Where in the world is it possible to race an IRONMAN in a capital? In Copenhagen!

We are so proud to be able to organize a world class event with the IRONMAN distance in the center of a large European capital city like Copenhagen.

Each IRONMAN event has its own charming and amazing aspects. In Copenhagen you get the experience of passing by some spectacular places, monuments and buildings that tourists from around the world travel to Copenhagen to see. And finally, you will be lifted by the ecstatic atmosphere from the many spectators cheering you along the courses.

Over the years, the event has developed in terms of experiences from organizers, partners, but certainly as well by the feedback from the athletes. Therefore, we can hardly wait to kick off the event week with many activities that of course end up with the epic IRONMAN Copenhagen.

We are pretty sure the race day will be as magical as never before. Among other things, the finish line in front of the legendary castle Christiansborg Palace with a better setup than previous years, and a new location for IRONMAN Village at the Beach site very close to T1 and the swim start.

Remember to enjoy the fantastic coastline and the open countryside on the bike course north of Copenhagen before returning to the stunning historic capital's ecstatic atmosphere.

An IRONMAN in a capital is something very special. Not something you see many places in the world.

On behalf of the Danish IRONMAN team we wish you good luck or as we say in Denmark “knæk og bræk” and have an amazing time at IRONMAN Copenhagen. Take care, push yourself to the limit and remember to enjoy it.

Jacob Nørgaard
Race Director
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# EVENT SCHEDULE

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<th>EVENT</th>
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</thead>
<tbody>
<tr>
<td>14.00 - 16.00</td>
<td>Online Race Briefing with Q&amp;A session</td>
<td>Facebook</td>
</tr>
<tr>
<td>10.00 - 18.00</td>
<td>IRONMAN VILLAGE open (incl. IRONMAN merchandise, EXPO and lounge area)</td>
<td>Amager Strandpark</td>
</tr>
<tr>
<td>10.00 - 18.00</td>
<td>Athlete Registration at IRONMAN VILLAGE</td>
<td>Amager Strandpark</td>
</tr>
<tr>
<td>10.00 - 18.00</td>
<td>IRONMAN VILLAGE open (incl. IRONMAN merchandise, EXPO and lounge area)</td>
<td>Amager Strandpark</td>
</tr>
<tr>
<td>10.00 - 18.00</td>
<td>Athlete Registration at IRONMAN VILLAGE</td>
<td>Amager Strandpark</td>
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<tr>
<td>15.30 - 17.30</td>
<td>4:18:4 København Registration at IRONMAN VILLAGE</td>
<td>Amager Strandpark</td>
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<tr>
<td>18.00 - 22.00</td>
<td>4:18:4 København (mini triathlon)</td>
<td>Amager Strandpark</td>
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<td>10.00 - 13.00</td>
<td>IRONMAN VILLAGE open (incl. IRONMAN merchandise, EXPO and lounge area)</td>
<td>Amager Strandpark</td>
</tr>
<tr>
<td>10.00 - 13.00</td>
<td>Athlete Registration at IRONMAN VILLAGE</td>
<td>Amager Strandpark</td>
</tr>
<tr>
<td>10.00 - 19.00</td>
<td>Bike/Bags Check in</td>
<td>Transition 1, Amager Strandpark</td>
</tr>
<tr>
<td>11.00 - 12.00</td>
<td>IRONKIDS</td>
<td>Outside IRONMAN Village, Amager Strandpark</td>
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<tr>
<td>05.00 - 07.30</td>
<td>Transition 1 open (incl. handover White Bags)</td>
<td>Transition 1, Amager Strandpark</td>
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<td>07.00 - 08.00</td>
<td>Age Group Rolling Start</td>
<td>Swim Start Area</td>
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<td>First finisher</td>
<td>Christiansborg Palace Square</td>
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<td>16.00 - 00.00</td>
<td>Bike/Bags Check Out</td>
<td>Transition 2, National bank</td>
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<tr>
<td>10.00 – 11.30</td>
<td>Awards and IRONMAN World Championship Slot Allocation</td>
<td>Copenhagen cinema Imperial, City Center</td>
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2022 OFFICIAL TRAVEL PARTNER

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Take the stress out of all your event accommodation and travel arrangements so you can savour that finish line moment

nirvanaeurope.com
PARKING AND ARRIVAL

Arrival for IRONMAN VILLAGE (incl. Registration pick up):
IRONMAN VILLAGE is located just beside swim start and T1.
The exact address is Jollevej 1, 2300 Copenhagen S.

Arrival by public transport/Metro:
The best way to arrive to IRONMAN VILLAGE is with the Metro M2-line, which runs between Copenhagen Airport and Vanløse. The yellow circles on the map shows three metro stations. Closest metro station is Femøren Station, which is next to the red star on the map. Follow the Yellow dotted line by foot to IRONMAN VILLAGE.

Arrival by car:
Be aware that there are a short distance triathlon race (4:18:4) on Friday. Therefore, the road Amager Strandvej will be closed Friday, August 19, 17.00-21.00 (red line on picture).
→ Arrival before roads closes, drive to the green star (on the map): Havkajakvej 2, 2300 Copenhagen S.
→ Arrival after roads closes, drive to the red star (on the map): Hedegaardsvej 80, 2300 Copenhagen S. Follow the Yellow dotted line by feet to IRONMAN VILLAGE.

Arrival for Bike Check In:
Bike Check In, T1, is located at Amager Strandpark. The exact address is Jollevej 1, 2300 Copenhagen S.

Arrival by public transport/Metro:
The best way to arrive to IRONMAN VILLAGE is with the Metro M2-line, which runs between Copenhagen Airport and Vanløse. The yellow circles on the maps shows three metro stations. Closest metro station is Femøren Station, which is next to the red star on the map. Follow the Yellow and blue dotted line by foot to T1 entrance.

