

**IRONMAN**  
 **TALLINN**  
ESTONIA

# Athlete Guide 2023



# TABLE OF CONTENTS

WELCOME

CHECKLIST

SCHEDULE

EVENT SITE

SHUTTLES AND PARKINGS

REGISTRATION

RACE PACKAGE

BRIEFING & CHECK-IN

RACE DAY

SWIM

BIKE

RUN

RELAY TEAM

FINISH AND CHECK-OUT

ECO-RULES

AWARDS CEREMONY

SLOT ALLOCATION

MAMMA IRONKIDS TALLINN

CHARITY EVENT: MOVE FOR UKRANIAN TRIATHLETES

HEAD REFEREE'S MESSAGE

IRONMAN COMPETITION RULES

GOOD TO KNOW

HOW TO FOLLOW THE RACE?



LOODUSLIK  
MINERAALVESI

# VÄRSKA

MINERAAL

GAASITA  
VÄRSKA  
MINERAAL  
SOBIB HÄSTI  
SPORTIMISEKS.

NON-CARBONATED  
VÄRSKA MINERAAL  
IS GREAT  
FOR SPORTS.

**IRONMAN**  
**TALLINN**  
ESTONIA

**AMETLIK JOOGIPARTNER**  
**OFFICIAL BEVERAGE PARTNER**





# TERE TULEMAST!

We are delighted to welcome you here in our beautiful home country. For the sixth year we have a pleasure to host IRONMAN triathletes all over the world and we are glad you have found your way to our race.

As COVID-19 pandemic is withdrawing we can offer you race experience like pre-COVID races without restrictions regarding travelling or the amount of people allowed to come to together.

This year we some major changes in comparison with previous races. The race center and IRONMAN Village is in Rocca al Mare, which is approximately 5 km from the city center and hotels there. As previous years, we have shuttle buses that take you and your gear, including bike to bike check-in and race start. Schedule and further information can be found below.

What haven't changed is the location of start and T1 which are still at Lake Harku and now the start area is only 2 km away from the race center. 3-loop bike course uses road in the same area as previous years but without slow part in the city. As the location of IRONMAN Village has changed the T2 and run course have changed as well. Run course is flat and doesn't have cobblestones or tricky corners so it's perfect for fast run. And the best news is that your loved ones and friends have more opportunities to cheer for you in the race start, T1 on the bike course during every lap as the turnaround point for the next lap or finish is near race center and run course has 4 laps each of them taking to back to race center.

The other big change relates to the environment and the cups that are used to serve drinks in race center and on courses. They are reusable and we kindly ask you to be mindful when disposing the cup. Please dispose the cup into yellow bin while on run course as well as in the post-race area. This way it prevents it from ending up in the general waste bin. You can find out more about it below.

I hope you enjoy your time here and the race ahead!

**Ain-Alar Juhanson**

Race Director



 **Rocca al Mare**



**The shopping centre  
that has everything for  
you and your family.**

**MON-SAT 10.00 – 21.00  
SUN 10.00 – 19.00**

**Paldiski mnt 102, Tallinn  
[roccaalmare.ee](http://roccaalmare.ee)**

# CHECK LIST

## ☐ PRE-RACE

- Directions to :  
Registration, Athlete check-In and EXPO,  
Race start and Race finish
- Pack your ID-card/passport
- Valid triathlon license or day pass
- Check your race gear
- Study the race courses
- Plan and test your nutrition
- Attend athlete briefing

## ☐ RACE DAY – SWIM

- Timing Chip
- Tri-suit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at registration)
- Ear Plugs/Nose Plug (optional)

## ☐ MISCELLANEOUS

- Towel
- Post-race clothing
- Contacts or Rx Glasses
- Anti-chafe cream
- Lip balm
- Hair ties
- Your good mood :)

## ☐ RACE DAY – RUN

- Running shoes and socks
- Bib number
- Race belt or safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses
- Reflective tape  
(if your expected finish time is after 10pm)

## ☐ RACE DAY – BIKE

- Helmet
- Bike shoes and socks
- Bike pump
- GPS watch or bike computer
- Bib number
- Race belt or safety pins
- Bike Repair Kit
- Bar-end plugs
- CO2 Cartridge(s)
- Spare Tube
- Extra nutrition (optional)
- Vaseline
- Sunscreen
- Sunglasses



# SCHEDULE

## THURSDAY 3<sup>RD</sup> AUGUST



HOURS	DESCRIPTION	LOCATION
10:00 - 21:00	IRONMAN Expo	Rocca al Mare Race Center
10:00 - 20:00	Info Booth / Lost and Found	Rocca al Mare Race Center
10:00 - 14:00	IRONMAN Tallinn Athlete Check-in	Rocca al Mare Race Center
10:00 - 14:00	IRONMAN 70.3 European Championship Athlete Check-in	Rocca al Mare Race Center
10:00 - 14:00	Registration for the charity run Move for Ukrainian triathletes	Rocca al Mare Race Center
15:00 - 20:00	IRONMAN Tallinn Athlete Check-in	Rocca al Mare Race Center
15:00 - 20:00	IRONMAN 70.3 European Championship Athlete Check-in	Rocca al Mare Race Center
15:00 - 20:00	Registration for the charity run Move for Ukrainian triathletes	Rocca al Mare Race Center
17:00 - 17:45	IRONMAN Tallinn Race Briefing in English	Rocca al Mare Race Center & IRONMAN Estonia YouTube channel
18:30 - 19:15	IRONMAN Tallinn Race Briefing in Estonian	Rocca al Mare Race Center & IRONMAN Estonia YouTube channel

## FRIDAY 4<sup>TH</sup> AUGUST



HOURS	DESCRIPTION	LOCATION
10:00 - 21:00	IRONMAN Expo	Rocca al Mare Race Center
10:00 - 20:00	Info Booth / Lost and Found	Rocca al Mare Race Center
10:00 - 14:00	IRONMAN Tallinn Athlete Check-in	Rocca al Mare Race Center
10:00 - 14:00	IRONMAN 70.3 European Championship Athlete Check-in	Rocca al Mare Race Center
10:00 - 14:00	Registration for the charity run Move for Ukrainian triathletes	Rocca al Mare Race Center
12:00	PRO briefing	Rocca al Mare Race Center
13:00	Press conference	Rocca al Mare Race Center
13:00 - 20:00	IRONMAN Tallinn Bike and Run Gear Check-In for individuals and teams	Tallinna Veemotoklubi, Lake Harku
13:00 - 20:00	Bike Technical Service in T1	Tallinna Veemotoklubi, Lake Harku
14:30 - 15:30	IRONMAN 70.3 European Championship Race Briefing in English	Rocca al Mare Race Center & YouTube channel
14:30 - 16:30	Official Swim Training	Lake "Harku" Beach
15:00 - 18:00	IRONMAN Tallinn Athlete Check-in	Rocca al Mare Race Center
15:00 - 20:00	IRONMAN 70.3 European Championship Athlete Check-in	Rocca al Mare Race Center
15:00	Registration for IRONKIDS Tallinn (closes 15 minutes before respective start)	Rocca al Mare Race Center
15:00 - 18:55	Registration for the charity run Move for Ukrainian triathletes	Rocca al Mare Race Center
16:00 - 17:00	IRONMAN 70.3 European Championship Race Briefing in Estonian	Rocca al Mare Race Center & YouTube channel
17:00	IRONKIDS Tallinn 1st start U16 boys and girls	Rocca al Mare Race Center
17:10	IRONKIDS Tallinn 2nd start U14 boys and girls	Rocca al Mare Race Center
17:20	IRONKIDS Tallinn 3rd start U12 boys	Rocca al Mare Race Center
17:30	IRONKIDS Tallinn 4th start U12 girls	Rocca al Mare Race Center
17:40	IRONKIDS Tallinn 5th start U10 boys	Rocca al Mare Race Center
17:50	IRONKIDS Tallinn 6th start U10 girls	Rocca al Mare Race Center
18:00	IRONKIDS Tallinn 7th start, children born 2016-2017	Rocca al Mare Race Center
18:10	IRONKIDS Tallinn 8th start, children born 2018-2019	Rocca al Mare Race Center
18:20	IRONKIDS Tallinn 9th start, children born 2020 and younger	Rocca al Mare Race Center
18:30	IRONKIDS Tallinn Award Ceremony (starts 1-6)	Rocca al Mare Race Center
19:00 - 19:40	Charity Event Move for Ukrainian triathletes	Rocca al Mare Race Center
19:30	Concert	Rocca al Mare Race Center

