



GET IN THE VIBE WITH THE 2022 HIGHTLIGHTS

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Dear athlete,

Cervia is once again a protagonist hosting one of the most attended Ironman in the world. It is always a great emotion for me to see athletes from all over the globe gather in Italy and transform the Romagna Riviera into the agora of the world triathlon for a weekend.

Participating in Ironman Italy becomes the perfect opportunity to discover the beauty of the area and Italian traditions: the salt pans of Cervia with its flamingos, the colors of the Romagna countryside, the medieval villages of Forlimpopoli and Bertinoro, the historic center of Cervia Milan - Marittima, the renowned food and wine and the typical hospitality of Romagna.

All the staff and I will always be at your disposal to make you live an unforgettable experience to return home with the emotion of having accomplished a great undertaking and a pleasant memory of our beautiful country.



We look forward to seeing you at the finish line!

Max Rovatti

RACE DIRECTOR IRONMAN Italy



We're waiting for you on the most exclusive beach in Cervia, on the finish line of the IRONMAN® & 70.3 Emilia-Romagna and 5150™ Emilia-Romagna 2023. Fantini Club will provide you with any comfort: Well-equipped beach and children's area, Wellness centre and SPA, Gym and beach courts for any sports, Mediterranean cuisine at our Calamare Restaurant, Organic Food & Drinks at new Botanico, Pizza and our owesome **Piadina**, 8 bars on the beach for snacks, breakfasts and happy hours. We are expecting you at Fantini Club to show you the High Quality Italian Lifestyle. Fantini Club: Stylish Holidays and Life.

fantiniclub.com





















THIR	CDAI	/ CEDI		ER 14
HIUR	-19/48	- SEP	- W -	EK 14

FROM	I ТО		LOCATION		
10:00	18:00	Registration IRONMAN Italy Emilia - Romagna; 70.3 Italy & 5150 Cervia Triathlon	Lungomare G. Deledda - Free beach (Registration tent)		
10:00	18:00	Registration NIGHT RUN	Lungomare G. Deledda - Free beach (Info point)		
10:00	19:00	IRONMAN Merchandise Store & Expo Area	Lungomare G. Deledda - Free beach		
16:00	17:00	Briefing PRO Athletes	Magazzini del Sale - V.le Nazario Sauro - Cervia		
17.00	18.00	Briefing Age-group English	Magazzini del Sale - V.le Nazario Sauro - Cervia		
18:00		Parade of Nations	Magazzini del Sale - V.le Nazario Sauro - Cervia		
20:30		Night Run Start - Fantini Club	Lungomare G. Deledda		

FRIDAY, SEPTEMBER 15

FROM	то		LOCATION		
09:00	18:00	Registration IRONMAN Italy Emilia - Romagna; 70.3 Italy & 5150 Cervia Triathlon	Lungomare G. Deledda - Free beach (Registration tent)		
09:00	13:30	Registration IRONKIDS	Lungomare G. Deledda - Free beach (Info point)		
09:00	19:00	IRONMAN Merchandise Store & Expo Area	Lungomare G. Deledda - Free beach		
10:30	11:30	Briefing Age Group ITA	Magazzini del Sale - V.le Nazario Sauro - Cervia		
12:00	19:00	IRONMAN Italy bike check-in	Transition Area - Lungomare G. Deledda		
15:00		IRONKIDS Start	Fantini Club		





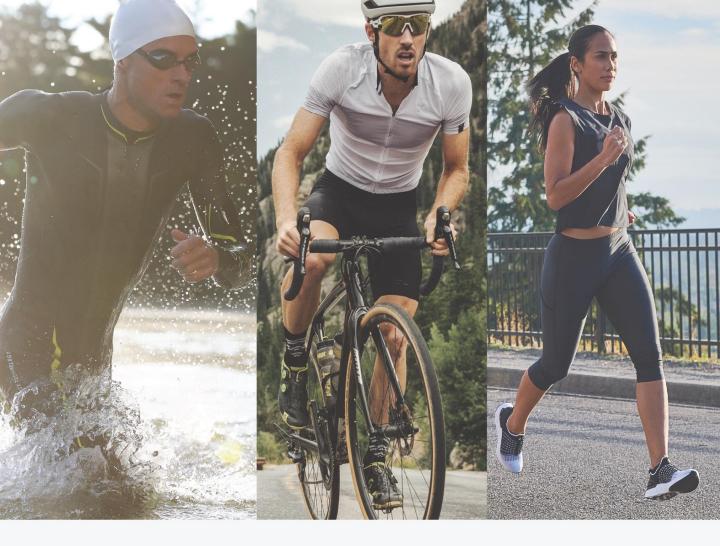
SATURDAY, SEPTEMBER 16					
FROM	то		LOCATION		
05:00	07:00	Drop Off white bags	Fantini Club (Athlete Garden)		
05:30	07:00	Transition area - Last check			
07:30		Pro Athletes Start	Lungomare G. Deledda - Free beach		
07:35		Age-Group Start / Rolling Start 6 athletes every 10"	Lungomare G. Deledda - Free beach		
08:44		Last athlete Start	Lungomare G. Deledda - Free beach		
09:00	15:00	Registration 70.3 Italy Emilia Romagna & 5150 Cervia Triathlon	Lungomare G. Deledda - Free beach		
09:00	19:00	IRONMAN Merchandise Store & Expo	Lungomare G. Deledda - Free beach		
19:00	01:30	Bike Check-out	Transition Area		
00:44		Race closed; Swim+Bike+Run cut-off 16:00 hours	Fantini Club Beach		