Arrival by car:
Drive to the green star (on the map): Havkajakvej 2, 2300 Copenhagen S. Follow the Yellow and blue dotted line by foot to T1 entrance.

Arrival for Race Day:
T1 is located at Amager Strandpark.
The exact address is Jollevej 1, 2300 Copenhagen S.

For arrival to the swim start on race day we recommend you, to take the Metro station early morning. The same metro station at Amager Strandpark and Femøren Metro station on the M2 line.

Road Closes at 6.00 on Race Morning and will open again at 11.00.

Finish Line and T2:
Both are located in city center where it’s difficult to park a car.
Use public transport to find Christiansborg Palace and the finish line, and the Nationalbank for T2.

Scan this QR code to get all locations on Google Maps
IRONMAN VILLAGE ACTIVITIES

The days leading up to IRONMAN Copenhagen we will have several activities to join, in the area around IRONMAN Village.

Feel free to bring your kids, family, and friends, to experience the different possibilities in the beautiful area of Amager Strandpark. There will be activities for all ages and moods.

How to get there

If you arrive from the south, follow the path outside IRONMAN Village between the eastern beach area and the Village. See the red dotted line.

If you arrive from the north, walk over “Kilometerbroen” and follow the path through the beach area to the meeting spot just at the end of IRONMAN Village. See the yellow dotted line.
# IRONMAN VILLAGE ACTIVITIES

## THURSDAY, AUGUST 18

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00 - 18.00</td>
<td>IRONMAN Village open</td>
<td>Visit EXPO vendors, the IRONMAN Merchandise store and feel free to hang out in the lounge area.</td>
</tr>
<tr>
<td>10.00 - 18.00</td>
<td>Athlete Registration</td>
<td>Get your athlete bag pack, transition bags and swim cap at the Registration tent.</td>
</tr>
<tr>
<td>10.00 - 11.00</td>
<td>Morning yoga (free)</td>
<td>A yoga session at the beach next to IRONMAN Village. Just show up, bring a towel or mat and you are good to go.</td>
</tr>
<tr>
<td>17.30</td>
<td>KEEP SMILING Fun Run</td>
<td>Come and join fellow athletes and friends. It’s for everyone, and you can find your own pace on the 5k run course around Amager Strandpark. T-shirt sale starts 16.30, warm-up 17.15 and start of the run 17.30. Please register at this link: <a href="https://secure.onreg.com/onreg2/front/step1.php?id=5725">https://secure.onreg.com/onreg2/front/step1.php?id=5725</a></td>
</tr>
<tr>
<td>13.00 - 16.00</td>
<td>Interviews and speeches (free)</td>
<td>Get tips and tricks for IRONMAN Copenhagen (courses, experiences etc.) from current and former professionals and well-known persons. Stage schedule will follow on Facebook.</td>
</tr>
</tbody>
</table>

## FRIDAY, AUGUST 19

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.00 - 18.00</td>
<td>IRONMAN Village open</td>
<td>Visit EXPO vendors, the IRONMAN Merchandise store and feel free to hang out in the lounge area.</td>
</tr>
<tr>
<td>10.00 - 18.00</td>
<td>Athlete Registration</td>
<td>Get your athlete bag pack, transition bags and swim cap at the Registration tent.</td>
</tr>
<tr>
<td>10.00 - 11.00</td>
<td>Morning yoga (free)</td>
<td>A yoga session at the beach next to IRONMAN Village. Just show up, bring a towel or mat and you are good to go.</td>
</tr>
<tr>
<td>11.00 - 12.00</td>
<td>Swim practice and tips (free)</td>
<td>Get tips and tricks for the Swim Course and swim tips from an experienced swim coach to get you tuned in before Sunday. Join for free at the beach next to the Swim Start area.</td>
</tr>
<tr>
<td>12.30 - 13.15</td>
<td>Run technique and tips (free)</td>
<td>Get tips and tricks for the Run Course and tips by an experienced run coach and get tuned in before Sunday. Join for free at the beach next to the Swim Start area.</td>
</tr>
<tr>
<td>11.00 - 15.00</td>
<td>Interviews and speeches (free)</td>
<td>Get tips and tricks for IRONMAN Copenhagen (courses, experiences etc.) from current and former professionals and well-known persons. Stage schedule will follow on Facebook.</td>
</tr>
</tbody>
</table>

## SATURDAY, AUGUST 20

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>09.00 - 10.00</td>
<td>Swim practice and tips (free)</td>
<td>Get tips and tricks for the Swim Course and swim tips from an experienced swim coach to get you tuned in before Sunday. Join for free at the beach next to the Swim Start area.</td>
</tr>
<tr>
<td>10.00 - 13.00</td>
<td>IRONMAN Village open</td>
<td>Visit EXPO vendors, the IRONMAN Merchandise store and feel free to hang out in the lounge area.</td>
</tr>
<tr>
<td>10.00 - 13.00</td>
<td>Athlete Registration</td>
<td>Get your athlete bag pack, transition bags and swim cap at the Registration tent.</td>
</tr>
<tr>
<td>10.00 - 11.00</td>
<td>Morning yoga (free)</td>
<td>A yoga session at the beach next to IRONMAN Village. Just show up, bring a towel or mat and you are good to go.</td>
</tr>
<tr>
<td>11.00 - 12.00</td>
<td>IRONKIDS</td>
<td>Kids in all ages from 0-12 years will feel the IRONMAN vibe. 0-3 years run 300m, 3-6 years run 600m, and 6-12 years run 1000m. All kids will get a medal. Join for free. Just show up and register on the path next to IRONMAN Village. More info: <a href="https://fb.me/e/1ALibfICLD">https://fb.me/e/1ALibfICLD</a></td>
</tr>
</tbody>
</table>
ATHLETE CHECK-IN

Registration at IRONMAN VILLAGE

Opening hours:
Thursday, August 18 10.00 to 18.00
Friday, August 19 10.00 to 18.00
Saturday, August 20 10.00 to 13.00

To register you need the following:
Official government-issued photo ID – passport, driver's license, etc.