## SATURDAY 5<sup>TH</sup> AUGUST



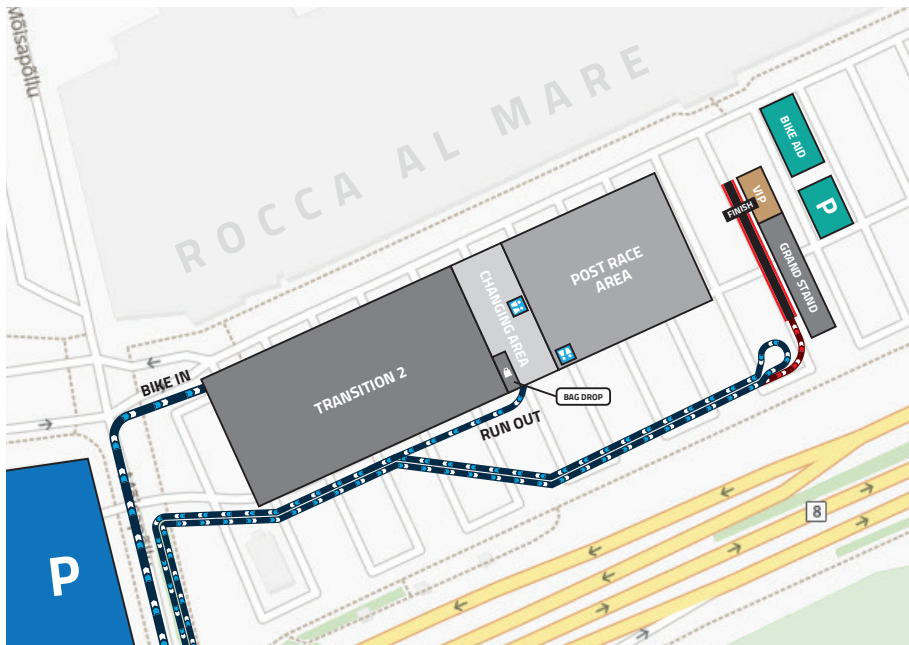
HOURS	DESCRIPTION	LOCATION
05:00 - 06:30	IRONMAN Tallinn Last Minute Gear Check in Transition Area 1 (no bike check-in)	Tallinna Veemotoklubi, Lake Harku
05:00 - 06:30	Bike Technical Service in T1	Tallinna Veemotoklubi, Lake Harku
05:00 - 10:30	Info Booth / Lost and Found	Tallinna Veemotoklubi, Lake Harku
06:00 - 06:25	Swim warm up	Lake "Harku" Beach
06:45	IRONMAN Tallinn Start	Lake "Harku" Beach
10:00 - 14:00	IRONMAN 70.3 European Championship Athlete Check-in	Rocca al Mare Race Center
10:00 - 21:00	IRONMAN Expo	Rocca al Mare Race Center
10:00 - 00:00	Info Booth / Lost and Found	Rocca al Mare Race Center
14:50	First finisher of IRONMAN Tallinn	Rocca al Mare Race Center
16:00 - 21:00	IRONMAN 70.3 European Championships Bike and Run Gear Check-In for individuals and teams	Tallinna Veemotoklubi, Lake Harku
17:30 - 00:30	IRONMAN Tallinn Bike Check-Out (Mandatory, no bikes can be collected later on Sunday)	Rocca al Mare Race Center
23:00 - 00:00	IRONMAN Tallinn Heroes Hour	Rocca al Mare Race Center

## SUNDAY 6<sup>TH</sup> AUGUST



HOURS	DESCRIPTION	LOCATION
08:30 - 09:45	IRONMAN 70.3 European Championship Last Minute Gear Check in Transition Area 1 (no bike check-in)	Tallinna Veemotoklubi, Lake Harku
08:30 - 12:20	Bike Technical Service	Tallinna Veemotoklubi, Lake Harku
09:15 - 09:40	Swim warm up	Lake "Harku" Beach
10:00	IRONMAN 70.3 European Championship Start - PRO men	Lake "Harku" Beach
10:10	IRONMAN 70.3 European Championship Start - PRO women	Lake "Harku" Beach
10:15	IRONMAN 70.3 European Championship Start - Age Group	Lake "Harku" Beach
11:00	IRONMAN 70.3 Tallinn European Championship Start - Teams	Lake "Harku" Beach
10:00 - 19:00	IRONMAN Expo	Rocca al Mare Race Center
10:00 - 22:00	Info Booth / Lost and Found	Rocca al Mare Race Center
11:00	IRONMAN Tallinn Award Ceremony and Slot Allocation for IRONMAN World Championship Sponsor appreciation event	Rocca al Mare Race Center
13:00	Sponsor appreciation event	Rocca al Mare Race Center
13:25	First Male Athlete crossing the Finish line	Rocca al Mare Race Center
13:55	First Female Athlete crossing the Finish line	Rocca al Mare Race Center
14:10	PRO Podium/Flower Ceremony	Rocca al Mare Race Center
16:30 - 20:00	IRONMAN 70.3 Tallinn Bike Check-Out (Mandatory, no bikes can be collected later)	Rocca al Mare Race Center
20:00	Award Ceremony of Lithuanian Middle Distance Championship	Rocca al Mare Race Center
20:15	Award Ceremony of Estonian Middle Distance Championship	Rocca al Mare Race Center
21:00	IRONMAN 70.3 European Championship Award Ceremony and Slot Allocation for IRONMAN 70.3 World Championship	Rocca al Mare Race Center





## ROAD CLOSURES

All courses are closed for traffic during the Race. In case of emergency, rescue vehicles with the sirens on, shall always have free passage. Please yield and let them pass you. Bike course is secured by moto security team. Local residents are provided access to their homes escorted by moto team.

## RACE WEEK TRAINING

All training during non-race times on the race course is conducted at your own risk. Please never swim alone, always wear a safety buoys when swimming and obey traffic law on bike and run courses.

