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RACE DIRECTOR MESSAGE



Welcome to the ANZCO Foods IRONMAN 70.3 New Zealand.

Whether this is your first IRONMAN experience, or you are returning, we look forward to celebrating your 2024 IRONMAN journey in Great Lake Taupō.

Taupō is the home of IRONMAN in New Zealand, which would not be possible without the support of the community of Taupō. Throughout your visit you will be supported by the locals that make this event like no other.

As we return for the 26th year to this stunning region I'm proud to call home, we recognise our principal partners Taupō District Council and ANZCO Foods, along with our family of sponsors. We thank them all for their support of the event. I would also like to acknowledge Tūwharetoa Māori Trust Board for allowing access to Great Lake Taupō and for their continued support.

Behind the scenes we have a team of local directors all from Taupō, who lead an army of 1800+ Mercury Volunteers, supporting you every step of your IRONMAN 70.3 NZ. Their

commitment ensures the event is a success each year.

Please read this document carefully as it has all the information you need for a successful and safe race.

Remember to say a special thanks to the Mercury Volunteers and to your team of supporters, family and friends that have helped you throughout your journey to get you to Taupō.

We look forward to seeing you at the start line on Saturday 2nd March.



WAYNE REARDON
Race Director



(and the protein, B12 and zinc)

ANZCO Foods is proud to be the Title Partner of IRONMAN® New Zealand, bringing you nutrition and good health from New Zealand's finest beef and lamb.

Join us at the finish line to eat, relax, play &



Want to know more?

Visit anzeofoods.com/ Ironman for inspiration, tips and to learn about our ambassadors Braden Currie and Hannah Berry.





RACE REFEREE MESSAGE



To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty tent, please observe the following:

- Ride on the left side of the bike lane
- Crossing the Centreline do not cross the centreline at any time during the Cycle leg
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:

Blue card 5-minute penalties include:

- Drafting following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- Illegal pass passing on the left
- Littering discarding items, e.g. tyres, bottles, gel wrappers etc., this applies on any part of the course, except within designated litter zones near aid stations
- Passing more than one athlete the athlete who is making the pass can only 'drop in' between other athletes if the distance between the athletes is more than the legal draft zone.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty tent.

Yellow card 30 second penalties to be served at the next penalty tent include:

- Blocking riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes
- Helmet failing to have your chin strap securely fastened when moving with your bike, this

penalty will be served in transition

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:

- Offensive and unsportsmanlike behaviour
- Public personal toilet
- Outside assistance (from anyone other than a race official)
- Use of a device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However during the race the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets

Disqualification Process

- A technical official will advise you of your disqualification by blowing a whistle, calling your number, advising you of the nature of the infringement and showing you a red card
- Having been disqualified you have the option to continue in the race and protest the disqualification to the Head Referee after you finish the race. Note that you must signal your intention to protest within 15 minutes of finishing and complete the protest paperwork within 30 minutes of finishing

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

We sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Cathi Davey Head referee

RACE RULES



The event is sanctioned by Triathlon New Zealand and raced under IRONMAN Race Rules.

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

RACE FINISH, TIMING, AND RESULTS Section 2.05

- (e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:
- (i) Did not start ("DNS") Enters an Event but fails to start:
- (ii) Disqualified ("DSQ") Starts an Event and was disqualified;
- (iii) Did not finish ("DNF") Starts an Event but fails to cross the finish line, or
- crosses the finish line after the course closes; and
- (iv) Not classified ("NC") Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

SWIM

Section 4.01 General

- (c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)
- **(g)** Individual paddlers or escorts are prohibited; (DSO)

Section 4.02 Wetsuit Rules

- (c) A wetsuit may cover any part of the body except the face, hands, or feet;
- **(e)** The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

(a) The bicycle shall be propelled solely, through a chain set, by the legs moving in a circular

movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

- (c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- (h) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 5.02 Equipment Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly); and

RUN

Section 6.01 General

- (a) Athletes may run, walk, or crawl;
- (b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);
- (d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

Continued over page..

RACE RULES



FINISH LINE

Section 6.03 Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



IRONMAN ATHLETES RECEIVE

Ts and Cs apply.



THE STANDARD RATE OF STORAGE

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WELCOME MESSAGE



MAYOR DAVID TREWAVAS WELCOMES YOU TO TAUPŌ

It is my pleasure to welcome you, as one of hundreds of incredible athletes descending on Taupō in 2024 - the 40th anniversary of the ANZCO Foods IRONMAN New Zealand and IRONMAN 70.3 New Zealand! Taupō is so excited to be the host for the 26th time in 2024, and we look forward to celebrating 40 vears **IRONMAN** history, stories. and achievements. while we watch you amazing athletes showing us that anything really is possible.

The Taupō District is considered the events capital of New Zealand and I believe we can really live up to that name! Each year we welcome many competitors from a huge variety of sports to our district. We love to see all the support behind these events, not only from the participants but also the spectators, sponsors, and the volunteers.

IRONMAN brings people like yourself from all over the country and globe together for an epic challenge, and we hope you enjoy your time in our beautiful piece of paradise.

We love to welcome all our participants with our true Kiwi spirit; while we support you and your families as you train and participate in this amazing world championship event.

While you are here, we really hope you get the chance to get out and about to further explore our town, recent winner of the Supreme Towns & Cities Award, and the wider Taupō District. We are proud of our community; our beautiful lake and all the lovely spots around it. Make sure to take the time to go out into our awesome town if you can and explore the beauty that makes this place so special.

2024 is a massive year of sport for IRONMAN in New Zealand, with Taupō hosting the VinFast IRONMAN 70.3 World Championship on 14 and 15 December. Good luck to those who gain one of the 50 qualifying spots for the World Championship, when participating at the IRONMAN 70.3 New Zealand in March!

On behalf of our community, I extend a warm welcome to the participants, spectators, sponsors and volunteers. We wish you all the very best for your IRONMAN challenge!!!!

Ngā mihi



DAVID J TREWAVAS JP *Mayor of Taupō District*

EVENT SCHEDULE



Event Schedule is up to date as at 19.02.2024 and is subject to change.

View the Event Schedule online and on the IRONMAN Oceania App for the most up to date.