On Monday race week you will receive an email with your registration information. Please bring this to the registration, this email will include:

• QR Code

Please be aware that this race does not pre allocate BIB numbers before registration opens. BIB numbers will be allocated on estimated swim time that you pick in registration onsite.

Also remember to bring your licenses or you can purchase a license in your registration on Active.com before the race or in registration onsite.

All athletes must have registered before 13.00 on Saturday, August 20.

No registration will be possible after this time.

Personal Needs bags

At the aid stations at Geels Bakke (bike course) and BLOX (run course) you have the option to have your own Personal Needs bag placed. These bags are handed out by request at registration. Personal Need bags are primarily for athletes who for various reasons cannot tolerate or use the products IRONMAN provides.

On race morning, Sunday the 21st, you hand your Personal Needs bag(s) in at the entrance to T1 NO LATER THAN 7.00 where the bags will be taken to the aid stations. Please mark your Personal Needs bag with your race number so you can find it.

Your Personal Needs bags will be placed on the last table at the aid stations.

Remember: On the bike, you must stop entirely before taking your Personal Needs bag. No littering is allowed, so leave your bag on the ground by the aid station.

Note: Special needs bags will not be returned to athletes after the race.

At registration, you will receive the following items:
Official IRONMAN Copenhagen Backpack
Athlete wristband – must be worn always.
1. Race number
2. BLUE bike bag
3. RED run bag
4. WHITE street wear bag
5. Colored swim cap
6. 1 x number sticker for helmet
7. 1 x number sticker for bike
8. 3 x number stickers for BLUE, RED and WHITE bags

All athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers and race bib number. Failure to do so will result in a DSQ.

Timing Chip will be handed out at Bike & Gear Check-in.
The Race Briefing will be on Facebook, on Tuesday, August 16 at 14:00 CEST.

It's mandatory to watch the Race Briefing, to make sure athletes know all updated information about courses, areas, rules etc.

Between 14:00 and 16:00 there will be a Q&A session with the Race Director in the commentary of the Race Briefing, posted on the IRONMAN Denmark Facebook page.

**TIMING & CUT-OFF**

IRONMAN Copenhagen is a 15 hour 45 minutes race maximum.

In addition to finishing the race, you need to stay within the following cut-off times:

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swim</td>
<td>2 Hour 20 minutes</td>
</tr>
<tr>
<td>Swim + Bike</td>
<td>9 Hours 30 Minutes</td>
</tr>
<tr>
<td>Swim + Bike + Run</td>
<td>15 Hours 45 Minutes</td>
</tr>
</tbody>
</table>

Due to road closures, the following intermediate cut-offs are in force.

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.00</td>
<td>Last competitor must begin the second bike loop - Tranegårdsvej (93km)</td>
</tr>
<tr>
<td>15.00</td>
<td>Cut-off Dageløkkevej (119km)</td>
</tr>
<tr>
<td>16.15</td>
<td>Cut-off Kongevejen (148km)</td>
</tr>
<tr>
<td>16.45</td>
<td>Cut-off Aid Station Geels Bakke (159km)</td>
</tr>
</tbody>
</table>

Due to the athletes’ safety cut-off times must be respected. Race marshals will tell you if you did not make it in time.

**Timing chip**

You will be issued with your personal timing chip, with velcro strap for attachment at bike check-in. Fasten it to your left ankle with the velcro strap before the swim and leave it on until you finish the race.

If you lose your timing chip, seek advice with the first race official possible.

Athletes need their timing chip for timing and to get their bike, RED and BLUE bags out of T2.

If you choose not to start the race, you still must return the timing chip to an IRONMAN official, or at the info booth at T1.
From 5k runs and marathons to cycling races and triathlons

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Get started with ACTIVE.com
TRANSITION BAGS

WHAT IS EACH BAG FOR?

TRANSITION BAGS

These will be found in your athlete backpack. You will be issued with three bags at registration. A blue, red and white bag in which to put your kit. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue and your red bag in Transition 1 prior to the race start on Sunday. Please note that you cannot mark these bags, other than with your race number sticker. Any markings will be removed by the referees and may result in a penalty.

You cannot store bike pumps in any of the bags.

Blue Bike Bag

Contains the kit you need for the bike discipline, including your helmet and race number on a race belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Red Run Bag

Contains the kit you need for the run discipline. 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. It is not possible to enter you Red Run Bag after 19.00 Saturday, August 21st.

White Gear Bag

This is your after-race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. This gets handed in at transition on Sunday morning and will be transported to the finish line for you. If you have spectators watching, you do not have to use this.

NB do not put valuables or over fill the bags. IRONMAN are not responsible for the contents of the bags.
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BIKE CHECK-IN

On Saturday athletes must check-in the following items:

- Bike
- Bike helmet
- BLUE bike bag
- RED run bag

Check-in will not be possible without all the above-mentioned items.

Please note that it is not allowed to mark your bike in any way with balloons, signs or similar.

During bike check-in, and on Race Morning, bike mechanics will be present to offer minor adjustments and services to bikes.

Overnight security is provided in T1.

Only Athletes are allowed in T1.

After 19.00 Saturday August 20th, NO athletes are allowed access to T1, until Sunday August 21st at 05.00. Athletes will have access to both their bike and blue race bag on race morning between 05.00 and 07.30.

Please note that it will not be possible to check-in or register on race morning.

Helmet sticker must be placed like this (front):

The sticker on the bike must be placed in one of the following ways:

At bike check-in you must place the BLUE bike bag on the designated racks in the transition area. The location is marked with your race number.

Helmets must be placed in the BLUE bike bag. The helmet must be a CE-approved in accordance with Danish law. Otherwise, it will be rejected.

The RED run bag must be placed into the marked containers. Containers are marked 1-100, 101-200 etc..