# SHUTTLES AND PARKING

## CHECK-IN SHUTTLES

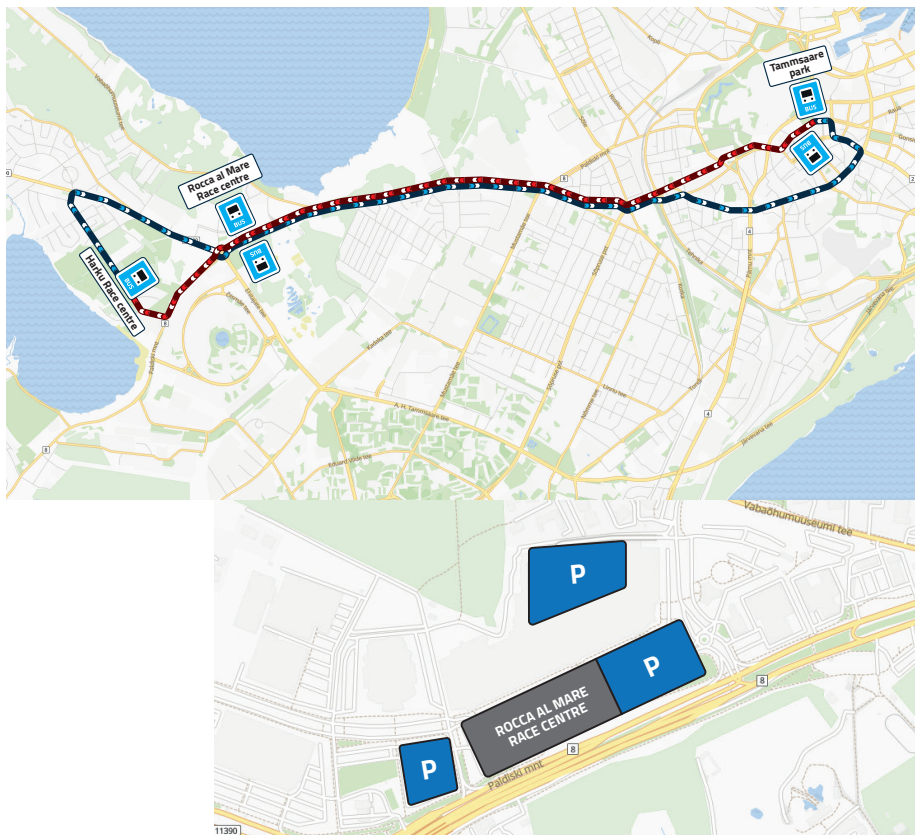
The check-in shuttles will leave from next to Tammsaare park on Estonia boulevard and from Rocca al Mare race centre (Paldiski mnt 102) according to the schedule. Supporters can buy a 5€ bus ticket for the info stand at Rocca al Mare race centre.

**We recommend registering yourself and you supporters to the bus. Registration link and the schedule for the buses will be sent out to all registered athletes at the end of July.**

## START SHUTTLES

The start shuttles will leave from next to Tammsaare park on Estonia boulevard and from Rocca al Mare race centre (Paldiski mnt 102) according to the schedule.

**We recommend registering yourself and you supporters to the bus. Registration link and the schedule for the buses will be sent out to all registered athletes at the end of July.**



# REGISTRATION

## LICENSEE



**Valid proof of national triathlon license.** You can also buy a 1-day license on site at registration for 10 €. You can buy the one-day license before the race week from Estonian Triathlon by contacting [info@triatlon.ee](mailto:info@triatlon.ee).

## PLEASE NOTE



**This race pre-allocates BIB numbers to pre-registered athletes.**

Bib numbers will be allocated on a first come, first served basis at the registration desk. AWA Gold and Silver athletes keep their privileges.

**All athletes must wear all official race participant items issued at Athlete Check-In.**

Items include; the official swim cap, wristband, bike and helmet stickers, race bib number, and timing chip. Failure to do so will result in a DSQ.

**ALL ATHLETES MUST HAVE REGISTERED BEFORE 18.00 ON FRIDAY, AUGUST 4. NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.**

**TIMING CHIP WILL BE HANDED OUT AT BIKE CHECK-IN.**



## REMINDER OF REGISTRATION HOURS



DATE	HOURS	LOCATION
3rd August	10am-2pm and 3pm-8pm	Rocca al Mare race centre (Paldiski mnt 102)
4th August	10am-2pm and 3pm-6pm	Rocca al Mare race centre (Paldiski mnt 102)

- Choose a time to pick up your race materials in the registration link sent to you in the middle of July.
- Please report to the volunteers by following the signage.
- Collect your race number and package by presenting your **identity card or passport**.

A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race



# RACE PACKAGE

## YOUR PACKAGE INCLUDES

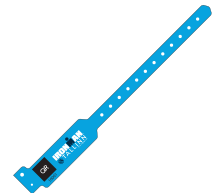
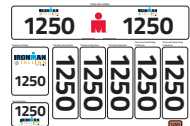


**1 BIB NUMBER:** You must wear your bib on your back for the bike course and in front for the run course. You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.

**1 SWIM CAP:** You must wear the swim cap given to you when you collect your bib number during the SWIM.

**STICKERS:** You will also have a sheet of stickers; please place relevant sticker on your bike, helmet and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet.

**1 ATHLETE'S 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 the transition areas and all athlete areas during, before 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.



### 1 ATHLETE'S BACKPACK:

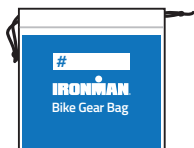
As the organizer of a major event, we also have to think about the environment around us. Due to recent events, we have more than 1000 IRONMAN Tallinn sports bags in stock from 2021, which are waiting for carriers. We want to reduce the environmental footprint of both the production and transportation of new bags, and therefore we have decided to reuse the 2021 IRONMAN Tallinn backpacks and distribute them to our graduates this year.

Recycling is in fashion!



**Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip. Failure to comply with this rule will result in disqualification.**

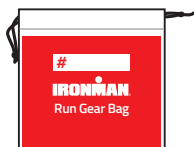




### BLUE BAG / BIKE BAG

Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.

After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.



### RED BAG / RUN BAG

Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.

After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

### Drop off **BIKE** and **RUN** bag in Transition 1:

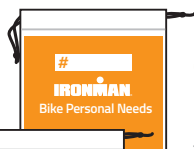
Tallinna Veemotoklubi (Sõudebaasi tee 23) - Friday 4<sup>th</sup> August from 1pm to 8pm.



### WHITE BAG / STREET WEAR BAG

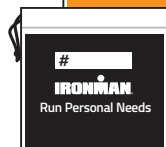
This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race (clothes, towel, etc).

Drop off on race day before the start, close to the start line area at Lake Harku beach.



### ORANGE BAG / BIKE PERSONAL NEEDS BAG

### BLACK BAG / RUN PERSONAL NEEDS BAG



These bags are for medication, nutrition, extra clothes etc, put please be aware that you will not get these bags back after the race!



**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS**



*Iga läbitud kilomeeter  
on oskuste ja vastupidavuse  
tulemus.*



AFTER THE RACE, RESTORE YOUR ENERGY  
LEVELS WITH A NON-ALCOHOLIC BEER.



**04.08.2023**

**CHARITY EVENT**

**Rocca al Mare  
shopping center**

**3.2KM**  
**RUN/WALK**

**19:00**

**▶ MOVE FOR  
UKRAINIAN ▶  
▶ TRIATHLETES**

All the donations will be fully transferred to the Ukrainian triathlon federation to support the young triathletes with their accommodation, training and competing costs.