TUESDAY 27 FEBRUARY 2024		
Time	Event	Location
9:00am - 5:00pm	Pre-race massage service (paid service)	Massage Marquee, North Domain

WEDNESDAY 28 FEBRUARY 2024		
Time	Event	Location
9:00am - 4:00pm	IRONMAN Merchandise store	Merchandise Marquee, North Domain
9:00am - 4:00pm	Event information @ North Domain	North Domain
9:00am - 5:00pm	Performance Bicycle Tuning service centre	North Domain
9:00am - 5:00pm	Pre-race massage service (paid service)	Massage Marquee, North Domain

THURSDAY 29 FEBRUARY 2024		
Time	Event	Location
8:00am	Undie Run	The Finish Line, North Domain
9:00am – 5:00pm	Athlete Check-In - IRONMAN and IRONMAN 70.3	Main Marquee, North Domain
9:00am - 5:00pm	Wetsuit Checking (prior to check-in)	Main Marquee, North Domain
9:00am – 5:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
9:00am - 5:00pm	Event Information @ North Domain	North Domain
9:00am – 5:00pm	Kids Fun Run Check-in	Event Information, North Domain
9:00am - 5:00pm	Sports and Lifestyle Expo	North Domain
9:00am - 5:00pm	Performance Bicycle Tuning Service Centre	North Domain
9:00am – 5:00pm	Pre-Race Massage Service	Massage Marquee, North Domain
5:00pm	Welcome to Taupō presentation and IRONMAN pro panel.	Te Atea Tapuaeharuru - 20 Roberts St

EVENT SCHEDULE



Event Schedule is up to date as at 27.01.2023 and is subject to change.

View the Event Schedule <u>online</u> and on the <u>IRONMAN Oceania App</u> for the most up to date.

FRIDAY 1 MARCH 2024		
Time	Event	Location
7:00am	Kids Fun Run Check-in	Event Information, North Domain
8:00am	Kids Fun Run Start	North Domain
9:00am - 5:00pm	Athlete Check-In - IRONMAN and IRONMAN 70.3	Main Marquee, North Domain
9:00am - 5:00pm	Wetsuit Checking	North Domain
9:00am - 11:00am	Women for Tri Breakfast	Lake Taupō Yacht Club
9:00am - 5:00pm	Event Information @ North Domain	North Domain
9:00am - 5:00pm	Sports and Lifestyle Expo	North Domain
9:00am - 5:00pm	Performance Bicycle Tuning Service Centre	North Domain
9:00am - 5:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
9:00am - 5:00pm	Pre-Race Massage Service (paid service)	Massage Marquee, North Domain
10am - 6pm	COMPULSORY Bike & Transition bag Check-In	Transition Area, Kaimanawa Reserve
10am - 6pm	Timing chip collection (after racking bike)	Transition Area, Kaimanawa Reserve
10am - 6pm	Event information @ Kaimanawa Reserve	Transition Area, Kaimanawa Reserve
llam	IRONMAN 70.3 Transition tour followed by Race Director Q&A	Transition Area, Kaimanawa Reserve
1pm - 2pm	Become One First Timer Seminar with Verna Jackson	Great Lake Centre

EVENT SCHEDULE



Event Schedule is up to date as at 27.01.2023 and is subject to change.

View the Event Schedule <u>online</u> and on the <u>IRONMAN Oceania App</u> for the most up to date.

SATURDAY 2 MARCH 2024		
Time	Event	Location
5:00am - 6:30am	Transition open	Transition Area, Kaimanawa Reserve
5:00am - 8:00pm	Event Information @ Kaimanawa	Kaimanawa Reserve
6:30am	Traditional Māori Welcome	Lake Taupō, Opposite Tui St
6:40am	Water opens for warm-up	Lake Taupō, Opposite Tui St
7:00am	Age Group and Team Swimmers Rolling Race Start (Self-Seeded)	Lake Taupō, Opposite Tui St
9:00am - 6:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
9:00am - 6:00pm	Medal Engraving	Merchandise Marquee, North Domain
10:00am – 12:00am	Event Information @ North Domain	North Domain
1:00pm - 12:00am	Athlete shuttle bus (every 30 mins) Finish line to transition	Great Lake Centre, finish line side
5:45pm	Awards Presentation	Great Lake Centre Entrance, North Domain
6:30pm	2024 IRONMAN 70.3 World Championship Roll Down	Great Lake Centre Entrance, North Domain
1:30pm - 7pm	Bike Collection	Transition Area, Kaimanawa Reserve

SUNDAY 3 MARCH 2024 Time Location Event **IRONMAN Merchandise Store** Merchandise Marquee, North 8:00am - 2:00pm (Including Finishers Range) Domain 9:00am - 11:00am Event Information @ North Domain North Domain Lost property, clothing drop and bike Event Information, North 9:00am - 11:00am pump collection Domain Post-Race Massage Service (Bookings Massage Marquee, North 9:00am - 2:00pm recommended, paid service) Domain

GOOD LUCK TRICLUBBERS

3D Tri Squad3P TRI TEAMAIbury Wodonga Triathlon ClubAllie Performance CoachingANZA Cycling - TrainDubbo Triathlon TriathlonArmidale Triathlon ClubAtlas MultisportsAuckland City Triathlon ClubAustralian Defence Multisport ClubEastern Triathlon ClubBallarat Triathlon ClubBalmoral Triathlon ClubBanting

Triathlon ClubBeckworth RacingBeijing Elites TriclubBeijing Long

MultisportBayside

Yuan Triathlon ClubBeijing Team 3BET ConceptFinish Strong EnduranceBig Sexy Racing LLCBondi Running & Triathlon Club Inc (B.R.A.T)Boost

CoachingBOSS MultisportBoulder Triathlon ClubBSG Tri Team C26 Triathlon TeamCairns Crocs

Triathlon ClubCaloundra CoachingFSTEAMFW Tri Harbour Triathlon Triathlon Club

ClubCape Cod Triathlon ClubHampstead TeamCentral Coast

Triathlon ClubCentral Florida Tri

ClubChampion FactoryChange

FitnessClub NameCNN

TRI NYONCoogee Triathlon ClubCore 4

EnduranceCourt One Triathlon ClubCronulla Triathlon ClubD3

MultisportDarwin Triathlon ClubDashing

Iron TeamDavey Black Tri ClubDe Bruin

ClubDunedin Triathlon & Multisport ClubE3 TR

TribeEastern Bay of Plenty Triathlon and

Suburbs Triathlon ClubEDO SportsElevate

Performance

Triathletes ClubBayside CoachingEltham Tri And District Triathlon Club Open Water ClubEndure IncMelbourne Triathlon

