



## Attention 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!**



## Application IRONMAN Tracker

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



## Schedule Saturday, June 29, 2024

### Start IRONMAN 70.3 - Plage du Remblai

- 7:00 am - PRO SERIES men athletes start
- 7:04 am - PRO SERIES women athletes start
- 7:14 am - Age group race start

### Finish line - Promenade de l'Amiral Lafargue

- 10:40 am - First man finisher
- 11:10 am - First woman finisher
- 4:20 pm - Finisher final

### Ceremonies - Les Atlantes, Palais des Congrès

- 5:30 pm - Awards ceremony
- 6:30 pm - Slots allocation World Championship



Every IRONMAN race is an opportunity to qualify for the World Championships.

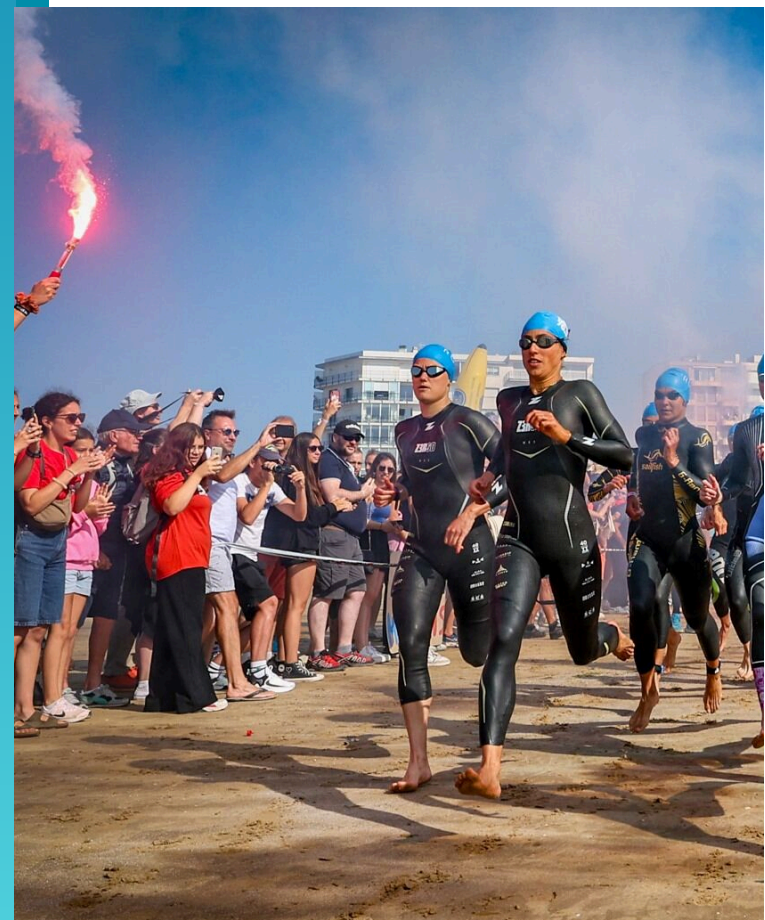
IRONMAN 70.3 Les Sables d'Olonne Vendée allocates:

**55 Age Group slots and 15 Women for Tri 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.



**IRONMAN**  
**70.3**® LES SABLES  
D'OLONNE  
VENDÉE



## Spectator GUIDE

# Come and join the party!

Join us from Thursday to Saturday at the expo village at the **Parking Base de Mer** 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 champion during the race week!



## Start - Swim course

Le Remblai (beach), Les Sables d'Olonne Vairé

## Bike course

Place du Vendée Globe (transition)

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

## Run course

Promenade de l'Amiral Lafargue  
Le Remblai (beach)

## Finish line

Place du Palais de Justice



Swim  
1.9KM



Bike  
90KM



Run  
21.1KM

DOWNLOAD  
COURSES



# How can you join us?

- ✴ Bicycle and scooter rentals in the city.
- ✴ Public transports:

Some lines may be disrupted if they are on the course.



For more information, visit the **Oléane Mobilité** public transport website.

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



**Parking:** Les Atlantes, les Halles, Hôtel de Ville, Cours Dupont, Centre-Ville, Capitainerie, Port de Plaisance.