SUNDAY, SEPTEMBER 17

FROM TO		LOCATION
10:00 17:00	IRONMAN Merchandise Store & Expo Area	Lungomare G. Deledda - Free beach
10:00	IRONMAN Award Ceremony & Slot Allocation	Magazzini del Sale - V.le Nazario Sauro - Cervia



Click on the logo and check Google My Maps for all event locations.



Get raceready with Hyperice

Our suite of products help to relieve tension, unlock sore muscles, and prime your body and mind to be at their best, so you can recover faster and train harder.

Swim, Bike, Run, Recover,









Official Recovery Technology Partner



Fly to IRONMAN® events worldwide with Qatar Airways

As Official Airline Partner of the Global IRONMAN® Series and IRONMAN® 70.3® Series, until 2025, Qatar Airways is proud to connect athletes, officials and fans worldwide. Athletes travelling to and from events will benefit from additional offers, including promotional fares and special offers.



Save up to 10% as a registered athlete



Earn 2,000 Avios in Economy Class and 4,000 bonus Avios in Business or First Class



Enjoy enhanced flexibility with one complimentary date change



Carry your race bike as checked baggage at no additional cost*

qatarairways.com/IRONMAN

*Only for athletes.





THINGS TO SEE



THE SALT PAN OF CERVIA

The salt pan of Cervia extends for 827 hectares inland and is the smallest and northern in Italy, nowadays it is the southern door of the Po Delta Park and a European reserve. Salt harvest is very characteristic and exciting. It is possible to admire the handmade ancient method called "the cervese".

BERTINORO

Located 300 meters above the sea level, halfaway between Cesena and Forli, it's a medieval village of Romagna from where you can enjoy a beautiful view to the sea and fro this reason called "Balcony of Romagna", it has also known as "Wine City" for the excellent wine production, in particular Albania and Sangiovese.

FORLIMPOPOLI

Founded during the Roman Empire for its favourable position in the heart of Romagna, began very important village and nowadays all proofs are exhibit in the Archeological Museum "Tobia Aldini".

RAVENNA UNESCO HERITAGE

City of art and culture, Ravenna is known throughout the world for its mosaics. It was three times the capital of antiquity and now exhibits an exceptional historical-artistic heritage. Eight buildings were chosen among the countless historical testimonies and declared World Heritage by Unesco: the Basilica of San Vitale, the Mausoleum of Galla Placidia, the Baptistery of the Aryans and Orthodox, the Basilica of Sant'Apollinare Nuovo and in Class, the Archbishop's Chapel and the Mausoleum of the Theodoric.

FOOD TIPS

Sweet salt of Cervia: defined "sweet" for its delicate taste, it's perfect for traditional cooking recipes with cheese, ham and beer. **Piadina:** leaf of wheat flour, lard or olive oil, bicarbonate or yeast, salt and water cooked on a terracotta dish. This is the "bread, indeed the national food of Romagnoli". A good glass of Sangiovese wine is the perfect match. **Squacquerone:** cheese P.D.O with a very soft dough the whole milk is the main ingredient and the taste reminds the pleasantly acidic milk. **Sangiovese di Romagna** is a red wine with purple scent and berries, silky tannins and full flavor.









For more information: http://www.turismo.comunecervia.it Torre San Michele, Via Evangelisti 4 48015 Cervia (Ra)

ITAI Y







IRONMAN Italy - Merchandise Store

At the IRONMAN Merchandise Store located on the free beach of Lungomare Grazia Deledda it will be possible to find all the official merchandising of IRONMAN Italy. The Merchandise Store will be open from **Thursday 14 September** to **Sunday 17 September**. **Check the schedule for more information**.

IRONMAN Italy Expo

At the IRONMAN Merchandise Store located on the free beach of Lungomare Grazia Deledda it will be possible to find all the official merchandising of IRONMAN Italy. The Merchandise Store will be open from **Thursday 14 September** to **Sunday 17 September**. **Check the schedule for more information**.

