



## Rules

- It is not allowed to assist an athlete as a spectator (*puncture, refueling, etc*).
- It is not allowed to follow an athlete (*run with him, follow him on a bike, etc*).
- It is not allowed to cross the finish line with an athlete under penalty of **disqualification** !



## IRONMAN Tracker

Follow your athletes in real time and check their results with the IRONMAN Tracker application.



## Schedule

Sunday, May 19, 2024

### Start - Lake of Peyrolles

07:00 am - Start IRONMAN 70.3  
07:25 am - Exit 1st swimmer  
09:10 am - Exit last swimmer

### Transition - Collège Mignet

09:35 am - Arrival 1st cyclist  
01:30 pm - Arrival last cyclist

### Finish line - Cours Mirabeau

10:53 am - Arrival 1st man finisher  
11:27 am - Arrival 1st woman finisher  
04:30 pm - Arrival of last finisher

### Ceremonies - Cinéma Le Cézanne

05:30 pm - Awards ceremony and qualification for the World Championship



Every IRONMAN race is an opportunity to qualify for the World Championships. IRONMAN 70.3 Aix-en-Provence allocates:

**45 slots for the VinFast IRONMAN® 70.3® World Championship.**

The 2024 edition will take place in Taupō, New Zealand on December 14 and 15, 2024.



## Spectator GUIDE







# Come and join the party!

Join us from Friday to Sunday at the expo village to discover the IRONMAN atmosphere and create your own fan poster in the **IRONFAN** zone! 🔥

Make noise along the course to support your athlete in the spectator areas

## Google My Maps

Flash the QR Code to find out where you can support your champ during the race week!



## Start - Swim course

Lake of **Peyrolles**, Peyrolles-en-Provence



## Bike course

**Rians**, KM 45

*To avoid disturbing the athletes, please keep to the side of the road.*



## Run course

Commandant Jean Dubouy fountain,  
Boulevard des Poilus  
Rambot Park, Torse Park  
La Rotonde



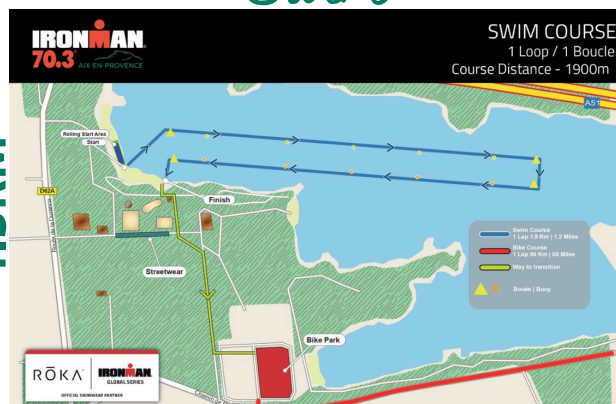
## Finish line

Cours Mirabeau



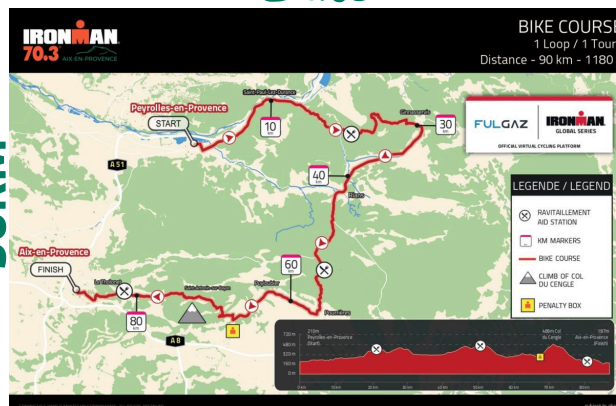
## Swim

1.9KM



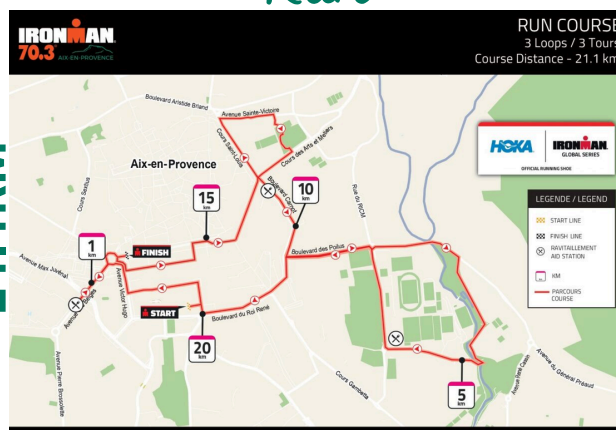
## Bike

90KM



## Run

21.1KM



DOWNLOAD  
COURSES



# How can you join us?

Bicycle and scooter rentals in the city.

**Public transport:** Some lines may be disrupted if they are on the course. For more information, visit the [Aix en Bus](#) public transport website.

**Car:** We recommend using Waze to get around. Find here the roads closed to traffic on race day.



SCAN ME

**Spectator shuttles:** dedicated to people with reservations

- **Departure at 5:45 am:** Boulevard du Roi René, in front of Collège Mignet
- **Arrival:** Lake of Peyrolles
- **Return at 8:45 am:** Lake of Peyrolles
- **Arrival:** Bus station, Avenue des Belges

**Parkings:** Lake of Peyrolles & city center Aix-en-Provence