> IQ Global Racing **TeamENVE**

> TEAMEuro Coast Triathlon ClubFawz

RacingFitness

LockerFitzroy Frogs Triathlon

ClubFLOWITRIFolsom

Traffic Endurance Sport AcademyNo Limits

CoachingFortius Racing Endurance

TeamFremantle Triathlon ClubFSA

Club-Friends Who

IncCanterbury Triathlon TriHamilton Triathlon

Triathlon ClubHangzhou Triathlon ClubNZDF

Paradise Triathlon

ClubHibiscus Coast

Harriers & Triathlon

Clubi4 Coaching

Ironguides BangkokIRONMAORIiro ThailandPanthers

nprojectJ M EnduranceJervis Bay

Triathlon Club IncJT

and tri club Kennedy Law RacingKIS

Performance TeamKnox TriRancho Endurance Triathlon Club Inc.Koa SportsLakers Triathlon

ClubLimerick Triathlon

ClubLondon Fields Triathlon ClubMacarthur ClubReed Perfromance

riathlon ClubMaitland

Triathlon Club IncManawatu Triathlon

ClubMaryborough &

Club IncMeteors Triathlon ClubMK

RacingERDINGER Active PerformanceMoxie

MultisportMr Smith's

Iron Team Multisport

GoldMyProCoachNelson Clubsisu-Triathlon and Multisport trainingSomerset

ClubNeON

TeamNewcastle Triathlon ClubNICE

Bike Triathlon ClubFoot IRONMAN CLUBNinia

CoachingNorth Coast Triathlon ClubNorth

ClubNorthern Suburbs

Triathlon ClubNunawading

TriathlonOceanic

TriathlonOrange Cycle

And Triathlon ClubOSK

TRI Team

Triathlon ClubPerth Triathlon ClubPerth

Triathlon Club

MultisportKapiti running (Aus)PlayTri Oceanside

IRON AN.

CLUB

TeamPurple Patch FitnessRadStrong

Sports Tri ClubRatpack

Multisport IncRC

ClubLas Vegas Triathlon CoachingReadyToTriRe d Dog Triathlon

TrainingRedcliffe Tri

GroupRiverland Triathlon ClubRotorua

Association of

Triathletes & Multisport TaurangaTriathlon (RATS)S.A. Emergency

Services Triathlon Club

(Triple Zero)Saint

Gabriel TRISalt Lake Tri

ClubSalton Sea Triathlon tTriMobTriMotivate

ClubSansego Triathlon

ClubSharks Triathlon

Spartans Triathlon

ClubSouth Coast Sharks TRIADSVictor Harbor

Southern Stars Triathlon Triathlon ClubVoodoo

ClubSouthland Triathlon TriWaitakere Triathlon &

& Multisport

ClubStanding Start TriathlonStöcke TS

JärnetSunshine Coast

Triathlon Academy

SCTASweat7 CoachingSydney

Triathlon GroupTaranaki (WSTC)Whangarei

ToaTaranaki Triathlon & Triathlon

Multisports ClubTeam

Triathlon ClubOn Course BettyTeam HardCorTeam

MaunaTeam

MomentousTeam PereneTeam SFQTeam

SheeperTEAM Tri

CoachingTeam VarloTeam

Vo2MultisportTeam JOIN THE PROGRAM IRONMAN.CO

XTRTeam ZootThe Cupcake CartelTITAN sport club (CZ)To The Start LineTomaree Triathlon ClubToowoomba Triathlon Club IncTOWER 26Tri AllianceTri Finish Münster e.V.Triathlon Hawke's BayTriathlon

SouthTriathlon

TOHOKUTRIbe RacingTribe Triathlon

ClubTriDot Triathlon TrainingTriDubaiTriEgyp

Performance

CoachingTri-Sport

TaupoTriVelo

CoachingUmeå Simsällskap triathlonUQ

Multisport

ClubWarringah Triathlon

ClubWellington tri clubWellington

Triathlon Club

(NZ)Western Suburbs

Triathlon Club

ClubWhitsunday Triathlon ClubWorld

MultisportWuusss

TriWyn RepublicYour

Training ZoneZipper

ATHLETE CHECK LIST



PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Familiarise yourself with Event Schedule (know all check- in/drop off times).
- ☐ Pre-book massage (see page 20).
- ☐ Pre-book Women for Tri breakfast (women only).
- ☐ Pack photo ID in your luggage.
- Familiarise yourself with the course it is your responsibility to know this on race day.
- □ Check athlete list online & on event app.

 Note: The web list won't be updated after 6th

 February. Event app will be updated at close

 of Check-In prior to race day. If any details are
 incorrect contact us
 newzealand@ironman.com

ONCE I ARRIVE (PRE RACE)

- ☐ Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
- ☐ Familiarise yourself with <u>road closures</u>.
- ☐ Check-In and collect race kit.
- ☐ Rack bike (see page 25).
- ☐ Pack items for race day

RACE DAY

- ☐ Ensure you have all items for your race including, helmet, timing chip, wetsuit/trisuit, running shoes and swim cap
- ☐ Enter Transition for last minute checks & drop off bike pump (if relevant).
- ☐ Drop off street gear bag (if relevant).
- Start the race be at the start line at least 15 minutes prior.
- ☐ Finish the race.
- ☐ Receive your medal.
- ☐ Grab your finisher towel.
- ☐ Recover.
- □ Collect your items street gear bag, bike pump, bike.

POST RACE

- ☐ Have your medal engraved at the Official IRONMAN Merchandise store
- □ Attend World Championship Roll Down and presentations
- ☐ Upload your #medalmonday photo on your social media
- ☐ Collect any left-over items and personal needs bags from Event Information

WORLD CHAMPIONSHIP ROLL DOWN

- ☐ Bring photo ID.
- Bring your physical credit card (no apple pay etc accepted). See page 44
- Bring friends and family to celebrate.
- ☐ Check the event dates and that you can attend if successful at roll-down

IMPORTANT MEDICAL AND HEALTH INFORMATION



MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

- 1. Please stop by the Help Desk at Athlete Check-In to get a special race day wristband on which you should write the details of your medical conditions(s).
- 2. Please also write the details of your medical conditions(s) on the back of your athlete bib, which you will receive in your race packet.
- 3. The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please stop at the Help Desk at Athlete Check-In
- Your safety is our primary concern. The medical team will be staffing the medical facilities at Transition (Kaimanawa Reserve) and the Finish Line (Tongariro North Domain). Medical resources will also be available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you
 decide to not start the event, you must inform a race official so we can officially withdraw you
 from the event
- If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

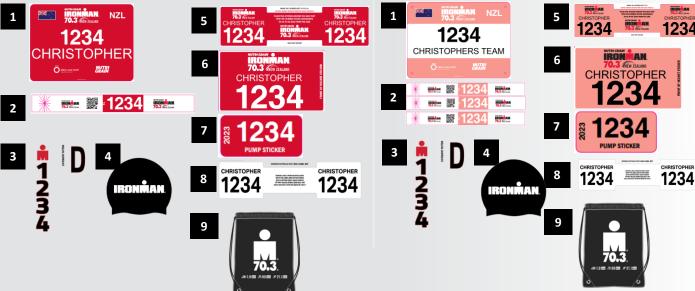
PLEASE DO NOT BE AFRAID TO ASK FOR HELP

You will not receive a penalty or be disqualified for receiving a medical evaluation.

