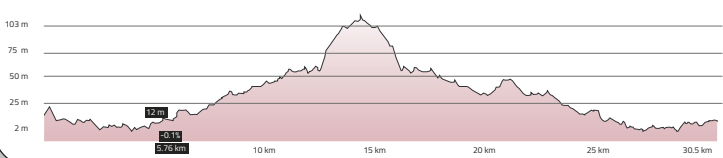
PACIFIC OCEAN

JARAMIJÓ

marathon
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MANTA



ELEVATION GRAPHIC Min, Avg, Max Elevación: 2, 33, 103 m



ROUTE INDICATIONS

Athletes start from the transition zone through Callejon of Oro Verde Hotel and turn right to make a U turn at the mall roundabout.

Ride along to Av. Malecón Jaime Chávez Gutierrez, heading east, towards the Port - Airport road, passing under the bridge in front of INEPACA, and continue along it until connecting with the road to Manta - Rocafuerte or E15.

In the roundabout of El Imperio, limit of the canton Manta, take a right and continue along this road until about 100 meters before the roundabout de la Tejedora where they will make a U-turn, returning along the same road to the Imperio roundabout, where they will turn right to enter the Manta - Rocafuerte or E15 road. From this roundabout they will advance 1.22 km until the Fish Corp S.A, where they will make a

U turn. Then they will return to Manta, using the same initial circuit, to the starting area in Playa Murciélago. This circuit will be done in 3 laps.

DESCRIPTION

From the Transition Area, athletes will cover 90 km (56 miles) on three main routes: Puerto-Aeropuerto, Spondylus, and Manta-Rocafuerte, briefly leaving the coast of Manta. There, participants will complete three (3) laps on wide roads that will be exclusively open for bicycles.

BIKE

(56m / 90Km 3LAPS)

The cycling course will be closed 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 30 minutes to complete the swim, T1, and cycling, regardless of when they start the swim.

Any athlete or relay team member taking longer than 5 hours and 30 minutes to complete the swim, T1, and cycling will not be allowed to continue and will receive a DNF (Did Not Finish). Any athlete or relay team member who does not meet the intermediate cutoff times will not be allowed to continue and will receive an NC (Not Completed).

GENERAL RULES AND INSTRUCTIONS

(A) The bicycle must be propelled exclusively through a chain by pedaling with the legs in a circular motion, without any electrical or other assistance. Except for pushing or carrying the bicycle, any propulsive action performed by the hands is prohibited (DSQ - Disqualification and indefinite suspension). It is the sole responsibility of each athlete to know and follow the prescribed cycling route. No adjustments to times or results will be made under any circumstances for athletes who do not follow the correct route.

(B) All athletes must obey traffic laws during the cycling stage unless otherwise specified by a Race Referee or Race Official with specific authority. Unless otherwise indicated regarding the previous sentence, all athletes must come to a complete stop when directed by a traffic signal or control device and must not cross any intersection unless there is no approaching traffic. In no case should a cyclist cross a solid yellow line indicating a no-passing zone (Time penalty or, depending on the severity of the infraction, DSQ - Disqualification).

(C) No cyclist should put themselves or other athletes in danger. Any cyclist who intentionally or recklessly exposes another athlete to danger or who, at the discretion of the Chief Referee, appears to expose other athletes to danger will be disqualified.

(D) All athletes must exercise extreme caution and reduce speed if necessary when passing through a site where there is a cycling or other type of accident (DSQ - Disqualification).

(E) It is prohibited to participate in the cycling stage with the torso exposed. Athletes must wear a shirt, a cycling jersey, or a sleeveless shirt at all times during the cycling stage of the Race (1:00 min time penalty, DSQ if not immediately rectified).

(F) Uniforms with a front zipper cannot be opened below the sternum (DSQ if not immediately rectified).

(G) Athletes must have the bike number on the front of the helmet (Time penalty).

(H) The decal must be affixed to the athlete's bicycle frame and must be visible from both sides (Time penalty).

(I) Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, food wrappers, damaged bike parts, or clothing, can only be discarded in designated waste areas at each aid station. Discarding any item outside of the designated waste areas is prohibited (5:00 min penalty).

(J) Indecent exposure and/or public nudity are prohibited throughout the entire competition.