**Register here:**



# BRIEFING & CHECK-IN

## SCHEDULE REMINDER



DATE	HOURS	DESCRIPTION	LOCATION
3 <sup>rd</sup> August	17:00	Athlete briefing - English	Rocca al Mare race centre
3 <sup>rd</sup> August	18:30	Athlete briefing – Estonian	Rocca al Mare race centre
4 <sup>th</sup> August	13:00 - 20:00	Check in (Bike, Bike bag and Run bag)	Tallinna Veemotoklubi (Sõudebaasi tee 23)

## ATHLETE BRIEFING



The athlete briefing will take place during the race week.

The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all the last minute changes that could take place due to the weather conditions.

**Briefings will be held in Estonian or English** (*see schedule above*).

## CHECK IN



«Check-in» is in the triathlon dictionary as the time when you drop off your transition bags and bike, the day before the race.

### Bike service

Our partner A&T Sport is attending the IRONMAN Village at Rocca al Mare centre. For booking the service please contact via email [Ironman@atsport.ee](mailto:Ironman@atsport.ee).

Bike service will be available in Transition to assist you in case of a last minute bike issue during check-in and on race day. Bike service is also available on the course.



## **DROP OFF YOUR BIKE, BIKE BAG AND RUN BAG AT TALLINNA VEEMOTOKLUBI**

Before entering the bike park, please put on your helmet and fasten the chin strap. Put on your BIB number. Please also be prepared for the following inspections:

- a visual inspection of the bike
- a break system check and a check of your helmet,
- a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.
- You must rack your bike and your BIKE bag according to your number.
- Due to risk of windy conditions, you are only permitted to cover seat, handlebar and pedals, not your entire bike.
- Your helmet must be put inside your BIKE bag after the check.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.
- Check that you have put all your gear for transition 2 into the RUN bag.
- Bring your RUN bag to the drop-off of at Transition area 1 before leaving.

When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located. There will be officials and volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

## **TIMING CHIP**



### **WHAT IS THE TIMING CHIP FOR?**

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

### **WHEN AND WHERE TO COLLECT THE TIMING CHIP?**

You must collect your chip at the check-in at Transition zone 1 at Tallinna veemotoklubi (Sõudebaasi tee 23) on Friday 4th.

### **WHEN AND WHERE TO WEAR THE TIMING CHIP?**

It must be worn on your left ankle during the entire race. Please note that your timing chip will be collected at the finish. In case of DNF your chip will be collected by an official or medical personnel. If it's not collected from you, bring it to the info stand at Rocca al Mare race centre.

### **WHAT IF I LOSE MY TIMING CHIP?**

If you lose your timing chip before or during the race, go to the officials at the start or transition areas. Our team will provide you with a replacement chip so you can continue the race.

**Your race timing chip is a loaner.**

**You must return the chip to the organizers, or you will be billed for its replacement (70€).**



### Proceed to the Bike Park on race day morning if needed

The Bike Park at Transition area 1 will be open from 5.00am to 6.30am. Don't forget to attach your timing chip to your left ankle.

Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike.

Pumps will be provided by the organization. If you bring your own pump, once you are done using it you must give it to one of your supporters. Leaving the pump in a transition bag is prohibited.

**From 6.30am, the bike park will be closed. Take into consideration that the start area is about 10 minutes away from Transition area 1.**



### PERSONAL NEEDS Bags

These bags can be dropped off near Transition area 1 until 7.00am. These bags will not be returned after the race.



### STREET WEAR Bag

Put your post-race change in the STREET WEAR bag and drop it off at the start. You can leave your STREET WEAR bag until the last start at 7.00am.

The STREET WEAR bag is to be picked up in the Post-Race area where you will enjoy a buffet at the finish.

### Toilets

There are plenty of toilets available at the start area and in the transition area.

**IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON RACE MORNING, PLEASE CONTACT AN IRONMAN OFFICIAL, AND THEY WILL PROVIDE YOU WITH A NEW ONE.**



## CUT OFF TIMES



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

**02:20:00** 走

**10:30:00** 走 + T1 + 游

**17:00:00** 走 + T1 + 游 + T2 + 跑

### Intermediate cut-offs

IRONMAN Tallinn reserves the right to remove an athlete from the course and disqualify 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 disqualified and will not be eligible for age-group awards or for 2023/2024 VinFast IRONMAN World Championship slot allocation.





Isotonic drink based on carbohydrates and minerals to help you stay hydrated during activity

25g Carbohydrates per 500ml

Drink 500ml regularly during one hour activity



More about product here



The energy bar with carbohydrates and real fruits to help get more energy during activity

22g Carbohydrates per bar 30g

Use up to 2 bars during one hour activity



More about product here



The energy gel with carbohydrates and vitamins to help you get more energy during activity

20g Carbohydrates per gel 25ml

Use up to 2 gels during one hour activity



More about product here



The energy gel with carbohydrates and caffeine to help you get more energy during activity

20g Carbohydrates & 20mg Caffeine per gel 25ml

Use up to 2 gels during one hour activity



More about product here



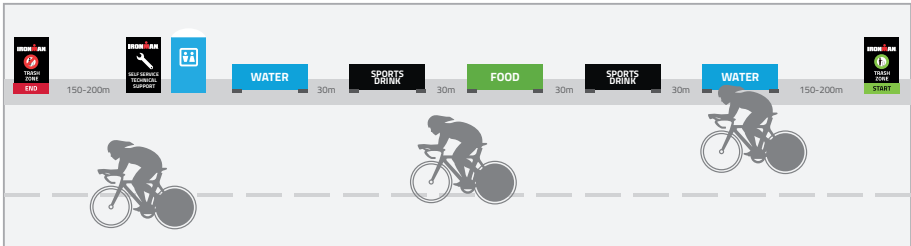
TEST PACKAGE



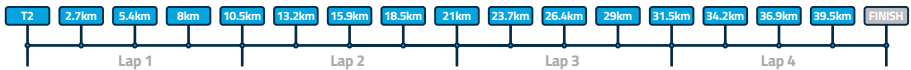
## BIKE AID STATIONS



- Drinks: Enervit sports drink in sports bottles of 750ml and water in bottles of 750ml
- Bars: Enervit energy bars
- Gels: Enervit energy gels (without caffeine)
- Bananas
- Pickles

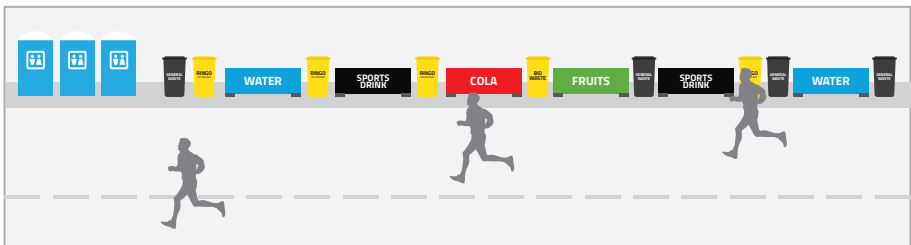


## RUN AID STATIONS



- Drinks: Enervit sports drink, water, Dynamit energy drink, RC Cola.
- Bars: Enervit energy bars
- Gels: Enervit energy gels (with or without caffeine)
- Bananas, oranges, salty crackers, pickles, raisins, rye bread, salt