Lost & found

Any items lost and found by the IRONMAN staff will be deposited and left available for recovery by the athletes at the Info Point on the public beach at Lungomare **Check the schedule for more information**.

Bike Service

A service area will be set up near the Transition Area, where technical assistance and tyre inflation service will be provided before the race.

- Friday, 15 September from 12:00 to 19:00.
- A bike service will be available in the expo area for a fee.
- In the Transition Area pumps will be available for the athletes.



Explore your next race on ACTIVE.com

CHECKLIST



✓ PRE-RACE: □ Directions to:

- Registration
- Bike Check-In
- Race Start
- Race Finish
- □Photo ID.
 - □ Valid Triathlon License or One Day License / Medical Certificate.
- ☐ 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 O&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:

y



nirvanasportstravel.com





BEFORE REGISTRATION

LICENSES AND MEDICAL CERTIFICATE

As a reminder, according to FITRI rules, it is mandatory to provide the following documents to Dokeop in order to participate in IRONMAN Italy. There are four different options:



1) I have a FITRI annual license

• In this case, you must upload your annual license in <u>Dokeop</u>.

2) I have an ETU annual (European Triathlon Union) license

• In this case, you must upload your annual license in <u>Dokeop</u>. We also recommend to check with your Federation that you are covered to compete in Italy.

3) I have other annual license (non-European Federation)

- In this case, you must upload your annual license in <u>Dokeop</u>. We also recommend to check with your Federation that you are covered to compete in Italy.
- Additionally, you must upload a medical certificate valid for triathlon competition.

4) I want to purchase a FITRI one day license

- If you want to buy a one day license with the Italian Federation, you must prepare the following documents:
- → FITRI form.
- → Medical certificate FROM AN ITALIAN DOCTOR valid for triathlon competition.
- → License payment*

*How to make the payment? You can pay at these bank details:

Federazione Italiana Triathlon

Conto Corrente n. 000000001549

IBAN: IT17 M050 3403 2400 0000 0001 549

BIC/SWIFT: BAPPIT21N90

Reason: Tesseramento Giornaliero IM Italy 2023+ name and surname

Send all required documents to emiliaborrello@fitri.it and when the FITRI secretariat sends you a confirmation email, <u>you must upload it in the Dokeop platform</u>. We don't need all the documents again just the confirmation email.





REGISTRATION HOURS					
FROM	то	WHEN?	LOCATION		
10:00	18:00	THURSDAY	Lungomare G. Deledda - Free beach (Registration tent)		
09:00	18:00	FRIDAY	Lungomare G. Deledda - Free beach (Registration tent)		



Click on the logo and check Google My Maps for all event locations.

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.

1) ACCESS REGISTRATION TENT

You will find here. Preape your ID and you QR code (you will find in the race week email or email confirmation).

2) LICENSE MEDICAL AND MEDICAL CERTIFICATE CONTROL

At the entrance you will find the license control. Please, remember that you must upload the required documents to Dokeop before traveling to IRONMAN Italy.



According to FITRI rules, it will not be possible to pick up the race pack or compete if the steps explained on the previous page have not been completed.

3) COLLECT YOUR RACE PACK

Keep in mind that there is an IRONMAN, an IRONMAN 70.3 and a 5150. So follow the indications to the full distance IRONMAN race pack collection.

Once you receive your Race Pack *(detailed on next page)*, Check-In is completed! Please, exit the tent in the direction of the flow to merchandise tent.

If you have an issue at any point of this process, please go to the HELP DESK and we will assist you.





BIB NUMBER

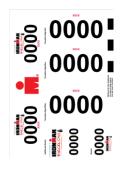
- You must wear your bib on your back for the bike course and in front for the run course, failure to do so will result in a disqualification.
- It must be attached with two points minimum. We recommend to use a running belt which saves you time and avoids making holes in your clothes. You can also use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



STICKERS

- 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.
- 2 stickers for personal needs bags.

You have more info on how to use it in the back of the sticker



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.



SWIM CAP

 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 (RED and BLUE).
- 1 street wear bag (WHITE).

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

* Personal needs bags with be available in registration.









TRANSITION BAGS



BEFORE



DURING



AFTFR

TO DROP AT THE ATHLETE GARDEN

- SWIM CAP
- GOGGLES
- WETSUIT
- HELMET
- BIKE SHOES

TO COLLECT AT THE ATHLETE GARDEN



- HELMET
- BIKE SHOES
- RUNNING SHOES
- DRY CLOTHES
- TOWEL
- SHOES

WHITE BAG [Athelte Garden]

In this bag you can leave your street clothes, that is, those clothes that you will wear once you cross the finish line.

Drop-Off Time: Saturday 5:30h - 7:00h

Drop-Off Location: Athlete Garden, Fantini Club

BLUE BAG [Bike Gear]

In this bag you will place your gear for the bike. Cycling shoes can be left fixed on the pedals of the bike.