(K) Except as stated in Section 5.02 (b), any additional equipment that reduces wind resistance during the cycling stage of the Race (whether worn under clothing, over clothing, or added to the athlete's or bike's body) is prohibited (DSQ - Disqualification).

BIKE

(56m / 90Km 3LAPS)

TIRES

- (A) The front wheel must be of radial construction (aerodynamic wheels with spokes are allowed) and must not be solid (DSQ - Disqualification).
- (B) The rear wheel can have spokes or be solid (disc wheel). Only wheel covers are allowed on the rear wheel. For safety reasons, solid rear wheels (disc wheels) are permitted in Ironman 70.3 Ecuador.
- (C) Radial construction wheels can be aerodynamic wheels with spokes (spokes can be sharp, round, flat, or oval).
- (D) No wheel may contain a mechanism capable of accelerating it or causing continuous rotation in the wheel artificially (DSQ - Disqualification).

BIKE SPECS

- (A) All bicycles and equipment must comply with the specifications set forth in this section. Any athlete (except those competing in the HC Division or PC Open Division) using a bicycle that does not comply with this section or infringing it in any way will be disqualified.
- (B) It cannot exceed two meters in length or 75 centimeters in width.
- (C) The distance from the ground to the center of the chain wheel axle must be at least 24 centimeters.
- (D) A vertical line touching the front end of the saddle must not be more than 5 centimeters in front and more than 15 centimeters behind a vertical line passing through the center of the chain wheel axle. The cyclist must not be able to adjust the saddle beyond these limits during the race.
- (E) The "front to center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must not exceed 54 centimeters, except when the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case, the front to center distance must not be less than 50 centimeters). The "front to center" distance must not exceed 65 centimeters, or seven-eighths of the distance between the center of the chain wheel axle and the top of the saddle, whichever is greater. The application of the two exceptions is determined by measuring from a point on the top of the saddle that is 14 centimeters behind the front end of the saddle.

BIKE

(56m / 90Km 3LAPS)

POSITION AND DRAFTING RULES

(A) "Drafting" means remaining within the drafting zone (as described below) of another athlete or vehicle for more than 25 seconds. Drafting is prohibited in the race; (Penalty of 5:00 minutes).

(B) The drafting zone for bicycles in the age group is 12 meters, measured from the front end of the front wheel and extended towards the back of the bicycle (the measurement of 6 bike lengths of clear space between bicycles). An age group athlete may enter the drafting zone of another athlete when overtaking and must continuously progress through the drafting zone. A maximum of 25 seconds will be allowed to pass through another athlete's drafting zone; (Penalty of 5:00 minutes). Prior to entering the drafting zone of another athlete, professional athletes must move to the side of the athlete they are about to overtake (i.e., avoid slipstreaming). Failure to do so will be interpreted as a drafting rule violation (Penalty of 5:00 minutes).

(C) Athletes must remain outside the drafting zone (the measurement of 6 bike lengths of clear space between bicycles) except when overtaking. Failure to do so will result in a drafting rule violation; (Penalty of 5:00 minutes).

(D) A "pass" occurs at the moment the front wheel of the overtaking athlete surpasses the edge.

(E) The overtaking athlete cannot exit the drafting zone once they enter it. Once an athlete enters the drafting zone of another athlete, the pass must be completed; (Penalty of 5:00 minutes).

(F) The athlete being overtaken must immediately exit the drafting zone of the overtaking athlete and must continuously fall back until out of the drafting zone. Reovertaking the athlete who passed before exiting their drafting zone is considered a passing rule violation; (Penalty of 5:00 minutes).

SUPERTRUCK POSITION:

For safety reasons, the supertuck position is prohibited.



MECHANICS SERVICE

SHIMANO · IS THE AUTHORIZED MECHANICAL SERVICE BRAND

During the IRONMAN 70.3 ECUADOR Expo at the Wyndham Plaza Hotel, you will find the authorized mechanical service provided by SHIMANO with their expert mechanics, ensuring that your bicycle is in perfect condition for race day.