- If at any time during the race you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.
- During the swim: raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- During the bike: If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station STOP let someone know you need medical help. Anyone can help another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- During the run: same as the bike. If you are at an aid station, let someone know you are in need of
 medical help. If you are not at or near an aid station STOP let someone know you need medical
 help. Anyone can help another athlete, a volunteer, a staff vehicle, event support vehicle or event
 moto out on course; even a spectator. Have them alert the nearest aid station or staff member
 that you need medical assistance. Make sure you provide your bib number to initiate your care.
- Helping another athlete if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.
- · Manage your Health and Safety on Race Day Race Healthy, Race Smart.
- Please visit our Athlete Smart web page for more information regarding your health pre-race and during competition:
- https://www.ironman.com/athlete-smart

RACE KIT





RACE KIT COLOURS

Red - Age group athletes Light red - Relay team athletes

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

Note: Timing Chips are to be collected during bike racking. For more information see <u>page 21</u>

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.

NO WRISTBAND = NO ACCESS.

3. TATTOOS

Number Tattoo - Right bicep or forearm if tri-suit

has sleeves.

Category Tattoo - No longer required

Application:

Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

4. SWIM CAP

Provided Roka swim cap must be worn during swim leg. If wearing another cap, the official cap must be worn on top.

Swim caps are latex - please contact event team if you have a latex allergy.

5. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

6. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

7. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

8. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your street gear bag and stick securely onto the back of itself.

9. STREET GEAR BAG

Place items required for post race (collected in the recovery area at finish line). Drop off race morning. Must use bag supplied.

RELAY TEAM INFORMATION



Please note the below information relates to Relay Teams and outlines specific team details and differences to the Individual race.

Teams must still read the complete AIG for all relevant information in addition to the below.

CHECK IN

Each team member id required to attend Athlete Check-In.

The first team member to attend Check-In will receive the Race Number Kit (excluding wrist bands. It is then the responsibility of the team member to distribute the race kit to the other team member/s. Each team member will collect their own street gear bag, t-shirt, and wristband.

It is recommended, where possible, all members of a Relay Team check-in together.

RACE KIT

Please refer to <u>page 16</u> to see all inclusions in your race kit.

Please note the team differences:

- Race bib Worn by the <u>runner</u>
- Number Tattoo Worn by runner
- Helmet Sticker Worn by cyclist
- Athlete wristband Each team member will receive their own wristband during check-in that must be worn.
- Street gear bag Each team member will receive their own gear bag

TRANSITION

The change over between team members will occur in transition at your bike rack. There will be a designated entry to access transition.

Your timing chip is your relay baton.

It is recommended that all team members attend Transition either during racking or prerace to ensure you are aware of your position and the transition flow.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.



FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Teams Meeting Point' at the top of the finish line chute.

If only the runner proceeds down the finish line, they will be required to collect their Team Members' towel & medal.





2023 OFFICIAL BICYCLE HELMET



FIND US AT EVERY IRONMAN EVENT OR ONLINE

PRE RACE INFORMATION



ATHI FTF CHECK-IN

All race kits will need to be collected during Athlete Check-In opening hours at North Domain.

- Thursday 29th February 9:00am 5:00pm
- Friday 1st March 9:00am 5:00pm

Please note, <u>no</u> packs will be posted out prior to the event.

What you will need to bring:

- Photo ID (driver's licence or passport)
- · Registration QR code
- Wetsuit (must be checked by CHECK CLEAN DRY prior to entering athlete check-in)

Who can collect?:

Only the person registered can pick up their race kit at check-in.

Please note, it is <u>not</u> permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from TriNZ and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

TIMING CHIP

Pick up: Upon exit during bike racking, Friday 1, 10:00am – 5:00pm

Hot tip: Place the timing chip somewhere safe after collection, e.g. with your helmet.

How to wear: Use provided strap to attach to left ankle

Drop off: Timing chips will be collected after the finish arch and prior to entering Recovery.

Lost during race: If you lose your timing chip during the race, inform Event Staff within transition, so that timing providers can do their best to replace the chip.

Drop out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member. If unable to reach a staff member, you must call or text drop out clerk 021 072 7258

Lost timing chips: If your timing chip is not returned or is lost, you will be charged \$150NZD for a replacement.



PRE RACE INFORMATION



MASSAGE

Pre and post race massage therapy will be available from Tuesday 27 February to Sunday 3 March post race. View the Event Schedule (page 11) for times and location.

For further information and bookings please contact our Massage Director.

Email: roryrocket22@gmail.com

This is a paid service, bookings recommended outside of race day.

BIKE MECHANICS

Bike mechanics will be available Wednesday 28 Feb ruary - Friday 1 March, to offer minor mechanic services. This is a paid service and athletes are responsible for the cost included.

A limited 'emergency service' will be available on race morning at transition for all athletes.

Bike course information on <u>page 39</u> for more information.

RACE DIRECTOR Q & A

Transition tours are followed by a Race Director Q&A, it is your opportunity to ask any last-minute questions and pick our Race Director's brain. A great opportunity for both seasoned triathletes or first timers.

Friday 1 March - 11:00am

All tours and Q&As will take place in Transition at Kaimanawa Reserve.

PRE-RACE TRAINING

Ensure you are always aware of and obey the New Zealand road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore, we ask you to be cautious at all times and courteous to the local community.

Swim Course

- · Check, clean, dry your wetsuit
- Keep inside the buoys: Please keep inside the 200m red and white marker buoys, as it is an authorised boating and jet-ski lane on the outside of the buoys.
- Avoid golf balls: It can be dangerous to swim unwittingly into the Hole-In-One golf activity, and you should wear a brightly coloured swim cap at all times.