IMPORTANT: At the end of the swim, all material used, including wetsuit, must be placed inside the **BLUE BAG** and it should be hung back in place before starting the cycling segment.

Drop-Off Time: Friday, 12:00h - 19:00h

Drop-Off Location: Transition Area, Lungomare G. Deledda

RED BAG [Run Gear]

Place the items you will use for the running course in this bag.

IMPORTANT: Cycling equipment, including the helmet and shoes (unless fixed to the pedals), must be stored inside the **RED BAG** after the end of this sector and hung back in place before starting the running segment.

Drop-Off Time: Friday, 12:00h - 19:00h

Drop-Off Location: Transition Area, Lungomare G. Deledda

Pick-up the bags after the race: Saturday, 19:00h - Sunday 01:30h

Pick-up the bags after the race Location: Transition Area, Lungomare G. Deledda





2023 OFFICIAL BIKE RENTAL PARTNER

Rent and Ride Let us take care of the rest!

www.francebikerentals.com

PERSONAL NEEDS





If during the race you need to have a personal needs provisioning, you must make sure to take the personal needs bags the day you pick up your race bib at the designated table and prepare the bags with the supplementation you will need.

- Don't forget to identify them with your race bib number.
- Please note that only food should be deposited and that after the race they cannot be returned.

ORANGE BAG [PERSONAL NEEDS - BIKE]

You will find this bag in the bike course **in aid station 2 (km 88 and km 159**). You can stop there in each loop.

Drop-Off Time: Friday, 12:00h - 19:00h Drop-Off Location: Athlete Garden, Fantini Club

BLACK BAG [PERSONAL NEEDS – RUN]

You will find this bag in the run course in **aid station 4**: km 9,3, km 19,7, km 30,1 and km 40,5. You can stop there at each loop.

Drop-Off Time: Friday, 12:00h - 19:00h Drop-Off Location: Athlete Garden, Fantini Club





MICRO GAINS, MACRO RESULTS.





SHOCK ABSORBER



THERMO-REGULATION





REFLECTIVE LOGO





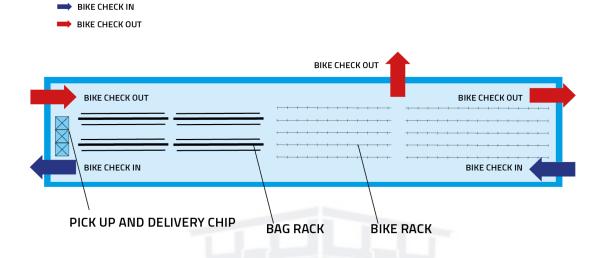




BIKE CHECK-IN & BIKE CHECK-OUT

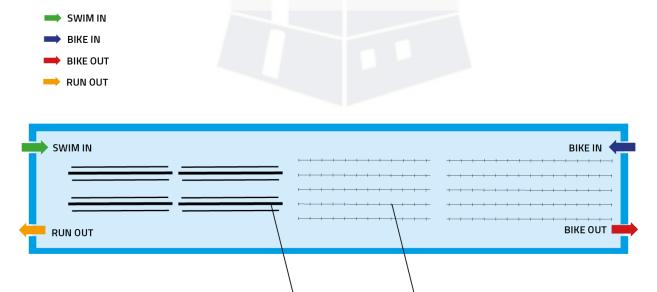
For the **bike check-in** on Friday, please access the Transition Area and follow the steps as indicated by the blue arrows below.

For the **bike check out** after the race, please access the Transition Area and follow the steps as indicated by the red arrows below.



DURING THE RACE

- 1. During the race, you will enter the Transition Area after the swim following the green arrow.
- 2. You will then exit the Transition with the bike following the red arrow.
- 3. You will enter the Transition after the bike section following the blue arrow.
- 4. You will exit the Transition for the run section following the yellow arrow.



BAG RACK

BIKE RACK





ATHELTES MUST FOLLOW THE MANDATORY BRIEFINGS

The briefing will cover important information about the course characteristics, rules and time limits of the disciplines and, above all, any last-minute changes due to the weather forecast.

ONSITE BRIEFINGS

Briefing PRO Athletes - Thursday, 16:00 - Magazzini del Sale - V.le Nazario Sauro **Briefing AG Enghlish** - Thursday, 17:00 - Magazzini del Sale - V.le Nazario Sauro **Briefing AG Italian** - Friday, 10:30 - Magazzini del Sale - V.le Nazario Sauro

The recorded briefing will also be uploaded **online** on the website after the onsite briefing.



Click on the logo and check Google My Maps for all event locations.