On Saturday, during bike check-in, you will find our tent with basic services to assist you in case of any unforeseen issues. On race day, before the transition area closes, you will have access to air pumps, and during the cycling course, you can receive assistance from our authorized mechanics.



marathon
IRONMAN
70.3 ECUADOR
MANTA

MECHANICAL SERVICE · HOURS & LOCATION

FRIDAY AND SATURDAY
Terminal de Cruceros
Friday: 12:00pm - 6:00pm
Saturday: 10:00am - 5:00pm

SUNDAY
Transition and Course
Transition: 4:00am - 12:30pm
Course: 8:00am - 12:30pm

SHIMANO

RUN

(13.1m / 21.1Km ENGLISH STYLE)



**TROTE
RUN** 13.1 MILES
21 KM
2 GIROS · 2 LOOPS

marathon
IRONMAN
70.3[®] ECUADOR
MANTA



DESCRIPTION

The Run stage consists of a 21 km (13.1 miles) route, with 2 laps/loops along the Ecuadorian Pacific coast. The course is mostly flat and fast, ending at Playa Murciélago with a spectacular view of the Manta skyline.

RUN

(13.1m / 21.1Km ENGLISH STYLE)

The race course will be 21.1 km (13.1 miles) using the "English Style." All athletes will go in the left lane and make a right turn at the turnaround point. The race course will close 8 hours and 30 minutes after the last athlete starts swimming. Each athlete or relay team member will have 8 hours and 30 minutes to complete the entire course.

Any athlete or relay team member who takes more than 8 hours and 30 minutes to complete the entire course and does not finish before the race course closes will receive a DNF (Did Not Finish). Any athlete or relay team member who takes more than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the race course closes will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or slots for the World Championship. Any individual athlete who does not reach the intermediate cutoff times will not be able to continue and will receive a DNF.

Note: IRONMAN officials reserve the right to remove athletes from the course who exceed the established time limits of the race course.

- New rules and regulations, visit us at <https://www.ironman.com/competition-rules>.

For more details on the new Prohibited Running Shoes, visit the IRONMAN Competition Rules link.

TIME LIMIT FOR THE RUN COURSE

The Run Course will close in exactly 8 hours and 30 minutes from the start of the last athlete in the Swim Course.

Individual athletes who take more than 8 hours and 30 minutes to complete the entire route will receive a DNF and will not be eligible for age group awards.

4:00pm. ESTIMATED. End of the run stage.

***Note:** We reserve the right to remove athletes who exceed the established time limits.

INSTRUCTIONS AND RULES FOR THE RUN COURSE

(A) Athletes may run, walk, or crawl.

(B) It is the sole responsibility of each athlete to know and follow the prescribed running route. No time adjustments or results will be made under any circumstances for athletes who do not follow the correct route (for example, if the athlete runs in the opposite direction or more than necessary, their time will not be deducted from their final race time).

(C) All athletes must obey traffic laws during the run stage unless a Race Referee or Race Official with authority specifies otherwise. Unless otherwise indicated regarding the previous sentence, all athletes must come to a complete stop when signaled by a traffic control device or sign and must not cross any intersection unless there is no approaching traffic. Any violation of this section will result in a time penalty or disqualification (depending on the severity of the infraction).

RUN

(13.1m / 21.1Km ENGLISH STYLE)

(D) It is prohibited to participate in the run stage with bare torso. Athletes must wear a t-shirt, jersey, or sleeveless shirt at all times during the run stage of the race. (Time penalty, DSQ if not resolved immediately).

(E) Uniforms with a front closure cannot be opened below the sternum. (DSQ if not resolved immediately).

(F) Any items that need to be discarded, including water bottles, gel wrappers, food wrappers, damaged bike parts, or clothing, can only be discarded in designated waste zones at each aid station. Discarding any items outside of the waste zones is prohibited. (5:00-minute penalty) Note: Intentional littering is grounds for disqualification due to local laws and ordinances in select event locations (Refer to the specific Event Athlete Information Guide for more information).

(G) Athletes must wear the race bib issued by IRONMAN on the front of their body, and the bib must be clearly visible at all times during the run stage. The bib numbers identify the official athletes in the race. Folding, cutting, intentionally altering in any way, or not using the race bib may result in disqualification.

(H) Headphones or earphones are prohibited during the run segment. (1:00-minute penalty, DSQ if not resolved promptly).

(I) Athletes are not allowed to use communication devices of any kind, including but not limited to phones, smartwatches, and two-way radios, in any distracting manner during the race. "Distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distracting manner during the race will result in disqualification.