Drinks are served in reusable cups





# Thank You for caring!

Please place the empty Ringo reusable tableware to Ringo container



## **SPECIAL OFFER FOR IRONMAN 70.3 TALLINN AND IRONMAN TALLINN PARTICIPANTS:**



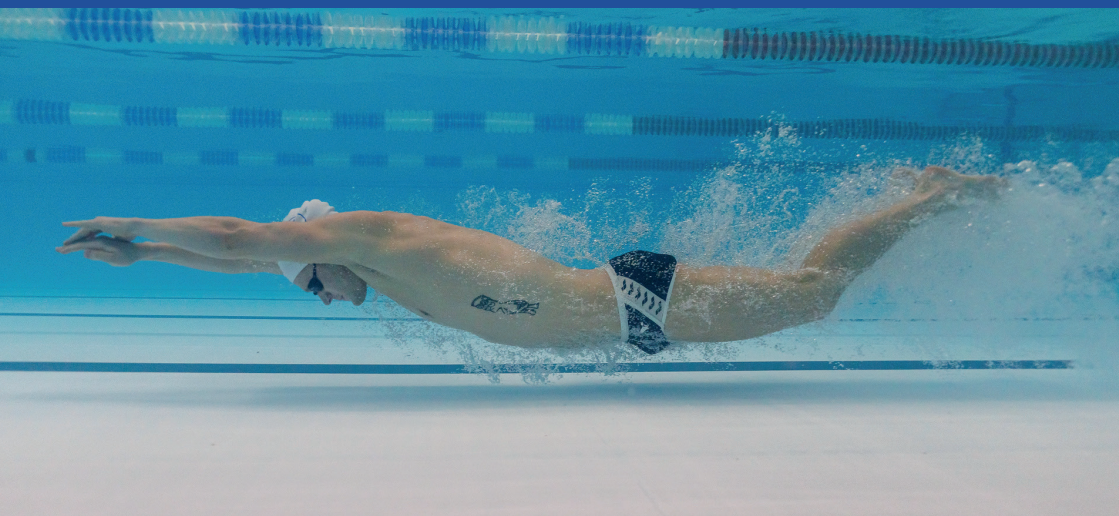
**kalevspa**

- **The Water Park and Swimming pool 1,5h morning visit 8€ (regular price 10,50€).  
Time of visit between 08.00-15.00.**
- **The Water Park and Swimming pool 1,5h evening visit 10€ (regular price 16,50€).  
Time of visit between 15.00-22.00.**
- **The Water Park and Swimming pool 3h visit 12€ (regular price 22€).**



**"FEEL LIKE A FISH IN THE WATER!"**

***\*THE OFFER IS VALID BETWEEN 28.07-06.08.2023. TICKETS CAN BE PURCHASED ON THE SPOT AT THE KALEV SPA WATER PARK SHOWING COMPETITOR WRISTBAND.***





## SWIM

This event will implement a mass rolling swim start from the shore for age group athletes:

**5 athletes will start every 5 seconds.**

The timing chip will register each athlete's start time when they cross the timing mat at swim entry.

Athletes will be directed to self-seed on race morning based on their anticipated swim time. Being as accurate as possible with your self-seeding will make for the best swim.

Warmup swim is next the start area at 6.00am – 6.25am at a specified area. There are also showers at the start area.

The swim cap provided with the race materials must be worn throughout the swim. In case you have forgotten your swim cap, you'll receive a new one at the start area.

## COURSE

A two loop 3.8 km Pringstore swim course at Lake Harku. The second lap start with an aussie exit at Tallinna Veemotoklubi.

There are lifeguards on the water. Should you be in any kind of need raise your hand to signal the lifeguards.

## CUT OFF TIME

The swim course will close 2 hours and 20 minutes after the final athlete starts the swim.

Each athlete will get 2 hours and 20 minutes to complete the swim course regardless of when they start the swim.

Any athlete who takes longer than 2 hours and 20 minutes to complete the swim will not be allowed to continue and will receive a DSQ.

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



START TIME	START GROUP	SWIM CAP COLOR
06:45	AGE GROUP / OPEN DIVISION	LIGHT BLUE
07:00	END OF SWIM START	

## LOST CHIP

If you have forgotten your timing chip on race morning or lose it during the swim or bike leg of the race, you are able to get a new timing chip in the transition area (at race morning at swim start). Please contact an IRONMAN official, and they will issue a new chip.





## WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.5°C. Wearing a wetsuit is prohibited when the water temperature is above 24.6°C and mandatory when the water temperature is 15,9°C or below.

## PROHIBITED WETSUIT

Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

## 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

## SWIM COURSE RULES

- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (YELLOW card - 60 second penalty).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

## SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. **Here's a top-10 checklist to help get you ready.**

## 1. PREPARE FOR RACE CONDITIONS

Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

## 2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

## 3. LEARN ABOUT COURSE DETAILS

It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that every body of water is different-educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

## 4. ENSURE HEART HEALTH

As an athlete in training, you should take the proper steps to assess your health with your physician. The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

## 5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

## 6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors as you can on race day. You should never race in equipment you haven't trained in, this is not the time to test new gear. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly. Prepare for the unexpected with backups of all your gear.

## 7. WARM UP ON RACE DAY

Arrive early enough on race day for an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

## 8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

## 9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim. Relax and focus on your breathing as you settle into a sustainable pace.

## 10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.

If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.



## TRANSITION 1 (Tallinna veemotoklubi, Sõudebaasi tee 23)

After finishing the swimming discipline, you will run to and enter the Transition Zone, where you will change to your biking apparel and get ready for the 180 km bike ride.

Right after entering the Transition zone, you must pick up your **BLUE BIKE BAG** with your bike gear from the designated bag rack. You then sit down on the benches and make your change; there are designated areas for athletes who need privacy while changing.

After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG** and leave it at the marked drop-off area.

**From here you will proceed to your bike and start the bike course.**

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located near the Transition Zone exit.

**Please note that there will be changing tents. You can use a poncho towel to change if you want too. Nudity is prohibited.**





## TRANSITION 2 (Rocca al Mare race centre, Paldiski mnt 102)

Heading into Transition 2, you will dismount your bike at the bike dismount line. Run with your bike at your side until you reach a catcher, who will take the bike from you. The volunteers will take the bike to its numbered place.

You will then pick up your **RED RUN BAG** and sit down on the benches where you change into your running apparel; there are designated areas for athletes who needs privacy while changing.

You need to put all your bike gear into the bag, including your bike helmet, Bike shoes must either stay on the bike pedals or be placed in the **RED RUN BAG**. After completing your change, you will need to pack your gear in the **RED RUN BAG** and then leave it at the marked drop-off area. Then when ready, you head out of the transition zone and start the marathon.

After finishing the race, your **BLUE BIKE BAG** and **RED RUN BAG** can be found in the Transition Zone 2 and can be collected along with your bike between 5.30pm and 12.30am. You need to have your race number and wristband with you to be able to check out your gear.



All race bags and bikes have to be picked up before 12.30am Sunday.  
IRONMAN Tallinn is not responsible for bikes picked up later.



## COURSE

The three loop 180km bike course is flat.