Only athletes and race officials are permitted access to T1. For security reasons, no bikes, helmets, RED run bag or BLUE bike bags are to be removed from T1, once checked-in.

At bike check-in you’ll be given the timing chip and strap.

Note: Only the following items are allowed on the bike:

- Bike shoes secured to pedals
- Gels and bars attached securely to the bike
- Bottles secured in bottle-cages

It is NOT allowed to leave anything next to the bike or on the ground. Race marshals will remove all items not safely secured to the bike.

All removed items will be placed in the Info tent at T1, and will after the finish line, be located at the station where you receive your WHITE Street Wear bag.

Due to the risk of windy conditions, you are only permitted to cover handlebars, seat and pedals, and not the entire bike.
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 with a mix of Gatorade Powder will be available for athletes to collect conveniently.

Gatorade Ready To Drink
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 750ml Thirst Quencher bottles will be available for touchless collection.

Red Bull Energy Drink
Red Bull Energy Drink is a lightly carbonated functional beverage containing taurine, caffeine, B-vitamins and sugars. One 250ml can contains 80mg caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.

GEL 100 CAF 100
The GEL 100 CAF 100 contains 100 mg of caffeine—that’s the equivalent of 1.5 espressos—or one cup of brewed coffee. That’s a lot compared to many of the traditional gels out there. It delivers 22 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8). It packs a high weight to energy ratio and doesn’t contain any added flavors, preservatives or colorants. Just like all of our products, it’s vegan-friendly.

GEL 100
This is the GEL. It’s a bold statement. But nonetheless true. From a technical perspective, traditional gels are water and carbohydrates simply mixed into syrup, often containing added flavors and preservatives. The GEL 100 is completely different. It’s a biopolymer matrix, filled with a unique blend of fructose and glucose (ratio of 0.8) which enables uptakes of up to 100 grams of carbohydrates per hour.

Vegan Gummy Bar
30g energy bar with a gelatin texture, formulated with a high-quality, organically sourced carbohydrate mix and with pectin, gluten-free, and suitable for vegans. They are easy to chew, digest, and carry. Perfect in both training and competitions, as they help us to keep up blood glucose, giving our body the energy it needs while maintaining a high level of physical performance.

Race Day Bar
40g energy bar, gluten-free and suitable for vegans. Rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. High in vitamins. They are easy to chew. We increased the amount of fats and reduced the doses to control the glycemic index. This means that they provide energy but insulin peaks are reduced. Available in different flavors, with or without BCAAs.
Race day check-in opens for athletes at 05.00 on Sunday morning the 21st of August and closes at 07.30.

Only athletes and marshals will have access to T1.

At registration, you will receive a coloured swim cap. At bike check in you will receive a timing chip. Be sure to remember these items on race morning.

You must bring the WHITE Street Wear bag with your personal clothing and place it into the marked containers.

Containers are marked 1-100, 101-200 etc. on Race Morning. WHITE Street Wear bags must be handed in no later than 07.15.

Personal Needs bags must be dropped at the entrance to T1!

During race morning bike mechanics will be present to offer last minute adjustments and service.

There will be floor pumps available in T1, which you are free to use prior to the start.

Please note that if you bring own floor pump, it is not allowed to store it in any of the race bags and must be handed to supporters.

If you have lost or forgotten your timing chip on race morning, please contact an IRONMAN Official at the Swim start area, and they will provide you with a new one.

All athletes must leave T1 and the Transition Area no later than 07.30. Failure to do so will cause a time penalty.

The IRONMAN 2022 Competition Rules are in force for IRONMAN Copenhagen.

For Common Competition Rules and Regulation Penalties, please read the section under the paragraph “Rules and Regulations” in this Athlete Guide. Or see all rules for IRONMAN Competition here: https://www.ironman.com/competition-rules

Race number and timing chips reminders

You may not wear your race number in the water; this must be in the BLUE bike bag.

You must wear your race number on both the bike and run.

Number stickers on the bike are mandatory.

When entering the water, please make sure your timing chip is securely fastened. If the chip is lost during the swim, you will be able to retrieve a new one in the transition zone, just after exiting the water.
# RACE MORNING SCHEDULE

Morning race day schedule for your designated swim start group

Plan your arrival at the venue and race morning flow according to the schedule below.

Be aware of road closures in the morning. All roads and traffic around Amager Strandpark closes at 6.

See page 6 for information about parking, train-transport and suggestions for arrival.

<table>
<thead>
<tr>
<th>GROUP</th>
<th>Transition 1 open</th>
<th>Warm-up area open</th>
<th>Pre-swim Waiting area open</th>
<th>Pre-swim area open</th>
<th>Start time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group A</td>
<td>RED swim caps&lt;br&gt;Swim time &lt; 01:04</td>
<td>05.00-07.00</td>
<td>06.20-06.50</td>
<td>06.40-06.50</td>
<td>06.50-07.00</td>
</tr>
<tr>
<td>Group B</td>
<td>BLUE swim caps&lt;br&gt;Swim time 01:04-01:08</td>
<td>05.00-07.10</td>
<td>06.30-07.00</td>
<td>06.50-07.00</td>
<td>07.00-07.10</td>
</tr>
<tr>
<td>Group C</td>
<td>PINK swim caps&lt;br&gt;Swim time 01:09-01:12</td>
<td>05.00-07.20</td>
<td>06.40-07.10</td>
<td>07.00-07.10</td>
<td>07.10-07.20</td>
</tr>
<tr>
<td>Group D</td>
<td>GREEN swim caps&lt;br&gt;Swim time 01:13-01:17</td>
<td>05.00-07.30</td>
<td>06.50-07.20</td>
<td>07.10-07.20</td>
<td>07.20-07.30</td>
</tr>
<tr>
<td>Group E</td>
<td>VIOLET swim caps&lt;br&gt;Swim time 01:18-01:23</td>
<td>05.00-07.30</td>
<td>07.00-07.30</td>
<td>07.20-07.30</td>
<td>07.30-07.40</td>
</tr>
<tr>
<td>Group F</td>
<td>WHITE swim caps&lt;br&gt;Swim time &gt;01:24</td>
<td>05.00-07.30</td>
<td>07.10-07.40</td>
<td>07.30-07.40</td>
<td>07.40-07.50</td>
</tr>
</tbody>
</table>
A STEP AHEAD OF YOUR TRAINING PLAN?