(J) Cameras, camera phones, and video cameras are prohibited unless permission is granted by IRONMAN. If such permission is granted, it is the athlete's responsibility to notify the Head Referee of the permission before the start of the race. Athletes seen with a camera, camera phone, or video camera will be disqualified.

PROHIBITED SHOES FOR THE RACE:

Prohibited shoes (From February 27, 2023)

- ADIDAS ADIZERO PRIME X / ADIZERO PRIME X STRUNG
- ASICS SUPERBLAST
- NEW BALANCE FUEL CELL SUPER COMP TRAINER

For more details, please visit www.ironman.com/competition-rules.

HOW TO QUALIFY?

FOR THE 2024 IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION & ROLLDOWN



1. Thirty (30) qualifying slots for the IRONMAN 70.3 World Championship in Taupo, New Zealand, on Saturday, December 14th (women's race) and Sunday, December 15th (men's race), 2023, will be awarded to top finishers in each age group category. Please review the table on the event website for the projected slot allocation by category. The final slot allocation will be determined on race day based on the number of official participants.
2. Check the preliminary results after the race to see if you have qualified to compete in the IRONMAN 70.3 World Championship. If you have, you must attend the SLOT ALLOCATION meeting. You must personally claim your slot on Sunday, July 16th, immediately after the Awards Ceremony on Playa Murciélago. Be prepared to pay the online registration fee of 650 euros plus applicable taxes and credit card processing fee. We apologize, but we do not accept cash, personal or traveler's checks, or any other currency (CASH IS NOT ACCEPTED). Bring two credit cards for payment in case your credit card is declined. Payment must be received at the ceremony to secure your slot. Any unclaimed slots will be rolled down to the next eligible present athletes.
3. The athlete must be present at the roll-down, which will occur SIMULTANEOUSLY with the slot allocation, to claim the slot. If the athlete is not present to claim the slot, the slot will be forfeited to another athlete.
4. A slot will "roll down" to the next person (of the same gender) in the designated age group if the originally awarded athlete is not present or has declined the slot. In the event that a slot "rolls down" through a complete age group without being claimed, that unclaimed slot will be reassigned to another age group within the same gender based on the ratio of athletes to slots. The age group within the gender with the highest ratio of athletes to slots will receive the first reassigned slot, followed by the next highest ratio receiving the second reassigned slot (if applicable), and so on.
5. Age group slots cannot be allocated to professionals, and professional slots cannot be allocated to age groups. NO EXCEPTIONS.
6. If an athlete earns a slot, that slot must be used in the year it is earned.
7. If an athlete earns a slot, they must pay all entry fees for the IRONMAN 70.3 World Championship at their qualifying event.
8. The race organization reserves the right to withdraw erroneously allocated slots.
9. Athletes qualifying for the 2023 IRONMAN 70.3 World Championship will receive an official IRONMAN 70.3 World Championship Coin in New Zealand. This memento will serve to mark and signify the accomplishments of qualified IRONMAN athletes. We applaud these individuals for their hard work and dedication as they celebrate their journey to the premier event of the IRONMAN series!

Good luck, and see you at the finish line!

DIVISIONS

PHYSICAL DISABILITY / INTELLECTUAL DISABILITY -OPEN DIVISION

Participation in the Open PC/ID Division is available for athletes with a medically verified visual impairment (as defined below), special equipment, athletes with intellectual disabilities, or athletes with a medically verified physical or neurological disability that substantially limits one or more major life activities.

Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to extreme temperatures, organ transplants, joint replacements (endoprostheses), kidney dialysis, hearing problems, and/or cognitive impairment are not eligible to participate in the Open PC/ID Division.

1. The term "Visual Impairment" means:

(a) Visual acuity of 20/200 (6/60 meters) or less in the better eye with best conventional correction (i.e., with regular glasses or contact lenses).

(b) A visual field (the total area an individual can see without moving their eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better eye.

2. Athletes with visual disabilities must:

(a) Use only one (1) guide (the guide can be of any gender).

(b) Be tethered during the swimming segment of the race.

(c) Ride a tandem bicycle during the cycling segment of the race.

(d) During the running segment of the competition, they may use either an underhand tether or a securing strap.