## ELEVATION GAIN

190m per lap

## AID STATIONS

Lap 1: **KM 22 – KM 41 – KM 56**

Lap 2: **KM 82 – KM 101 – KM 116**

Lap 3: **KM 142 – KM 161 – KM 176**

Personal Needs: **61 km - 122 km**

[GPX track >>> Click here](#)

## MAIN DIFFICULTIES

- There quite a lot of open fields and the course can be windy in these sections.
- You cannot go over the roadway median or use the oncoming traffic lane to pass an athlete
- If you are moving slower or you are passed, keep to the right, so that faster athletes can pass you safely without crossing the roadway median.

## CUT OFF TIME

**10h 30min : SWIM + T1 + BIKE**

The bike course will close 10 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 10 hours and 30 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete that takes longer than 10 hours and 30 minutes to complete the swim, T1 and bike course will not be allowed to continue and will receive a DNF.

## SAFETY FIRST

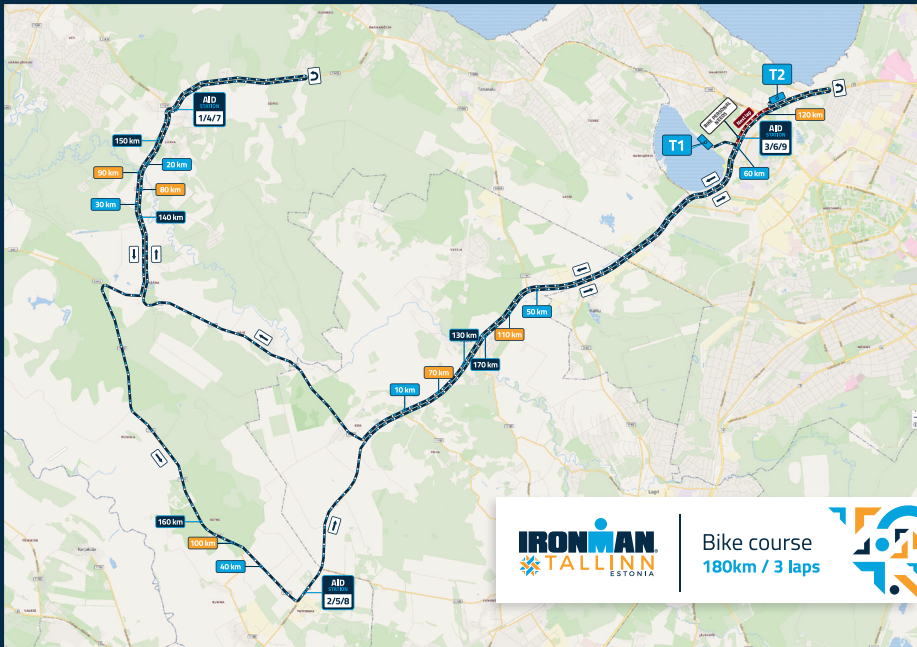
You must follow directions and instructions from race organizers, race officials, race marshals and the police. Failure to do so may cause disqualification from the race.

## BIKE MEDICAL

If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course able to assist you. Contact an IRONMAN official or a volunteer in case you require medical assistance.



If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.



## BIKE TECH SUPPORT

There will be bike tech support roaming the course, which is able to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. At each of the nine aid stations, you will find pumps, tubes and some basic tools. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs and the tools at the aid stations are only there as an extra service, and is based on a first come, first serve practice.

## SAG WAGON

There will be Sag wagons on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the bike course. Please approach an IRONMAN Official on course for help. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

## DROP OUT

If you decide to drop out, please inform a referee and only a referee and give your timing chip to them. **Check-out for your gear is at T2 from 5.30pm to 12.30am.**

## LOST CHIP

If you lose or forget your chip during the bike leg, you can get a replacement chip at T2. The fee for the lost chip is 70€.

## BIKE RULES

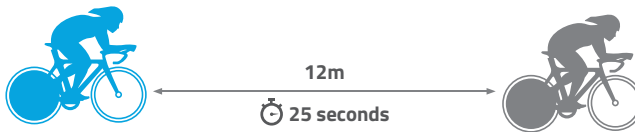
It is mandatory to obey traffic regulations.

### Specificity of drafting:

Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation. **Drafting is prohibited (blue card).**

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).



### BLUE CARD - BIKE



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

When an athlete receives a blue card, he must perform his penalty at the yellow Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed. The athlete is responsible for knowing that they have received a penalty and going to the penalty tent.

### YELLOW CARD - BIKE



60 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. **Read on for an essential checklist to get you ready for any two-wheeled challenge.**

## 1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly. Keep your bike clean and your chain lubed. Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

## 2. LEARN THE BASICS

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking. If you're unfamiliar with shifting gears, practice doing this in a low-traffic area. Practice riding a straight line, and cornering (right, left, U-turns).

## 3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.

Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race. Choose clothing that is visible in low-light conditions.

## 4. BE PREPARED TO RIDE

Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

## 5. PLAN AHEAD

Always obey all traffic signals and signs. Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you. Select a ride distance appropriate to your fitness.

## 6. INFORM OTHERS

In the event of an incident, someone should know where you are riding. Always carry personal identification with you and emergency contact information. Carry a cell phone for emergencies.

## 7. STAY ALERT

Leave the playlists and podcasts for indoor workouts. Don't use your phone while riding – pull off the road if you need to make a call or send a text. Don't take photos and selfies while riding. Look at the road and the riders around you, not your bike computer. Be able to see and hear what is going on around you.

## 8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles. Know the traffic laws for your area, especially those regarding riding two abreast or single file. Know where the vehicles are around you and anticipate that drivers may not see cyclists. When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

## 9. COMMUNICATE

Use verbal and hand signals so others know if you are stopping or turning. Make eye contact with drivers and other cyclists. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking from, letting them know you are taking aid directly from them.

## 10. SAFETY FIRST

Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass. Your hands should always be able to get to the brakes quickly. Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.



## COURSE

The four loop 42.2km Sportland IRONMAN Tallinn run course goes from Rocca al Mare centre to Stroomi beach and back.

## AID STATIONS

Lap 1: KM 0 - KM 2.7 - KM 5.4 - KM 8  
Lap 2: KM 10.5 - KM 13.2 - KM 15.9 - KM 18.5  
Lap 3: KM 21 - KM 23.7 - KM 26.4 - KM 29  
Lap 4: KM 31,5 - KM 34.2 - KM 36.9 - KM 39.5  
Personal Needs: 5 km - 15,5 km - 26 km - 36,5 km

[GPX track >>> Click here](#)

**Cups must be thrown in the yellow Ringo bins. Gels and other trash in the bins provided, not on the ground. Athletes will be issued a penalty if caught littering.**

## CUT OFF TIME

### **17h : SWIM + T1 + BIKE + T2 + RUN**

The run course will close 17 hours after the final athlete starts the swim.

Each athlete will have 17 hours to complete the entire course. Any athlete that takes longer than 17 hours to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete that takes longer than 17 hours to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

## DROP OUT

If you decide to drop out, please inform a referee and only a referee and give your timing chip to them. You can check out your gear from T2 from 5.30pm to 12.30am.

## RUN RULES

Athletes may run, walk, or crawl. During the run you must at all times wear the race number visible on the front.

A shirt/trisuit must be worn at all times during the run, and not zipped open beneath your breast bone.

Coaching and cheering is allowed only on the side of the race. It means that the coaches and supporters are not allowed to follow athletes directly on the course.



Run course  
42.2km / 4 laps



## YELLOW CARD - RUN

60 seconds «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card, with the referee who issued it. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

All the rules can be found at the **IRONMAN** website  
(<https://www.ironman.com/competition-rules>).