RED BULL GIVES YOU WINGS.
SWIM COURSE
1 loop
course distance - 3.8 km
SWIM COURSE DESCRIPTION

The 3.8 km swim will take off in the Lagoon at Amager Strandpark and is a one loop (counter clockwise). Swimming in confined waters, gives a calm swim with hardly any waves or current, and spectators are there to cheer you on along the entire swim.

Swim Warm Up

In order to give you the opportunity to warm up prior to the swim, there is a warmup area located just next to swim start. To give you time to line up for your rolling heat, warm-up is divided into different times, and coordinated with the color swim cap according to the different start groups. See warm-up times below or the full timeschedule for your designated swim start group on page 17.

This is done to give you the best possible race morning and swim start, so please respect this.

Warm-up times according to swim cap colour

<table>
<thead>
<tr>
<th>Starttime</th>
<th>Group (expected swim time)</th>
<th>Swim Cap Colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>06.20 - 06.50</td>
<td>Group A: RED</td>
<td></td>
</tr>
<tr>
<td>06.30 - 07.00</td>
<td>Group B: BLUE</td>
<td></td>
</tr>
<tr>
<td>06.40 - 07.10</td>
<td>Group C: PINK</td>
<td></td>
</tr>
<tr>
<td>06.50 - 07.20</td>
<td>Group D: GREEN</td>
<td></td>
</tr>
<tr>
<td>07.00 - 07.30</td>
<td>Group E: PURPLE</td>
<td></td>
</tr>
<tr>
<td>07.10 - 07.40</td>
<td>Group F: WHITE</td>
<td></td>
</tr>
</tbody>
</table>

Rolling start

You will enter the water 6 athletes at a time, every 5 seconds, through a controlled access point. An athlete's race-time will start when they cross timing mats just before entering the water.

Each athlete will get 2 hours and 20 minutes to complete the swim course, regardless of start time. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will NOT be allowed to continue the race.

Swim Start

The IRONMAN Copenhagen AG swim start is divided into 6 start groups, depending on expected swim time. This is to ensure the safest and smoothest possible swim flow. Athletes choose start group in registration when they pick up start gear.

<table>
<thead>
<tr>
<th>Starttime</th>
<th>Group (expected swim time)</th>
<th>Swim Cap Colour</th>
</tr>
</thead>
<tbody>
<tr>
<td>07.00</td>
<td>Group A &lt; 01:04</td>
<td>RED</td>
</tr>
<tr>
<td>07.10</td>
<td>Group B 01:04 - 01:08</td>
<td>BLUE</td>
</tr>
<tr>
<td>07.20</td>
<td>Group C 01:09 - 01:12</td>
<td>PINK</td>
</tr>
<tr>
<td>07.30</td>
<td>Group D 01:13 - 01:17</td>
<td>GREEN</td>
</tr>
<tr>
<td>07.40</td>
<td>Group E 01:18 - 01:23</td>
<td>PURPLE</td>
</tr>
<tr>
<td>07.50</td>
<td>Group F &gt; 01:24</td>
<td>WHITE</td>
</tr>
</tbody>
</table>

IRONMAN Denmark reserves the right to change in the different waves.

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.

The swim cap must be worn and be visible throughout the Swim Course. You can wear a neoprene or own swim cap underneath.

Should you be in any kind of need; lifeguards will be in the water to help you. Raise your hand and a kayak will come close to you. Don't panic, have a talk with the lifeguard.

If you choose to stop, DO NOT walk/swim out of the swim course by yourselves. Contact lifeguards to bring you to swim exit to be registered by an IRONMAN Official. That way we know where you are, and that you at least is safe out of the water.
THE WORLD’S MOST LOVED WETSUIT

“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

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PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY FASTEST IRONMAN SWIMMER ON THE PLANET
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 you get 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.
   - For extra guidance, talk to a coach or your local triathlon club.

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 the start, preferably in the water.
   - If you aren’t able to warm up in the water, 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.
   - Take part in the official practice swim if one is offered. This provides you an opportunity to get oriented with the swim course.
   - Identify navigation landmarks such as buildings or landscape features to use for sighting in every direction you’ll be swimming.

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 ZONE 1

When exiting the water, you will enter Transition Zone 1, where you will change to your biking apparel and get ready for the Bike Course.

Right after the swim, you must pick up your BLUE bike bag with your bike gear from the designated bag rack. Do NOT change next to the bag racks but move forward for 50m towards the changing area with benches. You can use the benches or just change at a spot on the ground. Please make sure you don’t place yourself on a spot where you block passage for other athletes.

If you choose to do a nude change, you must use the changing tent. Areas for male and female nude changing are located inside the changing tent.

After completing your change, you must pack your wetsuit and other swim gear in the BLUE bike bag and drop it in the numbered containers, placed after the changing area. The BLUE bike bag can be picked up in T2 at bike check out. Bike Check-out is open after the race at 16.00-00.00.

After changing and dropping your bag, you proceed to your bike and start the bike course.

If your bike shoes are in your BLUE bike bag, they must be taken on at the changing area before entering the bike area. A “Shoes on” sign will indicate the latest point where bike shoes are allowed to be taken on. If your shoes are clicked on the bike you can run on bare feet to your bike and jump on the bike at the mount line, to put your feet in your shoes when you have started 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 fastened always when you are in contact with your bike. Failure to do so may cause a penalty from one of the race marshals.