BIKE & BAGS CHECK-IN

ON FRIDAY all athletes must drop off their BLUE and RED bags in transition on Friday from 12:00 to 19:00. If you are using personal needs bags you must deposit also on Friday.

WHAT DO YOU NEED?

- ✓ Your bike with the seat-post sticker.
- ✓ Your helmet with the sticker.
- ✓ Transition bags with all your gear inside.

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 WILL WE 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!

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

A STEP AHEAD OF YOUR TRAINING PLAN?





Explore more here.

AG1 is Foundational Nutrition made simple.



DrinkAG1.com





The race chip will be handed to you on **FRIDAY** at the **EXIT** of the **BIKE CHECK-IN** in transition after leaving the bike and the red and blue bags in the corresponding hanger.

HOW THE CHIP WORKS?

TIMMING 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

Please note that your wristband does NOT have a chip on it. So, there are two different thing. The wristband that you will receive in registration with your bib and stickers and then the timing chip that you will receive in transition.



Your timing chip is a loan. You must return the chip in transition after the race 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.









RACE MORNING PROCEDURE

- Transition area will be open from 5:30am to 7:00am.
- The organization will put at your disposal air pumps in case you want to check the pressure of the wheels of your bicycle.
- Please bib number must not be worn during the swim
- Place your Warm-Up gear in your White Bag and drop it off in the Transition Area.
- Remember to bring your timing chip, event swim cap, googles and wetsuit.
- At 07:00, all athletes should come out of transition and head to the swim start.

NOTE In transition just at the entrance there will be a help desk in case you miss your chip or material for the swim part.

BORNINTHE LAB, PROVENION THE COURSE.

With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.







2023 OFFICIAL SPORTS DRINK



AID STATIONS





LEG	К	M	FOOD			
BIKE	1st LAP	2nd LAP	WHAT			
Water Station	31,6	101,8	water			
Aid Station 1	60,4	130,6	water	iso	gel	bars
Aid Station 2 + Personal needs	88,8	159,0	water	iso	gel	bars

LEG	КМ			FOOD		
RUN	1st LAP	2nd LAP	3rd LAP	4th LAP	WHAT	
	0.7	44.0	24.2	24.0		
Water	0,7	11,0	21,3	31,8	water	
Aid Station 1	1,8	12,1	22,5	32,9		
Aid Station 2	4,3	14,7	25,1	35,5	water iso gel gummy fruit cola red bull snack	
Aid Station 3	7,0	17,4	27,8	38,2	win in it is a second of the s	
Aid Station 4 + Personal needs	9,3	19,7	30,1	40,5		

ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 are true gels; a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, fuctional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



CUT-OFF TIMES

02:20:00

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

INTERMEDIATE CUT-OFFS

- BIKE COURSE: Intermediate cut-off
 3:30PM Km99
- RUN COURSE: Intermediate cut-off
 11:30 PM. (start of last lap)

IRONMAN, reserves the right to remove an athlete from the course and DNF them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point.



Athletes who do not meet the above cut- offs will be considered a DNF and will not be eligible for age-group awards or for 2024 IRONMAN World Championship.

226ERS



2023 OFFICIAL NUTRITION BAR PARTNER



BUY AND TEST - 200/00FF VOUCHER: IRONMAN23

Voucher valid on www.226ers.com

ROLLING START















Athletes will arrange themselves according to the expected finish time of the swimming leg. Look for the signposts with the time that best suits your abilities.

The 5 ranges are as follows

<60minutes

1hour-1hour10minutes

1hour 10 minutes - 1 hour 20 minutes

1 hour 20 minutes - 1 hour 30 minutes

>1 hour 30 minutes

The swim exit must be reached after completing the course. All athletes must cross the timing mat at the swim exit. If you do not start the race or abandon it before reaching the swim exit notify medical staff, official staff or a race referee immediately.

Failure to notify will initiate an emergency rescue search at the expense of the athlete.



OFFICIAL BIKE TRANSPORT PARTNER OF IRONMAN EUROPE



WWW.ETITRIBIKE.COM

ETI Tri Bike the market leader in bringing your Tri bike throughout Ireland, UK and Europe. We offer full bike travel options for all European IRONMAN and European Championship races for 2023 and beyond. All of our drivers and handlers are fully trained.

Why choose ETI Tri Bike?

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- Professional tri-bike handlers with years of experience
- Warm weather training camps transport
- We provide less stress, giving you more success

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We supply convenient pick up locations throughout europe, which cuts out the stress in the lead up to your event. We will contact you closer to the event to arrange a suitable pickup point from a geographical perspective. We will then return your bike to the same location at an agreed time and date.

The benefits of choosing ETI Tri Bike

- Over 60+ races to choose from
- Multiple Drop off and Pick-up locations
- Prices starting from just €350.00 / £350.00
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2023 OFFICIAL BIKE TRANSPORT
PARTNER





Swim will follow the rolling start system. Athletes will self-seed into the pre-swim area based on how long they think they will take to finish the swim. There are five possible swim zones (pro athletes not included).