# FINISH AND CHECK-OUT

## FINISH LINE PARTY

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 trisuits 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. Athletes who cross the finishline with their supporters will be disqualified.

## POST-RACE

- The medal will be given to you just after the Finish Arch.
- Then, pick up your Finisher t-shirt in exchange of you timing chip.
- There will be free massage service available for athletes at the post-race area. It will be on first come, first serve basis.
- Enjoy KFC burgers and A le Coq drinks at the post-race area.
- Get back your STREET WEAR bag at the post-race area.
- Showers will also be available at the post-race area.

## CHECK-OUT



HOURS	DESCRIPTION	LOCATION
17:30 - 00:30	Check-out Bike and transition bags	Transition area 2

**You must present your bib and athlete wristband at the check-out.**

**Entrance to the check out is at the same place where, you exit T2 for the run course.**

# ECO-RULES

## ECO-ZONE

Dedicated areas are provided for disposing of your waste. It is forbidden to throw your waste outside these areas on the course.

**If you do not respect this rule, you must comply by collecting your waste and must immediately apply a 5 minute time penalty directly to the referee who issued it to you.**

## WASTE SORTING

You will find sorting areas at the race centres and on the courses. Please respect the selective sorting according to the instructions visible throughout the event and throw your general waste, bio waste, packages, bottles and reusable cup in the respective bins.

## ADVICE

We recommend using public transport, which is free for the athletes (you will be sent a public transportation QR code before the race week) Shuttles offered by the organisation for check-in and start. Or you climate friendly transport such as electric scooter by Tuul (athletes will receive a discount with a newsletters before race week) or cycling.

Encourage car-sharing to get to the event. If both you and your friend are coming, don't drive alone in two separate cars.



# AWARDS CEREMONY

AWARDS CEREMONY - SUNDAY 6<sup>TH</sup> AUGUST



## HOURS

11:00

## DESCRIPTION

Awards Ceremony

## LOCATION

Rocca al Mare race centre

- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 TriClubs

**Attendance is mandatory at the Awards ceremony, no awards will be sent afterwards.**



# SLOT ALLOCATION

## SLOT ALLOCATION - SUNDAY 6<sup>TH</sup> MAY



### OPENING HOURS

Straight after award ceremony

### DESCRIPTION

Slot Allocation

### LOCATION

Rocca al Mare race centre

## SLOT ALLOCATION

2023 IRONMAN Tallinn will award 25 slots for the 2023 VinFast IRONMAN World Championship for women. Men will be awarded 15 slots for 2024 VinFast IRONMAN World Championships.

## RULES

To accept a slot to the 2023/2024 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony. No slots will be awarded afterwards.

ID-card or passport is required to be presented and credit card payment must be made at this point. We DO NOT accept cash or cheques.

### **The amount is 1400 US\$ + 9.25% ACTIVE fee + Hawai'i GE tax**

Shortly, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN World Championship. It is your responsibility to check travel requirements before accepting the slot.

## 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 31st 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 SLOT ALLOCATION PROCESS

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.

All Russian and Belarusian athletes continue to be disallowed from participation in all IRONMAN World Championship and IRONMAN 70.3 World Championship events until further notice.



Mamma IRONKIDS Tallinn is a festive race for children aged up to 15. Age groups 2016 and born later will have no ranking or timing on this event. Three best boys and girls in age groups U10 to U16 will be awarded.

Schedule: Saturday 4th August from 5.00pm Start: Rocca al Mare Race centre

## REGISTRATION

Registration is open online until 2nd August and at the race centre on 4th August from 3.00pm

## CATEGORIES

U16: born 2008-2009 - 1500m  
U14: born 2010-2011 - 1500m  
U12: born 2012-2013 - 1500m  
U10: born 2014-2015 - 1500m  
Born 2016 and later - 450m (no timing)

[IRONKIDS REGISTRATION >>](#)

## IRONKIDS BIB COLLECTION

On spot registration and start materials pick-up is on 4th August 2023 from 3.00pm to 6.05pm!

Location: Rocca al Mare race centre

**NB! All participants must wear the t-shirt provided with the race materials on the run and have the race number attached to their chest!**

## FINISH LINE AND EXIT

When they have crossed the finish line, the kids will receive a finisher medal and finisher gift from sponsors.

Please be patient and don't push or shout as you are waiting to be reunited with your child. Please be respectful of IRONKIDS staff, volunteers and the other parents/guardians around you.

The process does take some time but is essential for the children's welfare. We thank you for your patience and understanding, in the interest of all children participating in the event.



Mamma

Juba valmis!



READY  
TO EAT  
PANCAKES.

NEW FLAVOURS!

Oat-orange and rye kama-kefir pancakes are developed in cooperation with the food scientists of Center of Food and Fermentation Technologies (TFTAK).

IRONMAN  
TALLINN  
ESTONIA

SPONSOR

TF  
TAK

# RULES

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 2023 IRONMAN Tallinn Rules.

## EERO RAUDSEPP

IRONMAN Tallinn

Head referee

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.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. We sincerely hope you have a great race and achieve all your goals.

All the rules can be found in the IRONMAN Tallinn 2023 regulations and the particularities of the race in this athlete guide.

2023 Rules



### BLUE CARD

- 1 blue card: five-minute time penalty
- 2 blue cards: ten-minute time penalty
- 3 blue cards : DSQ

Penalty served in a penalty tent on the bike course *e.g. Drafting*



### YELLOW CARD

60 second Stop and Go time penalty served next to the referee  
*e.g. Blocking the progress of other athletes*



### RED CARD

Disqualification (DSQ)  
*e.g. Non-compliant material or equipment*

**THREE BLUE CARDS WILL RESULT IN RACE DISQUALIFICATION.**







# IRONMAN COMPETITION RULES

IRONMAN Tallinn will be sanctioned by the rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage: <http://www.ironman.com/rules-and-regulations>

The Estonian Triathlon Federation will sanction and enforce the rules that are included in the IRONMAN 2023 Competition Rules.

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

**For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.**

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

## MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race.

Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.












## ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules.

In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing<sup>1</sup> and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions).

When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

# COMMON RULE, VIOLATIONS & PENALTIES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	1 min Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 1 min Stop-and-Go Time Penalty will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distracting manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	



# GOOD TO KNOW

## ONE QUESTION?

Please send us a message on Facebook or by email to: [tallinn@ironman.com](mailto:tallinn@ironman.com)

## LOST AND FOUND

During race week, lost and found items will be available at the Info Point. After the race, we have the lost and found point near the post-race area.

Once the event is over, please contact [tallinn@ironman.com](mailto:tallinn@ironman.com) to find the missing items and arrange for their return. Shipping charges will apply.

\*All unclaimed items will be donated within 30 days.

## SAFETY AND SECURITY

**Athletes:** Safety first, please do not take any unnecessary risks.

Be sure to put your emergency contact your bib and in your Active account information.

**Coaches:** If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

If you witness a **security incident:**

**Please contact +372 5886 3232**

If you witness an **accident or health problem:**

**Please contact +372 5334 0408**

**When contacting our Security and emergency hotlines, please:**

- Keep calm
- Be specific about the information you provide
- Provide the athlete's bib number
- Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnesses

# HOW TO FOLLOW THE RACE?

## GOING TO THE EVENT

We invite you to come to the start at the Lake Harku, to the finish at the Rocca al Mare centre, but also all along the courses to encourage the athletes and live the IRONMAN atmosphere.