You must wear your bib number on the bike course, and it must be visible from the back.

You must cross the bike mount line before mounting your bike. The line will be clearly marked “BIKE MOUNT” and is located at the exit of T1.
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YOUR FASTEST BIKE PERFORMANCE.

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2022 OFFICIAL BICYCLE HELMET
BIKE COURSE DESCRIPTION

The Bike Course is unique, with a nice mix of city, coastal line and countryside. You start at Amager Strandpark, do two loops in the northern part of Zealand, before entering Copenhagen city center and finishing at T2, which is located at the Danish National Bank. It is a course with a mix of long straights and rolling hills, with a highest elevation point of 150 metres above sea level.

Please remember that you have the full responsibility of your bike’s performance and safe conditions on race day. Please make sure that all mechanical parts are fully functional and that all equipment on the bike tightened properly.

The Bike Course is swept before the race, but we recommend using a solid racing tyre as you may come across flint stones.

Bike Aid Stations
You will pass 6 aid stations on the bike course, spaced with roughly 30 km apart. Going into an aid station please follow the flow and remember that other athletes will follow right after you. Prepare yourself for the aid station in good time and reduce your speed. Officials will hand you supplies when you pass by them. Call out the product you require, so the volunteers can provide you accordingly.

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. In the case, you need bike tech support, approach an IRONMAN Official, and they will require the assistance for you.

At each of the three 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.
You must follow directions and instructions from race officials, race marshals, police and the National Guard officers. Failure to do so may cause disqualification from the race.

Please keep in mind that the bike part is a time trial for each single athlete. Any kind of drafting (keep min. 12 meters of distance) is forbidden.

All time penalties given on the bike course must be served in the penalty tents, and at first possible opportunity. The penalty tents are located at the third and sixth aid station on Geels Bakke and Transition Zone 2.

Please be aware that it is the athletes’ own responsibility to head out on the second loop on the bike course after 93 km. Athletes heading out on the second loop turn LEFT and athletes heading for T2 will turn RIGHT.

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 in case you require medical assistance. At each of the Aid Stations, there will be a small first aid kit, able to aid minor injuries, such as scrapes and small cuts.

Sag Wagon
There will be a Sag wagon 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, and they will guide you to the nearest pick-up point. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.
NEVER. LOSE. FOCUS.

ELEMNT RIVAL Multisport Watch keeps your focus locked on your performance, not your equipment. Unique multisport features like Touchless Transition, Multisport Handover, and Perfect View Zoom create a seamless performance advantage.
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. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1. IT STARTS WITH YOUR BIKE
   • Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
   • 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 lowlight 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 in 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 tire repair kits and appropriate tools, and be sure to carry them with you.

5. PLAN AHEAD
   • Select a route that limits the number of intersections with vehicles – if possible factor in time of day and day of the week.
   • 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.

DURING THE RIDE

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.
   • Keep your head up, particularly when riding in a group. 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. When riding in the aerobars, do not look down at the road, look ahead.
   • When riding in a group, do not get fixed on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
   • Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   • Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

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 to others if you are stopping or turning.
   • Make eye contact with drivers and other cyclists.
   • While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
   • Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid 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.
    • If riding with other people, make sure you are riding single file or allowing traffic to pass behind you.
    • When riding in a group, avoid riding in the aerobars unless you are riding in front. 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.

32
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Heading into Transition Zone 2, volunteers will be standing by - ready to catch your bike. Please take your time to hand over your bike, so no accidents happen.

After you have handed your bike to a volunteer, pick up your RED run bag at the designated rack and change into your running apparel. You can use the benches or just change at a spot on the ground. Please make sure you don’t place yourself on a spot where you block passage for other athletes.

If you choose to do a nude change, you must use the changing tent. Areas for male and female nude changing are located inside the changing tent.

You must 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, place your bag on the same spot on the bag rack as you took it from.

Gear pick up & Bike Check-out

After the race you need to pick up your RED run bag, BLUE bike bag and bike in T2. To get your belongings out of T2, you need to have your race number and your timing chip with you.

You can pick up your belongings from 16.00. All race bags and bikes must be collected before 00.00 Sunday evening. IRONMAN Copenhagen is not responsible for items not picked up after 00.00.
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.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman
RUN COURSE
4 loops
course distance - 42.2 km
SMOOTH ON DOWN THE ROAD

THE LEGENDARY CLIFTON RIDE, NOW EVEN SMOOTHER.
The IRONMAN Copenhagen run course is a 42.2 km run, with start from T2 at Nationalbanken and finish at Christiansborg Palace Square.

It is a 4 loop course, which is relatively flat and with varying surfaces.

It winds its way through the beautiful city of Copenhagen. Side by side with the beautiful and famous buildings and castles of Copenhagen. You will pass The statue of The Little Mermaid and The Queen of Denmark's castle 4 times.

Race officials will be on the course to show directions. Please follow their directions at all times.

There will be given lap bands at the northern turning point of the run course.

**Run Aid Stations**
There will be 3 double headed Aid stations on the 10.5km loop.
The distance between Aid Stations passages is maximum 2.5 km.

You are only allowed to dispose garbage in conjunction with aid stations. Please keep the environment in mind before tossing garbage. Failure to follow these directions will cause a disqualification.

Drinks and food will be placed on tables by volunteers. Nothing will be given by the hand to athletes. You must take what you need by yourself.

**Special needs**
BORN IN THE LAB, PROVEN ON 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.
FINISH LINE AREA

Spectator area

Family, friends and relatives are more than welcome to join the celebration at the finish line. There are many opportunities if they want to come close to the finish line or find a seat on the grandstand.