Bike Course

- ETA (East Taupō Arterial) Bypass: We do not recommend that you ride on the ETA Bypass. It carries high volume of traffic including a high number of trucks and heavy transport. We have erected a number of safety signs along Broadlands Rd as a reminder.
- Single file: Cyclists should ride in single file on the course at all times.
- Be visible: Please ensure you are easily visible to motorists by wearing high-vis jackets or bright coloured cycle clothing. Avoid dark colours that blend with the vegetation and are not easily visible.

Run Course

 Stay on the paths: Please run on the paths where possible and be courteous to other users.

PRE RACE INFORMATION



There is currently a Biosecurity Alert in the central North Island for the unwanted invasive species of freshwater gold clam. These clams have been found in the Waikato River, and threaten to spread throughout other freshwater waterways, including Great Lake Taupō.

In order to minimize the risk of this spread, in consult with the Department of Conservation, we ask all our athletes to complete an increased Check, Clean and Dry process for your wetsuits before arriving in Taupō.

- All athletes must bring their wetsuit to athlete check-in to be checked by the Department of Conservation prior to check-in.
- ALL WETSUITS will need to be checked by the DOC team at athlete check-in on either Thursday or Friday before you'll be

allowed to pick up your race kit, so please bring your washed wetsuit along with you for checking and tagging.

If you do not complete the Check, Clean and Dry process, you will not be allowed to check-in or start the race.

We thank you in advance for your cooperation with this task, as we hope to keep Great Lake Taupō clean, clear and pest free for many more generations to enjoy.

If training in Lake Taupō prior to athlete check-in, please use the below guide to determine if you need to disinfect your gear.

For instructions see

www.biosecurity.govt.nz/check-clean-dry

	wetsuit, booties and gles <u>were last used in</u> :	2. Do I need to Check Clean dry ?	Follow the Cleaning instructions & see Check Clean Dry staff for your ticket
an est	er lake or river or uary that contains vater <u>less than 30 days ago</u>	YES	For Check Clean Dry, use the clamspecific version: Hose down with tapwater (onto grass and not into a stormwater drain) Soak in 55deg C water for 5 minutes or freeze till solid (overnight) Dry to touch, inside and out, then leave for 2 days. Note—If you just washed your wetsuit in cold water or in a shower, you then still have to follow the above.
the sea	aupō, a chlorine pool or a, OR another lake or river estuary that contains vater <u>more</u> than 30 days	NO — good to go	You're fine for today, but do read the new guidelines so you're up to speed for when you do move to another lake, river or estuary
It's bo	rrowed gear	MAYBE — check	Check with the owner and then see the two boxes above.

PRE-RACE INFORMATION



BECOME ONE SEMINAR FOR FIRST TIMERS

Friday 1 March | 1:00pm-2:00pm | Theatre, Great Lake Centre

All athletes are welcome to join the Become One seminar held in the Great Lake Centre Theatre with our annual host and wealth of knowledge, Verna Cook-Jackson.

Valuable for anyone who is competing at 2024 IRONMAN 70.3 New Zealand for the first time.

BECOME ONE TENT

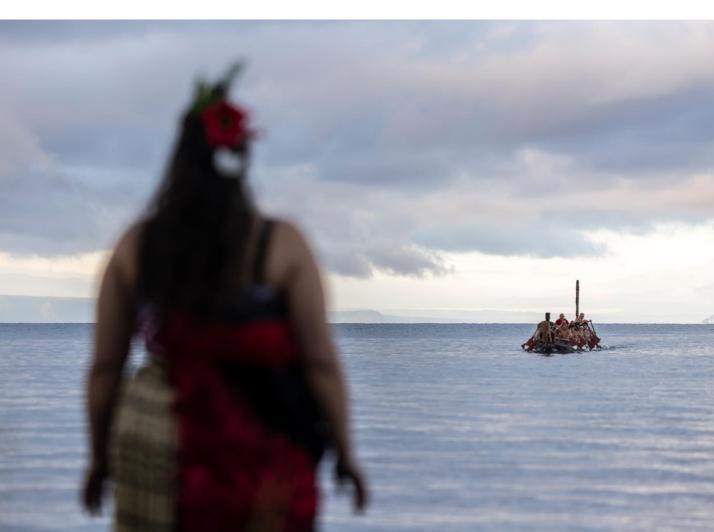
Thursday 29 February | 9am - 5pm | North Domain Friday 1 March | 9am - 5pm | North Domain

Visit the Become One tent and chat to qualified IRONMAN coaches to calm those first-time jitters. While you're there, collect your first timer sticker and Become One wristband.

WELCOME TO TAUPO PRESENTATION

Thursday 29th February | 05:00 pm | Te Atea Tapuaeharuru - 20 Roberts St

Haere mai ki Taupō, we invite all athletes and supporters to join us on Thursday 29 February, 05:00pm for a Welcome to Taupō presentation. Embrace the largest freshwater lake in Australasia you will swim in and soak up the vast scenic landscape you will race through. Followed by the IRONMAN Professionals panel.







BAG DROP / COLLECTION



STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at recovery. You must use the IRONMAN drawstring bag provided to you during athlete check-in as your street gear bag. No other bag will be accepted.

Please ensure that you have the gear bag sticker (provided in your race kit) clearly stuck to the bottom of the handle.

Bag drop will be open race morning between transition and the start line, it will then be transported to the finish line, to be collected from the recovery tent.

Examples of items to Include:

- Warm clothing (jumper, tracksuit pants)
- · Different footwear
- Please refrain from placing any valuables in your bag where possible.

CLOTHING DROP

The clothing drop zone is at the BIKE AID STATION 3 on the return leg to Taupō at approximately the 57.2km mark. All clothing must be marked clearly with your race number.

Collection: Numbered clothing is to be collected from Event Information at Kaimanawa Reserve, Sunday 3 March, 9:00am - 11:00am. All uncollected clothing will be discarded.

TRANSITION

Bags, tubs, or similar are not permitted in IRONMAN 70.3 transition.

DROP OFF RACE MORNING	
STREET GEAR BAG	Drop into street gear bag truck at swim start Saturday 2 March, 5:00am – 6:30 am
	Street gear bag will meet you at the finish line in recovery
	Collect immediately post-race from recovery area There is no access during race after exiting recovery
BIKE PUMPS	Drop at bike pump area in transition after pumping tyres before race start Saturday 2 March, 5:00am – 6:30 am
	Collect from transition - No access during race
	Saturday 2 March, 1.30pm – 7:00pm
	Sunday 3 March, 9:00am - 11:00am

DURING RACE	
CLOTHING DROP	Drop at on course clothing drop Saturday 2 March, during race
	Available at B3 Aid Station (Broadlands Rd School 57.2km) Once clothing is dropped, you cannot collect it until Sunday
	Collect from Event Information at North Domain Sunday 3 March, 9:00am – 11:00am

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.