## IRONMAN.COM

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favourite athletes and other options.

## IRONMAN TRACKER

The IRONMAN Tracker app offers you real-time information and live results.

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

**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.

**Live Map Tracking:** Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read.

**Make sure to follow us on our Social media pages:**



[@IRONMANEstonia](#)



[@ironman\\_estonia](#)





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



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**

## SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN Tallinn.

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.

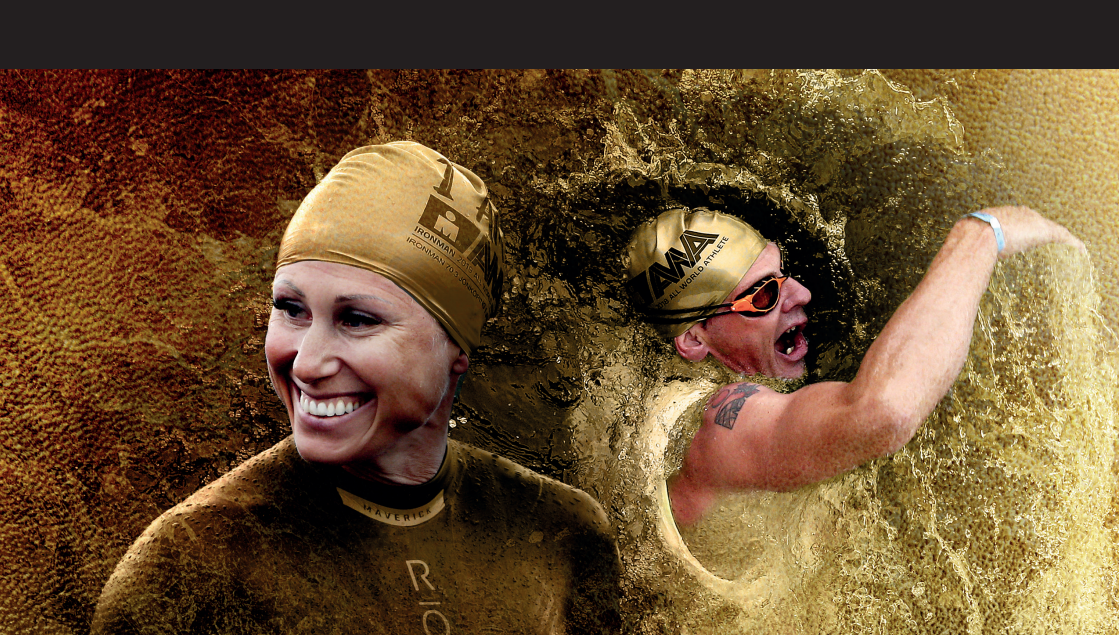
Order your race images here: [www.sportograf.com](http://www.sportograf.com)

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.

## HELP US TAKE YOUR BEST PHOTOS:

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





# BECOME AN IRONMAN ALL WORLD ATHLETE

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



IRONMAN ALL WORLD ATHLETE

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.



GLOBAL RECOGNITION



EXCLUSIVE BENEFITS



COMPETITIVE RANKING



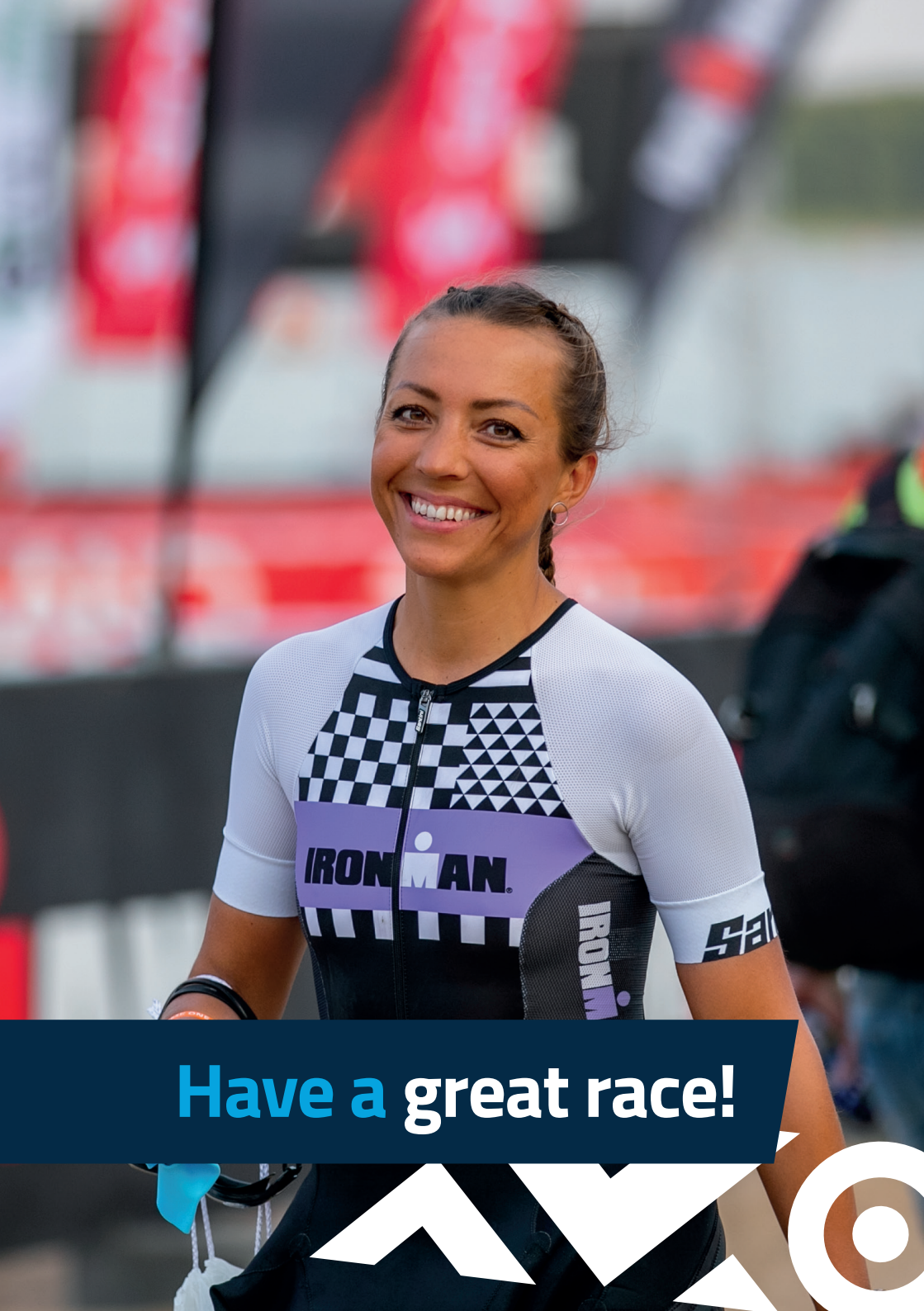
INSPIRING COMMUNITY

VIEW BENEFITS AND LEARN MORE AT: [HTTPS://WWW.IRONMAN.COM/ALL-WORLD-ATHLETE](https://www.ironman.com/all-world-athlete)



LEARN MORE





**Have a great race!**