FOR MORE INFORMATION ABOUT THE OPEN PC/ID DIVISION, PLEASE REFER TO THE IRONMAN POLICIES OR EMAIL PHYSICALLYCHALLENGED@IRONMAN.COM.

HANDCYCLE

The Handcycle (HC) Division is a competitive division open to paraplegic, quadriplegic, or above-knee amputee athletes using a hand crank bicycle and racing wheelchair for running.

Handcyclists must use a recumbent handcycle on the cycling course and a racing wheelchair on the running course.

Conduct and rules for athletes in the HC division are governed by the International Triathlon Union Rules.

The HC Division is a competitive division. Race awards for the HC Division will not be based on age groups within the HC Division but will be given to the top woman and top man in the category.

FOR MORE INFORMATION ABOUT THE HC DIVISION, PLEASE REFER TO THE IRONMAN POLICIES OR EMAIL PHYSICALLYCHALLENGED@IRONMAN.COM

OPEN DIVISION

The Open Division is a non-competitive participatory division that is open to any non-disabled athlete who cannot or does not wish to participate in a specific gender or age group division.

No approval process is required to participate in the Open Division.

Athletes can self-select to participate in the Open Division when registering for the event.

Athletes in the Open Division are not eligible for awards or World Championship slots and are subject to the IRONMAN Competition Rules as set forth in Article I - VII and Article XI.

Please refer to the IRONMAN POLICIES for additional information.

SOS: 5 secrets of success For Endurance Fueling



NUESTRA FILOSOFÍA

Less is best.
Para un resultado exitoso,
menos es mejor.

01

Alimentación antes del ejercicio



Consuma alimentos simples, de preferencia carbohidratos de fácil digestión que no sean altos en fibra, grasa o proteína, lo ideal sería de 300 a 500 calorías 3 horas antes del evento y complementa con un Hammer Gel 15 a 20 minutos antes de empezar la actividad.

02

Las calorías cuentan



Consuma de 200 a 300 calorías por hora de actividad, principalmente tienen que ser carbohidratos como glucosa o fructosa, pueden ser bebidas isotónicas o geles energéticos para así tener energía constante durante el evento.

03

Hidratación adecuada



Hidrátate adecuadamente durante el evento tomando de 500ml a 750ml de líquido por hora. Practique la cantidad de consumo de líquidos en sesiones previas al evento, el consumo dependerá también del peso del atleta y de la temperatura del evento.

04

Reposición de electrolitos



Use bebidas hidratantes durante el evento o también puede usar cápsulas de electrolitos como Endurolytes para así reponer en su sistema un espectro completo de electrolitos y prevenir calambres.

05

Recuperación completa



Dentro de los 30 minutos posteriores a su entrenamiento o evento, para optimizar su recuperación hidrátate con agua o bebidas con electrolitos, carbohidratos de alto índice glucémico, Whey Protein y antioxidantes o podría utilizar Recoverite que contiene todo lo que necesita para una recuperación completa.

¡Nos vemos en la línea de partida para tu mejor carrera!

Fuel Right, Feel Great!

@hammernutrition_ecuador

ALL WORLD ATHLETE

The IRONMAN "All World Athlete" program is our way of rewarding the hard work, dedication, and performance of Age Group athletes in IRONMAN and IRONMAN 70.3 races.

The program uses the IRONMAN Age Group Ranking system to determine which athletes have finished in the top 10 percent or higher in their Age Group each year.

This system allows athletes to earn points based on their finishing time ahead of the first official finisher in their Age Group. Athletes accumulate points for each race they complete. This enables athletes to improve their ranking simply by competing more in IRONMAN events.

If the race is determined to be a non-wetsuit legal race, all athletes choosing to compete in the wetsuit wave will receive participation points according to the All World Athlete Age Group Ranking system. As of December 31, only the top three performances will count towards achieving "All World Athlete" status.

An athlete can achieve "All World Athlete" status in one or all of the following categories: IRONMAN, IRONMAN 70.3, and OVERALL (combined IRONMAN and IRONMAN 70.3).

There are three levels associated with the "All World Athlete" program:

GOLD (top 1%)

SILVER (top 5%)

BRONZE (top 10%)

Benefits at IRONMAN 70.3 Ecuador: Priority access to athlete registration, Priority access to bike check-in, AWA swim cap.