TRANSITION – PRE RACE



TRANSITION TOURS

The transition tour will be followed by a Q&A with IRONMAN New Zealand's Race Director, to ask any questions you might have and to receive a great overview of the event.

Tours take approximately 20 minutes and will include:

- Flow of transition
- Entry/exit points
- · Suggested setup.

Tours and Q&As take place in Transition at Kaimanawa Reserve.

Friday 1 March - 11:00am

HELMETS

No helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

BIKE RACKING

Friday 1st March 10:00am - 6:00pm

Prior to Entry:

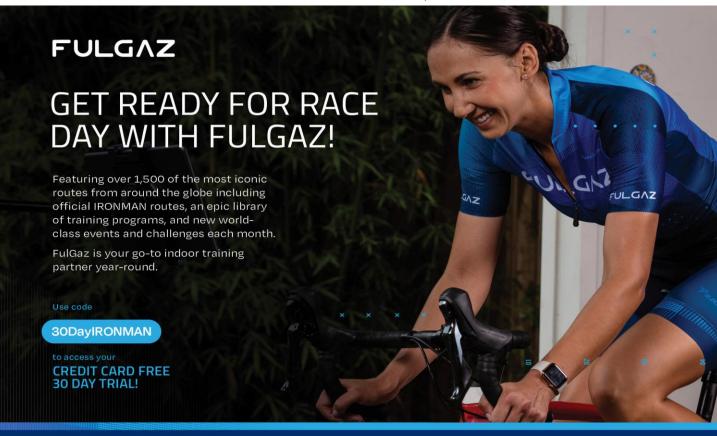
- · Attend Athlete Check-In
- · Secure bike seat post sticker

Bike Checks:

- You, the athlete are responsible for your bike being in safe working order. Including but not limited to:
 - End plugs on handlebars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules

How to rack your bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

















TRANSITION – RACE DAY



HELMET CHECK

Triathlon New Zealand officials will be conducting compulsory helmet checks as you enter the Transition area on race morning. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Competitors are responsible for ensuring that their bike helmet is in a safe working order prior to presenting it at Transition. See IRONMAN Rules.

BIKE PUMPS

Bike pump drop off will be available on race morning within transition and they can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps that are not collected during bike collection times will be donated.

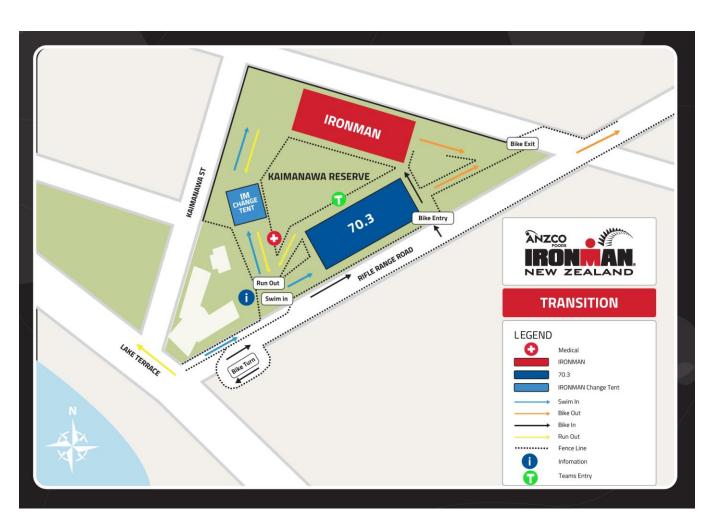
TRANSITION AREA

You will have the opportunity to make any last-minute tweaks/adjustments to your bike. All transition items must be placed next to your bike on race morning, no tubs, bags, or similar can be taken into or used for transition.

BIKE COLLECTION

View the Event Schedule on <u>page 11</u> for collection times. Ensure you are aware of the closing time as after this time Transition will become unsecure.

When collecting your bike, please ensure all transition bags and bike pumps are collected at the same time.



VIPER TRISUIT, A WORLD CHAMPION TRISUIT





AID STATIONS



PRE-SWIM

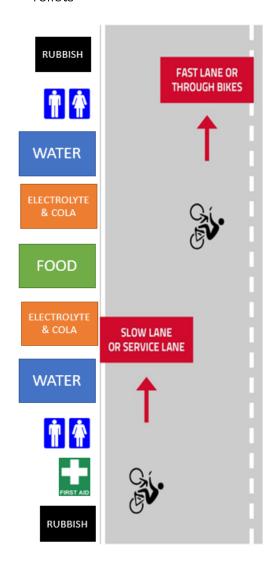
- Glasses & inhalers drop table (collection at swim exit)
- Water

TRANSITION AID STATION

(Swim to Bike & Bike to Run)

Transition aid station will offer:

- Water
- Pure (Electrolyte) Super fruits flavour
- Maurten Gels (caffeinated and noncaffeinated)
- Maurten Bars
- Bananas
- Vaseline
- Sunblock
- Toilets



BIKE AID STATIONS

In New Zealand we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

Aid Station Locations:

The Bike Course has 5 aid stations located approximately 18km apart.

- B1 Broadlands Rd opposite Wairakei Estate – 19.2km
- B2 Vaile Rd 38.2km
- B3 Broadlands Rd School 57.2km (also Clothing Drop Off at 57.2km)

Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station, please stay to the right of the roadway. Volunteers will call out what they are offering. Please politely advise them by calling out your needs.

Bike aid station will offer:

- Water
- Pure (Electrolyte) Super fruits flavour
- Maurten Gels (caffeinated and noncaffeinated)
- Maurten Bars
- Bananas
- Coca-Cola (last 2 aid stations)
- Vaseline
- Sunblock
- Toilets

AID STATIONS



RUN AID STATIONS

The Run Course has 4 aid stations located approximately 2.5km apart.

- R1 Tongariro St
- R2 Sea Scout Great Lake Path
- R3 Kowhai St
- R4 Lake Terrace (Opposite Taharepa Reserve)

Run aid station will offer:

- Water
- · Pure (Electrolyte) Lemon flavour
- Maurten Gels (caffeinated and non-caffeinated)
- Maurten Bars
- · Coca-Cola
- Bananas
- Chips
- Pretzels
- · Chocolate Chip Cookies
- Vaseline
- Sunscreen
- Toilets

Process:

Aid Stations 1 and 3 - keep right when approaching the aid station. If you do not require any product, please stay to the left.