<60 minutes

1 hour - 1 hour 10 minutes

1 hour 10 minutes - 1 hour 20 minutes

1 hour 20 minutes - 1 hour 30 minutes

1hour30 minutes

The swimming course takes place on a single circuit. It is not permitted to wear socks during the swimming test. If the use of a wetsuit is prohibited during the test, swimming costumes with a percentage of rubber and/or neoprene will not be allowed.

Athletes wearing goggles can place them before the start on a table which will be placed at the exit of the swimming test. Athletes are personally responsible for marking their goggles with their bib number.

The timing chip will be activated when athletes cross the timing mat located at the entrance of the swim course.

CUT- OFF TIME: 2 h 20 min after your personal start time.

Athletes must be in the swim-in area 25 minutes before their respective start times.

Warning: if you lose your chip during the swim or bike discipline, you must pick up a substitute chip at the Transition Area.

TRANSITION SWIM-BIKE

The blue bag contains everything necessary for the bike leg. You are allowed to change only in front of the bag-rack You have to put the blue bag back on the bag-rack by yourself.





"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND
NTERNATIONAL PATENTS WITH

SWIM RULES

SWIM COURSE RULES

- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- Swim goggles and facemasks may be worn.
 Snorkels are prohibited.
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.
- The swim course will close 2 hours and 20 minutes after the last athlete enters the water. Each athlete will have 2 hour and minutes to complete the 3.8 KM swim. Individual athletes who take longer than 2 hour and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM TO BIKE TRANSITION

After swimming, you will pass through a corridor leading to the transition area.

1. You will need to take your blue bag from the racks, and wear clothing for the bike fraction.

Public nudity is NOT allowed.

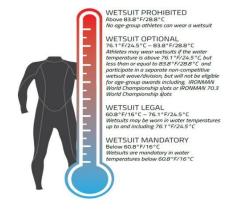
Athletes will put all their swim gear inside their bike bags and leave the bags on the rack..

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

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 awards, including IRONMAN 70.3 World Championship slots or Rolldown slots. Athletes electing to wear a wetsuit will be placed in a wetsuit optional wave after all the non-wetsuit athletes.

Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.



SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene. Swimwear must not cover the neck, extend past the elbow, nor extend past the knees. Swimwear may contain a zipper. A race kit may be worn underneath swimwear. Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).





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Ultra-Lightweight Materials

BIKE COURSE



BIKE

The bike course is totally closed to traffic. The security staff of IRONMAN ITALY, under the supervision of the police, might operate pedestrian/car crossings at certain positions on the bike course. The race will not be affected by crossings.

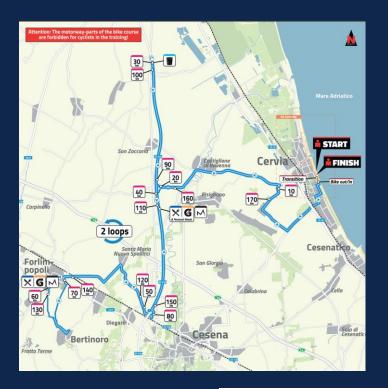
IMPORTANT

When passing other cyclists or taking corners don't cross the white line (middle line in the road). Violations will lead to disqualification.

After a rule violation is issued to the athlete, it is the athletes' responsibility to report to the next penalty box on the course. The exact location of the penalty box will be specified in the Pre-Race Briefing.

CUT- OFF TIME

swim & bike: 10 hours after your own start. You have to finish your first lap and start your second **lap latest at 3:30 pm**. After this time the bike course will not be accessible for the second lap.



Water Station:

- Km 31.6
- Km101,8

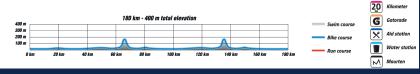
Aid Station 2:

- Km 60,4
- Km 130,6

Aid Station 3:

- Km88.8
- Km159,0

<u>Check the details about the</u> <u>aid stations here</u>





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BIKE COURSE 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.

 Do not attempt to discuss the penalty with the official.

THE OFFICIAL WILL:

- 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:

- 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 30 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!

REFEREE'S MESSAGE

BLUE CARD
1st BLUE CARD- Penalty 5:00 2nd BLUE CARD- Penalty 10:00 3rd BLUE CARD- DSQ Penalty
Penalty served in a penalty tent on the bike course
YELLOW CARD
30 second Stop and Go penalty served next to the referee.
RED CARD
Disqualification (DSQ).

RULES

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.
- 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 UNSPORTISMANLIKE 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.