To find the entrance to the grandstand, they will have to go through the two spectator crossings by the finish line area and walk behind the VIP area.
Recovery is your edge

Hyperice

IRONMAN GLOBAL SERIES

OFFICIAL RECOVERY TECHNOLOGY
ATHLETES GARDEN

IRONMAN Copenhagen

SUNDAY, AUGUST 22

Athletes Garden
Following is available in the Athlete Garden:
- White Street Wear Bag
- Finisher T-shirt
- Food & Drinks
- Massage
- Changing area
- Toilets

No showers in Athlete Garden
You are more than welcome to take the time you need in Athletes Garden. Take your time, enjoy your drink and food, and give space for the next athletes who have finished the race and are on the way towards Athletes Garden.

Food
The environmental issue is a crucial case for IRONMAN Copenhagen.
In the Athletes Garden we will be serving a delicious organic and plant-based burger and nuggets on the side, with all that a burger imply.

Lost and founds
IRONMAN Copenhagen is not responsible for lost items.
Lost and found items can be handed to race officials in the different zones or on the course.
They must be collected at the Athletes Garden (WHITE Street Wear bag hand-out area) on Sunday August 21.
Note: There is a chance that not all lost and founds is collected from all areas and course right after you have finished the race. Please be patient or come back later.
As well we will do our best to bring all lost and found to the awards ceremony Monday at 10am.
Lost items, that have not been picked up at these times will be kept in the custody of IRONMAN Denmark, until Friday September 16, and can be returned by full payment of shipping costs and administration fee.
After September 19 lost and found items will be discarded.
CELEBRATE YOUR FINISH WITH THE ULTIMATE MEMENTO

Discover the new special edition Breitling Endurance Pro Watch for IRONMAN Finishers

Available online at www.ironmanstore.com
AWARD & SLOT ALLOCATION
IRONMAN COPENHAGEN
MONDAY, AUGUST 22nd

Monday 22nd of August on 10.00 am at Copenhagen cinema Imperial
Exact address: Ved Vesterport 4, 1612 København

Awards
For athletes who got placed in top-3 for each Age-group they will be given a trophy on stage.

Slot Allocation
The entry fee for IRONMAN World Championships 2022 must be paid during the IRONMAN Slot Allocation on Monday 22nd of August 2022, only by credit card. No checks or cash are accepted. You must show valid picture ID.

2022 IRONMAN Copenhagen offers 45 slots to the IRONMAN World Championship 2022 in Kailua-Kona, Hawai`i

Price for 2022 IRONMAN® WORLD CHAMPIONSHIP [Kailua-Kona, Hawai`i, USA] $1,050.00 USD which will be taxed at the Hawai`i GE Tax Rate of 4.712%, plus Active processing fees at the time of qualification.

Please be aware that you need to be present at the Slot Allocation if you want to except a slot!
SLOT ALLOCATION

The 2022 IRONMAN World Championship will be held in Kailua-Kona, Hawai‘i, on Saturday 8th October 2022. IRONMAN Copenhagen will have 45 slots for age group athletes. Each age group that has an entry will be allocated one slot. The remaining slots are allocated to each age group based on the number of athletes who start the race. If no athletes finish the race in a particular age group, then that slot will be moved to the age group with the largest athlete-to-slot ratio in the same gender.

Below is an example from a previous race. This is for use purely as a guide, as slot allocation will be calculated by the number of athletes who actually start the race on the day, not the number registered.

<table>
<thead>
<tr>
<th>Category</th>
<th>Slots</th>
<th>Category</th>
<th>Slots</th>
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</tr>
<tr>
<td>M60-64</td>
<td>1</td>
<td>F60-64</td>
<td>1</td>
</tr>
<tr>
<td>M65-69</td>
<td>1</td>
<td>F65-69</td>
<td>1</td>
</tr>
<tr>
<td>M70-74</td>
<td>1</td>
<td>F70-74</td>
<td>1</td>
</tr>
</tbody>
</table>

Athletes must be present at slot allocation in order to accept their slot. If athletes are not present, the slot will be forfeited and will roll down to the next person within the same category.

The IRONMAN World Championship entry fee needs to be paid on-site if you wish to accept your slot. You will also need to bring photographic ID with you.

Price for 2022 IRONMAN® WORLD CHAMPIONSHIP [Kailua-Kona, Hawai‘i, USA] $1,050.00 USD which will be taxed at the Hawai‘i GE Tax Rate of 4.712%, plus Active processing fees at the time of qualification.

Please ensure that you check all visa and entry requirements needed to travel to the 2022 IRONMAN® WORLD CHAMPIONSHIP in Kailua-Kona, Hawai‘i, USA. It is your responsibility to ensure you will be able to provide all the correct documentation to allow you to travel, prior to accepting your slot.

Only age group athletes are eligible to receive age group World Championship qualifying slots. Athletes holding current professional or elite status with any ITU 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 have qualified for, hold professional or elite status.

Any change in an athlete’s status prior to any event participation must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from the event and may result in sanctions for WTC events.
ANTI DOPING AND MEDICAL

ANTI DOPING
As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, 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 testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency¹’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.

MEDICAL
There will be medical assistance and facilities throughout the race. In the Athlete's Garden medical staff will be ready to assist you after completing the race.

From the 21st of August, in the case you have any health related issues you wish to discuss, you can contact IRONMAN Copenhagen medical director by phone:

Phone: +45 5195 8112

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.
BREW WITHOUT COMPROMISE
AWARD-WINNING • GREAT TASTE • VEGAN-FRIENDLY
IRONMAN 2022 COMPETITION RULES

IRONMAN COPENHAGEN will be sanctioned by the Rules included in the IRONMAN 2022 Competition Rules.

For more information regarding these rules, please visit the following webpage: https://www.ironman.com/competition-rules

The Triathlon Denmark will sanction and enforce the rules that are included in the IRONMAN 2022 Competition Rules.

Please note that MP3 players and other electronic entertainment devices are strictly forbidden on the courses - athletes not obeying this will be disqualified.

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 must follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete, but they are entitled to do so single-handedly.

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.