Aid Station 2 and 4 - keep left when approaching this aid station. If you do not require any product, please stay to the right.









































DISCARD DROP ZONES

Please discard any unwanted items after the discard zone start sign and before the discard zone finish sign. Anything discarded outside this area will be penalised.

wahnnfitness com/riva





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.

ELEMNTRIVAL

wahoo

RACE DAY INFORMATION



CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

- Swim Each athlete or relay team member will have 1 hour and 10 minutes to complete the swim course from their individual start time.
 Any athlete or relay team member who takes longer than 1 hour and 10 minutes to complete the swim but is ahead of the final swim course closure and continues to the finish line will receive a NC (Not Classified).
- Bike Each athlete or relay team member will have 5 hours and 30 minutes to complete the swim, T1 and bike course regardless of when they start the swim. Any athlete or relay team that takes longer than 5 hours and 30 minutes to complete the swim, T1 and bike course but is ahead of the final bike course closure and continues to make it to the finish line will receive a NC (Not Classified).
- Run Each athlete or relay team member will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team member that takes longer than 8 hours and 30 minutes 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.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed <a href="https://www.nee.googl

If you have any pre-existing medical conditions or allergies, please collect and complete a medical alert wrist band during athlete checkin.

SAG Wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively, advise volunteers at the nearest aid station.

Please note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

RACE DAY INFORMATION



FINISH LINE PHOTO

Sportograf is the official event photographer.

How to get your best photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line
- Smile and 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
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery

Your personal race photos will be available within 24-48hrs after the race at www.Sportograf.com

RECOVERY PROCESS

After passing the finish line arch, volunteers will present you with your finishers medal and towel.

You will then follow the recovery process and have the below available to you:

- · Timing chip removal
- Street gear bag collection
- Recovery food/drink
- Massage
- Medical support (if required)
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water & electrolytes
- Fresh fruit
- · Assorted hot and cold meals
- * Gluten free options available upon request

RESULTS

Results can be viewed at the following locations:

- IRONMAN Oceania App
- https://www.ironman.com/im703-newzealand-results

MEDAL ENGRAVING

Medal engraving is available at the IRONMAN Merchandise store. View the Event Schedule (page 11) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected to the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information at North Domain. View the Event Schedule (page 11) for times and location.

Scan to log lost item with event team



Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please us IRONMAN on newzealand@ironman.com or +64 9 601 9590.



ROKA

SWIM COURSE 1.9km



CUTOFFS

Athletes will need to complete their swim in 1 hours 10mins, athletes who record over this time will be recorded as NC (not classified).

Please see page 32, course cut-offs for more information

PC/ID ATHLETE SWIM START

If you are a PC/ID athlete and require support, please contact us at newzealand@ironman.com or on +64 9 601 9590 before race week.

Rolling start

View the Event Schedule (page 12) for start times.

The IRONMAN 70.3 is a rolling start for all athletes including relay team swimmers. This is self-seeded based on the below guide

- Zone 1. Under 33 minutes
- Zone 2. Between 33 37 minutes
- Zone 3. Between 37 42 minutes
- Zone 4. Over 42 minutes

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

Athletes have selected their swim zone during registration. If you wish to change zone speak with the Volunteers / Event Staff at Athlete Check-In.

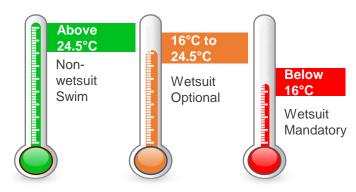
At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off.

WETSUIT RULING



- Below 16° Celsius: Wetsuits mandatory
- 16° 24.5° Celsius: Wetsuits optional
- Above 24.5° Celsius: Non-wetsuit swim
- A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Friday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.
- See Race Rules on <u>pages 7-8</u> for more information.
- Please note, the average water temperature of Lake Taupō in March is 19°, and therefore wetsuits are always recommended even if they are not ruled as mandatory.
- Professional athlete wetsuit ruling varies to the above. The below ranges are for professional athletes only.
 - Below 16° Celsius: Wetsuits mandatory
 - 16° 21.9° Celsius: Wetsuits optional
 - Above 21.9° Celsius: Non-wetsuit swim

SWIM CAPS

All Roka swim caps provided will be latex based. If you have a latex allergy, please contact us at newzealand@ironman.com or +64 9 6019590.

COLOURS

Para-triathlete Orange

AWA	Powder Blue
Zone 1	Under 33 mins Pearly Pink
Zone 2	33 mins - 37 mins Blue
Zone 3	37 mins - 41 mins Neon Green
Zone 4	Over 42 mins Violet

ROKA SWIM COURSE 1.9km



SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

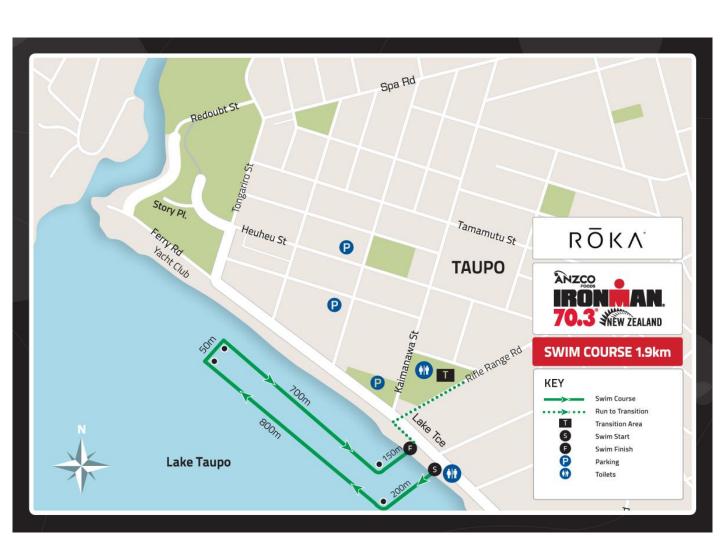
At any time should you require the assistance of water safety, please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

TRANSITION PROCEDURE

At the swim exit, you will pass through a timing chute, run up to transition via Lake Terrace and Rifle Range Rd and enter transition.

You will complete transition at your bike.

Click <u>here</u> to download the map and view a summary of the Swim Course.





BIKE COURSE 90km



CUT OFF

Athletes will need to complete their bike in 5 hours 30mins from their individual swim start, athletes who record over this time will be recorded as NC (not classified).