2023 COMPETITION RULES



2023 OFFICIAL BICYCLE HELMET

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FIND US AT EVERY IRONMAN EVENT OR ONLINE

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RUN COURSE



TRANSITION BIKE-RUN

After completing the bike course and *attaching* the bike on the bike rack, athletes will pick-up the red bag containing their run gear. **You are allowed to change only in front of the bag-rack** You have to put the red bag back on the bag-rack by yourself.

RUN

The run course is a 4 loops course. Staff members will show you the way to the Finish Line when you leave the loop course.

There are no penalty boxes on the run course. If an athlete receives a penalty on the run course, the athlete will sit out the penalty on the spot.

CUT-OFF TIME: 16 hours from your own start.



Water Station: km 0,7 /km 11/km 21,3/km 31,6/Km

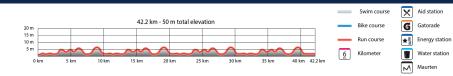
Aid Station 1: km 1,8/km 12,1/km 22,4/km 32,9

Aid Station 2: km 4,3/km 14,7/km 25.1/km 35,5

Aid Station 3: km 7 / km 17,4 / km 27.8 / km 38.2

Aid Station 4: km 9,3 / km 19,7 / km 30,1 / km 40,5

Check the details about the aid stations here





ENTER RUNNING BLISS

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The perfect balance of soft and light, for the ultimate smooth ride





RUN COURSE RULES

- 1. Athletes may run, walk, or crawl.
- 2. Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.
 - Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLYPROHIBITED 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. NOINDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT 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. RUNNING WITH A BARE TORSO IS PROHIBITED. ATHLETES MUST WEAR A SHIRT, JERSEY, OR SPORTTOP/SPORTS BRA AT ALL TIMES DURING THE RUN SEGMENT OF THE RACE. UNIFORMS WITH A FRONT ZIPPER MAY BE UNZIPPED TO ANY LENGTH, PROVIDED, THE ZIPPER IS CONNECTED AT THE BOTTOM OF THE UNIFORM AT ALL TIMES AND THE TOP OF THE UNIFORM COVERS THE SHOULDERS. THE UNIFORM SHOULD BE FULLY ZIPPED WHEN CROSSING THE FINISH LINE.
- 9. The run course will officially close 16 hours after the last athlete enters the water.

FINISH LINE POLICY

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

Don't try this on race day*



^{*} A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

WITHDRAWAL FROM THE RACE



BEFORE THE RACE

If you wish to withdraw before the start of the race (after you have collected your racepack) please inform the organisation responsible through this email address: ltaly@ironman.com

DURING THE RACE

For safety reasons every athlete who withdraws during the race must notify a race judge who will also report to the IRONMAN staff. If the withdrawal is not reported to the race judge, IRONMAN reserves the right to suspend the possibility of participation in future events. Furthermore, Italian athletes who are affiliated to an Italian sports club are subject to the disciplinary procedure of the Federation.

Athletes who receive medical assistance from our medical team are exempt from this rule.

IMPORTANT

If for any reason you need to withdraw from the race, remember to return your timing chip in transition, or you will have to pay a **50 Euro penalty.**

FOLLOW THE EVENT ITALY IN EMILIA CHARACTER I



SOCIAL MEDIA

Share your experience at IRONMAN Italy on your social media profiles with **#IMitaly**

Stay connected with IRONMAN Italy 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/ironmantriItaly IRONMAN Athlete Tracker App

DOWNLOAD THE APP





FOLLOW YOUR ATHLETE

IRONMAN Italy 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:

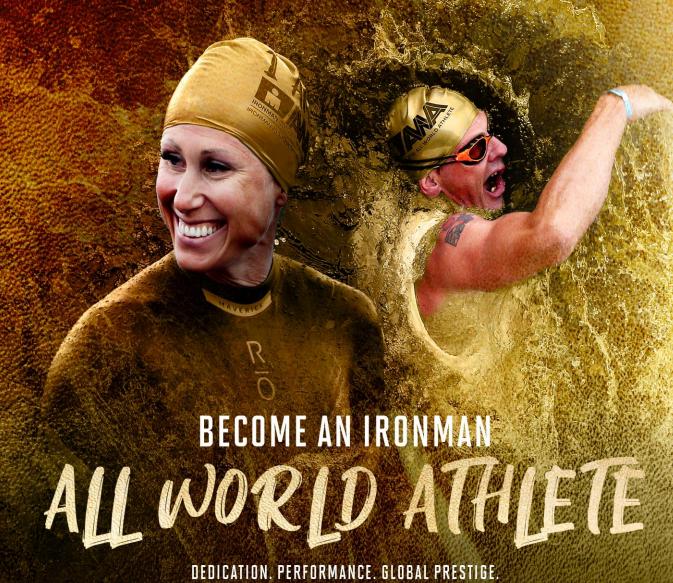
See who is winning via the Live Leaderboard.
 Top runners in each category will be
 displayed in real-time as they lead the way
 through the course.

