



Operational Guidelines for a Bike / Run Format

PRE-EVENT COMMUNICATION

- On Monday, 2nd August 2021 a mailer will be sent to all registered athletes with a link to the IRONMAN website, when athletes click on this link, they will be directed to a selection tab giving them the option to select the Bike / Run format. You will have until midnight on 22nd August 2021 to make this decision.
- When selecting the Bike / Run option, you are giving your written understanding that by removing the swim portion of the race, you will no longer be eligible for Awards or IRONMAN 70.3 World Championship slots. Should the Swim be cancelled for all athletes then normal awards and slots will take place for all on a Bike / Run format.
- Athletes who opt out of the swim portion of the race, may not opt back in on race day. If you swim after you have selected not to swim, you will be disqualified.
- Should you get to the event and not feel comfortable swimming, you will need to contact Sharon Talbot at Registration and manually sign the waiver stating that you will be participating in the Bike / Run.
- Athlete Race Bib Numbers will have a bright sticker placed on the bib due to the fact that these bibs are pre-printed for each event.

ATHLETE CHECK IN : Saturday

- All athletes who are not swimming will still be required to check a bike and their gear bags into Transition on Saturday during the check in process. This should be done according to your relevant age group wave check in & wristband colour, see table below.
- You must check all your bike gear in with your bike, however you may leave with your helmet and shoes, returning wearing them on Sunday morning.

Group 1	13h00 - 13h30	Group 5	15h00 - 15h30
Yellow Wristband		Green Wristband	
Group 2	13h30 - 14h00	Group 6	15h30 - 16h00
Orange Wristband		Pink Wristband	
Group 3	14h00 - 14h30	Group 7	16h00 - 16h30
White Wristband		Teal Wristband	
Group 4	14h30 - 15h00	Group 8	16h30 - 17h00
Purple Wristband		Blue Wristband	

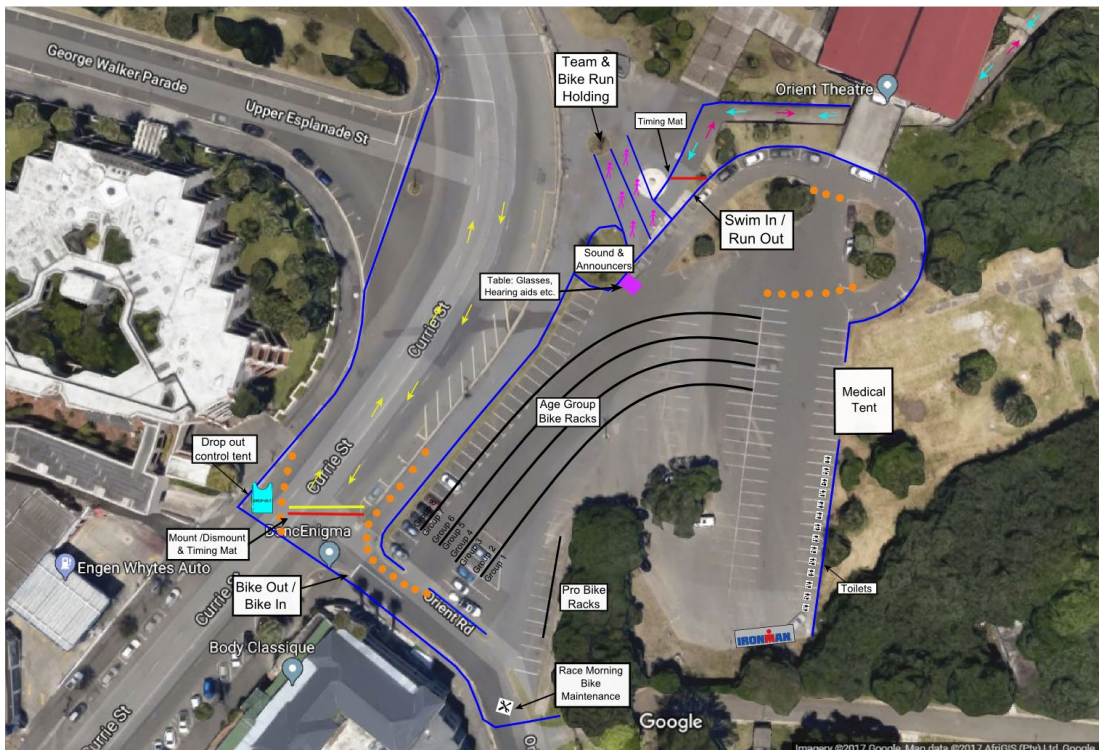
RACE DAY PROCEDURE

- On race morning, athletes should arrive at Transition according to their relevant wave start times, see below table. You will not be given access to Transition, nor your holding area should you arrive outside your dedicated time slot:

Silver Wristband	Transition Access	Report to Swim Holding	PRO Swim Start
Pro Athletes	05:45 - 06:25	06:15 - 06:30	06:35
Yellow Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 1	06:00 - 06:30	06:20 - 06:35	06:40 - 06:42
BIKE Roll Start			07:20
Orange Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 2	06:10 - 06:40	06:30 - 06:45	06:50 - 06:52
BIKE Roll Start			07:30
White Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 3	06:20 - 06:50	06:40 - 06:55	07:00 - 07:02
BIKE Roll Start			07:40
Purple Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 4	06:30 - 07:00	06:50 - 07:05	07:10 - 07:12
BIKE Roll Start			07:50
Green Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 5	06:40 - 07:10	07:00 - 07:15	07:20 - 07:22
BIKE Roll Start			08:00
Pink Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 6	06:50 - 07:20	07:10 - 07:25	07:30 - 07:32
BIKE Roll Start			08:10
Teal Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 7	07:00 - 07:30	07:20 - 07:35	07:40 - 07:42
BIKE Roll Start			08:20
Blue Wristband	Transition Access	Report to Swim Holding	Rolling Swim Start
Group 8	07:10 - 07:40	07:30 - 07:45	07:50 - 07:52
BIKE Roll Start			08:30

- At check in, you should have your helmet and cycling shoes with you. If you can mount your bike with your shoes clipped in then you can place your shoes on your bike before the start, alternatively you should have your shoes on your feet when standing in the Bike / Run holding area.
- Should you make use of a Streetwear bag, you will need to hang this bag on the Streetwear racks in the Orient Complex, before returning to your holding pen.
- All Bike / Run athletes will start rolling into transition 40 minutes after the start of their relevant Swim Start waves. Roll start of all non-swimmers will be 1 athlete every 15 seconds, following the same path through transition as the swimming athletes.
- The holding area for Bike / Run athletes will be outside transition, at the Team Holding area. Athletes will line up 1.5m apart in the chute down the Esplanade pathway. Entrance to the area will be strictly controlled by wristband colour / wave start times.

IRONMAN 70.3 South Africa
Transition layout overview



- There will be a timing mat at the Mount line, outside transition for the start of the Bike leg of the race and the start of the Bike / Run portion.
- Cut off times will change for athletes who only race the Bike & Run portion to exclude the total swim time allowed.