For more information about the "All World Athlete" Program, please email: awa@ironman.com



IRONMAN®



AWA

IRONMAN ALL WORLD ATHLETE

ATHLETE CHECK-LIST

WE REMIND YOU THAT:

BOOK flights and accommodation to arrive on time for athlete check-in.

PRE-RACE:

- How to get to the hotel.
- How to get to athlete check-in.
- How to get to the race start.
- How to get to the finish area.
- Photo identification.
- Bicycle mechanics services/Tune-up.
- Attend athlete check-in.
- Attend athlete briefing.
- Study race courses and plan your nutrition.

RACE DAY - SWIM:

- Helmet.
- Sunglasses.
- Timing chip and chip strap.
- Swimsuit / Wetsuit (if applicable).
- Goggles (consider a spare pair as well).
- Event swim cap (provided during check-in).
- Earplugs / Nose plug (optional).
- Store your clothing and shoes before the race, or place them in your provided morning gear bag.

RACE DAY - BIKE:

- Bicycle pump.
- Additional nutrition.
- Extra water bottles.
- Water bottle straw.
- Bike repair kit.
- Bar-end plugs.
- CO2 cartridge(s).
- Spare wheel.
- Spare tube.
- Tire levers.
- Valve stem extenders.
- Patch kit.
- Tool/Allen wrench set.
- Vaseline.
- Helmet.
- Sunglasses.
- Cycling shoes.
- Socks.
- GPS watch or cycling computer.

RACE DAY - RUN:

- Fuel belt.
- Race belt or safety pins.
- Race bib number.
- Hat/Visor.
- Reflective tape (if applicable).
- Running shoes.
- Socks.
- Sunglasses.
- Water bottle.
-

MISCELLANEOUS:

- Athlete's guide.
- Contact lenses or prescription glasses.
- Heart rate monitor and chest strap.
- Towel.
- Hair ties.
- Lip balm.
- Post-race clothing.
- Extra swimsuit and swim cap for swim practice (if applicable).
- Extra triathlon kit for practice.

FAQS FRECUENTLY ASKED QUESTIONS

1. WHEN WILL THE RACE BIB NUMBER BE PUBLISHED?

All race bib numbers will be assigned at the event's mandatory kit pickup. There will not be a bib number list available beforehand.

2. HOW DO I GET MY ACTIVE QR CODE FOR ATHLETE CHECK-IN?

Log in to [HTTPS://MYEVENTS.ACTIVE.COM/WTC](https://myevents.active.com/wtc), go to your event, and select the "Registration and QR CODE" button. Please print or take a screenshot of this on your mobile device for easy reference later on.

WHICH AGE GROUP WILL I BE RACING IN?

The breakdown by age groups is as follows:

18-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65-69
70-74
75-79
80+

You will race in the age group corresponding to your USAT age, which is your age as of December 31, 2023.

3. HOW DOES MEDICAL SUPPORT WORK ON THE COURSE?

If you need minor medical assistance, a SAG vehicle will pick you up and take you to the medical tent, where you will receive treatment.

Alternatively, depending on the medical emergency, ambulances will take you to the nearest hospital for treatment. If you have a technical problem or a flat tire, the SAG vehicle will take you to the next aid station.

Radios will be available to contact ambulances and medical assistance. If you have any issues, please go to an aid station for further assistance.

4. WHAT SHOULD I DO IF THERE IS AN ISSUE WITH MY TIMING?

If you have an issue with your timing, please contact timing@ironman.com. If you have any questions regarding your age group ranking, please contact AWA@IRONMAN.COM. It may take up to 30 days for your points to be added to your profile.

5. WHAT HAPPENS IF I CAN'T STAY FOR THE SLOT ALLOCATION OR AWARDS?

If you cannot stay for the slot allocation, you will automatically forfeit your slot if you qualify. All athletes who qualify and wish to claim their spot must be present to do so.

If you cannot stay for the awards ceremony, please email

ironman70.3ecuador@andesportstri.com

to coordinate the shipping of your award.

All awards will be recycled after 30 days.

6. HOW DO I UPDATE MY TRI CLUB AFFILIATION?

Log in to your IRONMAN profile at IRONMAN.COM. Once logged in, click on Club Membership and click on Add Club to update your affiliation. Any updates must be made 45 days prior to race day.

marathon
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·SPONSORS·