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!



DEDICATION, PERFORMANCE, GLOBAL PRESTIGE, EARN YOUR PLACE AMONG THE ELITE.



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.

Are you ready to take your triathlon journey to new heights?
Unleash your full potential and claim your place among the elite as an IRONMAN All World Athlete.















FINISHLINE

KEEP IN MIND

The moment we have all been waiting for, the last meters after 3.8 km swimming, 180 km bike ride and 42.2 km running. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuit above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures and could cause a DSQ.

AFTER THE FINISHLINE

- A) The finisher medal will be given to you just after the finish arch. *Medal engraving will be available in the recovery area.*
- B) Then, pick up your finisher tee-shirt.
- C) Enjoy the recovery meal.
- D) Get back to take your WHITE (street wear) bag.

DISQUALIFICATIONS AND COMPLAINTS

We recommend checking your results as soon as possible after crossing the finishline.

IF YOU HAVE A TIMING ISSUE, A PENALTY OR A DESQUALIFICATION AND YOU ARE NOT AGREE WITH THAT, SHOULD BE CLAIMED WITH THE HEAD REFEREE IN THE FINISHLINE

No claims will be accepted from one hour after the close of the finishline.

CHECK-OUT

SATURDAY FROM 19:00 TO SUNDAY 01:30

TRANSITION AREA

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. You must present your bib and athlete wristband at the checkout.

AFTER THE RACE





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 Italy.

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.

Order your race images here: www.sportograf.com

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

LOST & FOUND

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



ALWAYS REMEMBER YOUR RACE get your personal pictures on SPORTOGRAF.COM





FOTOGRAF.COM
FLAT





AWARDS CEREMONY

SUNDAY AT 10:00 AM

MAGAZZINI DEL SALE – V. LE NAZARIO SAURO – CERVIA



Click on the logo and check Google My Maps for all event locations.

- Trophy for TOP 3 of each age group category
- Trophy for TOP 3 TriClubs.

Attendance is mandatory at the Awards Ceremony, no trophies will be sent afterwards.

Remember also that if you have any complaints about your race time, penalty or disqualification, the complaint must be made on race day at the finishline.



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IRONMAN WORLD CHAMPIONSHIP 2024 [Kailua-Kona, Hawai'i, USA & Nice, France]

REMINDER OF SCHEDULE

Sunday 17th 10:00h

Magazzini del Sale - V.le Nazario Sauro - Cervia

The Slot Allocation Ceremony will be held on SUNDAY 17TH September immediately after the awards ceremony at 10:00h at Magazzini del Sale, Cervia.

Both, participants and companions can access the ceremony freely.



Price Kona: **1,450.00 USD** + 9.15% Active Fee & Hawai`l GE Tax

Price Nice: 1,450.00 USD + 4.25% Active Fee

IMPORTANT: NEW CHECK-IN PROCESS FOR SLOT ALLOCTATION

- There will be a scanner for your wristband at the entrance of the Award Ceremony.
- All athletes wishing to accept a slot must get their wristband scanned upon entry.
- Only athletes with a scanned wristband in the system will be considered for a slot.
- Athletes who don't have their wristband scanned in the system will NOT BE considered for a slot.

IT WILL NOT BE POSSIBLE TO SCAN YOUR WRISTBAND ONCE THE CEREMONY STARTS.

SLOT ALLOCATION



QUALIFYING SLOTS

This event offers:

- 25 Male Age Group Qualifying Slots to the IRONMAN World Championship 2024 in Kona, Hawai'l held on October 26th, 2024.
- 50 Female Qualifying Slots to the IRONMAN World Championship in Nice, France on September 22, 2024. Please note, slot allocations are subject to change and may be verified, <u>here</u>.

To accept a slot to the 2024 VinFast IRONMAN World Championship, qualified athletes must claim their slot inperson 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.

SIDE EVENTS





IRONKIDS

IRONKIDS will take place on Friday, September 15 at 3:00 PM at the Fantini Club

It is for children born between 2006 and 2019. You can register through the link below.

REGISTER HERE

Bib numbers must be picked up on Friday 15th from 9:00 AM to 1:30 PM at the info point (in front the registration tent).

You can check the locations of the run course in the map below.

CHECK THE COURSE

NIGHT RUN

Night-Run will take place on Thursday, September 14 at 8:30 PM at the Fantini Club

REGISTER HERE

Bib numbers must be picked up on Thursday from 10:00 AM to 1:30 PM at the info point (in front the registration tent).

You can check the locations of the run course in the map below.

CHECK THE COURSE



JOIN THE PROGRAM

WWW.IRONMAN.COM/TRICLUBS







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BEER, FIT FOR ALL TIMES

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