Please see page 32 course cut-offs for more information

TRAFFIC

Event vehicle and personal vehicles/motorbikes will be out on course during the event.

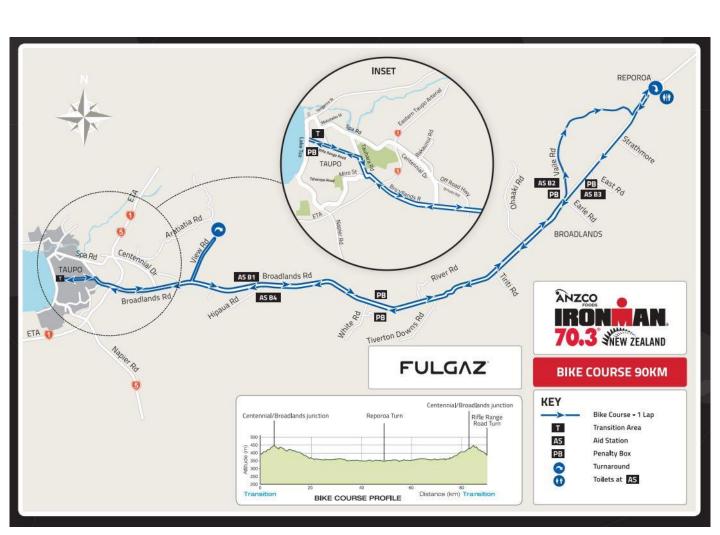
Click <u>here</u> to download the map and view a summary of the Bike Course.

TRANSITION PROCEDURE

As you dismount your bike in the bike finish chute, you are responsible for taking your bike to your numbered rack within Transition and racking the bike up correctly.

Your helmet must remain on and secured until your bike is racked. Failure to do so may result in disqualification.

Equip yourself for the run leg at your allocated bike rack location. Upon exiting Transition, athletes will pass the Transition Aid Station before heading north onto the run course.



HOKA RUN COURSE 21.1km



CUT OFF

Athletes will need to complete their run in 8 hours 30 minutes from their individual swim start, athletes who record over this time will be recorded as NC (not classified).

Click <u>here</u> to download the map and view a summary of the Run Course.

LAP BANDS

Lap bands are no longer used for this event.

LAP TURNAROUND

IRONMAN and IRONMAN 70.3 will have separate turn arounds on Tongariro street. IRONMAN 70.3 will be the <u>first</u> turn around, marked in green on the below map.



PROGRESS HAS NO PAUSE



SHOP NOW

CARBON X 3

THE REVOLUTIONARY CARBON RACER,
JUST GOT FASTER.

HCKA

PRESENTATIONS



AWARDS

All awards will be presented at the Awards Ceremony Saturday 2 March, 5:45pm on the grass in front of the Great Lakes Centre (the same side as the main carpark).

Awards include:

- Age Group each age group will be awarded 1st 3rd place trophies
- Teams mixed, female and male teams will be awarded 1st 3rd place trophies
- TriClub Podium Awards (across IRONMAN and IRONMAN 70.3, presented Sunday 3 March 10am)

Weather contingency: In the event of poor weather, awards and roll down will be moved to the theatre inside the Great Lake Centre.



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WORLD CHAMPIONSHIP QUALIFICATION (ROLLDOWN)



View the event schedule (page 11) for time and location.

QUALIFYING SLOTS

The 2024 IRONMAN 70.3 Taupō will have 50 Age Group qualifying spots and an additional 15 women slots to the 2024 IRONMAN 70.3 World Championship held in Taupō, New Zealand 14 - 15 December 2024.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on advertised time and location. Photo ID is required to be presented and payment must be at this point in time.

PAYMENT:

Cost: USD \$780.00

- Credit card only (no amex, diners or cash payment)
- Physical card including full card number, expiry date and cvv must be available (no Apple pay or digital card accepted)
- Only one card accepted (split payment will not be accepted)

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

First, a quick note to clarify what we mean below by an "Age Group." An Age Group is a particular age group within a particular gender. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a different Age Group.

THE ALLOCATION PROCESS:

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 allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories

AFTER THE RACE:

Before Rolldown:

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 Rolldown:

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 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 have 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.



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ADDITIONAL INFORMATION



OFFICIAL EVENT APP

The IRONMAN Oceania app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info
- Track the athletes live throughout the course, including their time splits
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group
- It's super easy to find and create your own list the of your fav athletes to follow
- You can receive notifications when the athletes you're following cross key race points
- · Check out the final results post-race
- Watch live video coverage throughout the day
- Always know where you are and want to be with interactive maps
- Event info and clear schedules ensure you know what's going on, where and when

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!





IRONMAN LIVE

An IRONMAN Live camera will be streaming at the finish line, from the first finisher to the last. You can tune in via the IRONMAN Oceania mobile app or through the IRONMAN web site www.ironman.com. Click the 'LIVE' tab on the top-right. If you need assistance whilst you are at the venue, please visit Event Information

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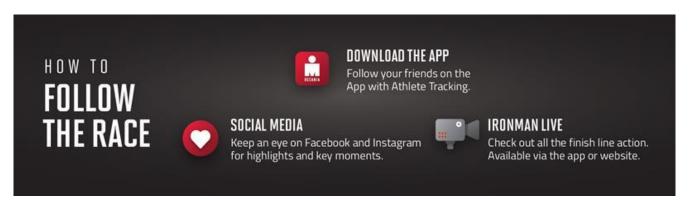


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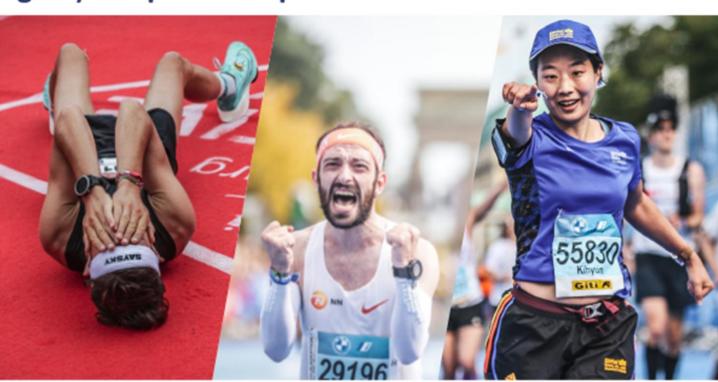
If you have any further questions, please contact us at newzealand@ironman.com or via +64 9601 9590.

Our team is here to support you along your IRONMAN journey, and we look forward to seeing you at the finish line!





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





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