You are not allowed to use alcohol or any illegal, detrimental or dangerous drugs, stimulants, depressants or other substances or procedures with intent to improve performance, eliminate the sense of fatigue or for any other purpose. Violation of this rule is grounds for immediate disqualification.

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.

If an athlete decides to withdraw from the race at any time, it is the athlete’s responsibility to report it to the race marshals.

IRONMAN Copenhagen reserves the right to make rule and course changes at any time if athletes are notified by email and/or at the pre-race race briefings.
# COMMON RULE VIOLATIONS AND PENALTIES

## SUMMARY OF GENERAL COMPETITION RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public nudity or indecent exposure</td>
<td>DSQ</td>
</tr>
<tr>
<td>Littering outside of the trash/rubbish drop zones</td>
<td>5:00 Minute Time Penalty *</td>
</tr>
<tr>
<td>Using unsportsmanlike behavior</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Failure to follow the prescribed course</td>
<td>DSQ</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike or run</td>
<td>60 second Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly If it is possible to amend and return to the original situation then a 60 second Stop-and-Go Time Penalty will be assessed, If not: DSQ</td>
</tr>
<tr>
<td>Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules</td>
<td>DSQ of both athletes</td>
</tr>
<tr>
<td>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</td>
<td>DSQ</td>
</tr>
<tr>
<td>Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information</td>
<td>DSQ and potential suspension</td>
</tr>
<tr>
<td>Not stopping in the next penalty tent after being obliged to do so</td>
<td>DSQ</td>
</tr>
<tr>
<td>Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distractive manner, during the Race.</td>
<td>DSQ</td>
</tr>
<tr>
<td>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.</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

## SUMMARY OF SWIM RULES

<table>
<thead>
<tr>
<th>Rule</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee</td>
<td>DSQ</td>
</tr>
<tr>
<td>In a non-wetsuit swim, wearing swimwear that is not 100% textile material.</td>
<td>DSQ</td>
</tr>
<tr>
<td>Wearing a wetsuit that measures more than 5mm thick</td>
<td>DSQ</td>
</tr>
<tr>
<td>Using a snorkel</td>
<td>DSQ</td>
</tr>
</tbody>
</table>
# COMMON RULE VIOLATIONS AND PENALTIES

<table>
<thead>
<tr>
<th>*SUMMARY OF BIKE RULES</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drafting violation</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Blocking (side by side riding)</td>
<td>60 seconds Stop-and-Go Time Penalty</td>
</tr>
<tr>
<td>Once overtaken, re-passing prior to dropping out of the draft zone</td>
<td>60 seconds Stop-and-Go Time Penalty</td>
</tr>
<tr>
<td>Once overtaken, remaining in the draft zone for more than 25 seconds</td>
<td>5:00 Minute Time Penalty</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the bike portion</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders</td>
<td>DSQ if not remedied promptly</td>
</tr>
<tr>
<td>During the bike segment, wearing the helmet unfastened or insecurely fastened</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Make forward progress without bike during the bike segment</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>*SUMMARY OF RUN RULES</th>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wearing headsets or headphones during competition</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Failure to wear a shirt or sport top during the run portion</td>
<td>60 seconds Stop-and-Go if remedied, DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders</td>
<td>DSQ if not remedied promptly</td>
</tr>
<tr>
<td>Crossing the finish line with a non-participating individual</td>
<td>DSQ</td>
</tr>
</tbody>
</table>

**SUMMARY OF TRANSITION AREA RULES**

<table>
<thead>
<tr>
<th>PENALTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blocking the progress of other athletes</td>
</tr>
<tr>
<td>Interfering with another athlete’s equipment</td>
</tr>
</tbody>
</table>

**Notes:** Please note: due to the local laws and ordinances at IRONMAN Copenhagen, intentional littering will result in Disqualification
ALWAYS REMEMBER YOUR RACE
get your personal pictures on SPORTOGRAF.COM

FOTOFLAT

SPORTOGRAF.COM
ATHLETE PHOTO SERVICE

Sportograf is proud to be the official athlete photo service at IRONMAN 70.3 European Championship Elsinore.

We will provide you with our “Foto-Flat” which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here after the race: 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 after the race.

Help us take the best pictures of you:

• Please be sure to keep your bib number visible in FRONT of your BIKE HELMET to help us identify more photos of you!
• Notice our photo spots and smile for the camera – even if it hurts!
• Celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement

Stay up to date and FOLLOW Sportograf on Facebook and Instagram

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IRONMAN HOTSPOT

Experience IRONMAN Copenhagen and the famous “Geels Bakke” atmosphere

Geels Bakke with its broad road and surrounded by forest on both sides, is considered a beautiful gateway for Copenhagen.

All athletes must ride up the hill two times, first time after 82 km and second time after 159 km.

This will give you a great opportunity to cheer and take part of the celebration with both the athletes and the other spectators. On the top there will be music, food and celebration for all.

So grasp your family and friends – and go to Geels Bakke on Sunday, August 21.

How to get there:
The easiest way to arrive at Geels bakke is by S-train.
Go on line A towards Hillerød station. After 29 minutes you will arrive at the station. See departure times in the table.

After arriving at the train station there is two paths to Geels Bakke. Follow the red dotted line showed on the map, either through the forest or around the tarmac road.

Address:
Geels Bakke, Kongevejen, 2840 Holte

Facts on Geels Bakke
Length: 575 m
Elevation: 21 m, 3.7%

For more information, check out our Facebook page

<table>
<thead>
<tr>
<th>S-train</th>
<th>Copenhagen Central station to Holte station</th>
<th>Holte station to Copenhagen Central station</th>
</tr>
</thead>
<tbody>
<tr>
<td>Line A</td>
<td>Departure every 10 minutes at 01, 11, 21, 31, 41, 51</td>
<td>Departure every 10 minutes at 04, 14, 24, 34, 44, 54</td>
</tr>
</tbody>
</table>