



ATHLETE GUIDE

2nd July 2023



Astana



WELCOME



Dear Athlete,

It is an honor to welcome you as an athlete to the **2023 BI GROUP IRONMAN Kazakhstan** and **FREEDOM IRONMAN 70.3 Astana**.

On July 2, more than 1000 athletes will jump into the water of the river Ishim, bike along the wonderful futuristic architecture of young and modern **Astana city** and finish their race with run a spectacular half marathon through the beautiful **Triathlon Park Astana**.

In this Athlete Guide, you will be able to find answers to questions regarding the **2023 BI GROUP IRONMAN Kazakhstan** and **FREEDOM IRONMAN 70.3 Astana**. Please study the guide carefully as it contains very important information regarding the race.

Please keep in mind that the rules featured in the Athlete Guide are intended to help athletes and their competitors, so please obey them and let's all have a truly amazing race!

Good luck and see you at the finish line!

Yours sincerely,
IRONMAN Kazakhstan team



Astana, 2023

PRACTICAL INFORMATION



RESULT SERVICE

Throughout 2023 BI GROUP IRONMAN Kazakhstan and IRONMAN 70.3 Astana friends and relatives can follow the athlete's progression online on



<https://www.ironman.com/app-tracking-information>



<https://itunes.apple.com/us/app/ironman-track/id1183983404?mt=8>



https://play.google.com/store/apps/details?id=me.rtrt.app.irma&hl=en_GB

COURSE INFORMATION

Athletes can get information on all courses at

For BI GROUP IRONMAN Kazakhstan: <https://www.ironman.com/im-kazakhstan-course>

For FREEDOM IRONMAN 70.3 Astana: <https://www.ironman.com/im703-astana-course>

TRANSPORT

We strongly advise athletes and spectators to use public transportation in and around Astana. Astana has a great and well-developed network of public transportation system, which is cheap and easy to use while staying in town. Astana has a fun opportunity for tourists to get around the city in an easy and comfortable way. By putting in a deposit, you can borrow one of the city's public bikes for a day.

ROAD CLOSURES

All courses are fully closed for traffic during the Race. In case of emergency, rescue vehicles with the sirens on, shall always have free passage. Please yield and let them pass you.



Astana, 2023

EVENT SCHEDULE



Thursday, 29.06

- 14.00 – 20.00 IRONMAN Village open
- 14.00 – 20.00 Registration open for 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana

Friday, 30.06

- 10.00 – 20.00 IRONMAN Village open
- 10.00 – 20.00 Registration open for 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana
- 18.00 Pasta party and briefing (ENG | RU)

Saturday, 01.07.

- 10.00 – 20.00 IRONMAN Village open
- 10.00 – 18.00 Registration open for 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana
- 10.00 – 21.00 Bike check-in (Transition area)

Sunday, 02.07 RACE DAY

- 05.00 – 06.15 Transition Area Open
- 06.30** **2023 BI GROUP IRONMAN Kazakhstan AGE GROUPS rolling start**
- 06.45** **2023 FREEDOM IRONMAN 70.3 Astana AGE GROUPS and RELAY rolling start**
- 10.00 – 18.00 IRONMAN Village open
- 10.30 First finisher 2023 FREEDOM IRONMAN 70.3 Astana
- 11.00 Flower ceremony 2023 FREEDOM IRONMAN 70.3 Astana
- 15.00 First finisher 2023 BI GROUP IRONMAN Kazakhstan
- 15.30 Last Finisher 2023 FREEDOM IRONMAN 70.3 Astana
- 16.00 Flower ceremony 2023 BI GROUP IRONMAN Kazakhstan (M)
- 17.00 Flower ceremony 2023 BI GROUP IRONMAN Kazakhstan (W)
- 13.30 – 16.30 Bike check-out 2023 FREEDOM IRONMAN 70.3 Astana
- 17.00 – 01.00 Bike check-out 2023 BI GROUP IRONMAN Kazakhstan
- 18.00 Award Ceremony for FREEDOM IRONMAN 70.3 Astana in Triathlon Park Astana
- 19.00 Slot allocation for FREEDOM IRONMAN 70.3 Astana in Triathlon Park Astana
- 00.00 Last finisher 2023 BI GROUP IRONMAN Kazakhstan

Monday, 15.08

- 10.00 – 12.00 Bike check-out for IRONMAN Kazakhstan
- 12.00 Award ceremony for IRONMAN Kazakhstan
- 13.00 Slot allocation for IRONMAN Kazakhstan



EVENT AREA



REGISTRATION



Thursday 29.06 through Saturday 01.07

Opening hours for registration: Thursday, 29 June	14.00 to 20.00
Friday, 30 June	10.00 to 20.00
Saturday, 01 July	10.00 to 20.00

To register you need the following:

- Official government-issued photo ID – passport, driver's license etc.
- Waiver (handed out at registration)

**All athletes must have registered before 20.00 on Saturday, 01 July.
No registration will be possible after this time.**

At registration, you will receive the following items:

1. Official 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana Backpacks
2. Athlete wristband – must be worn always.
3. Race number
4. Safety pins
5. **BLUE** bike bag
6. **RED** run bag
7. **WHITE** street wear bag
8. Swim cap
9. Numbered Tattoos (Optional)
10. 1 x number sticker for helmet
11. 1 x number sticker for bike
12. 3 x number stickers for **BLUE**, **RED** and **WHITE** bags
13. One additional sticker

For IRONMAN Kazakhstan (full distance only) participants Special needs bags available. You could take it in Registration Area (Info). Handle Special needs bags with White bag in Sunday morning, before the race.

When you receive a BIB number volunteer will put a wristband on you. It is necessary.



REGISTRATION



BIB NUMBERS

FREEDOM IRONMAN 70.3 Astana



2023 BI GROUP IRONMAN Kazakhstan



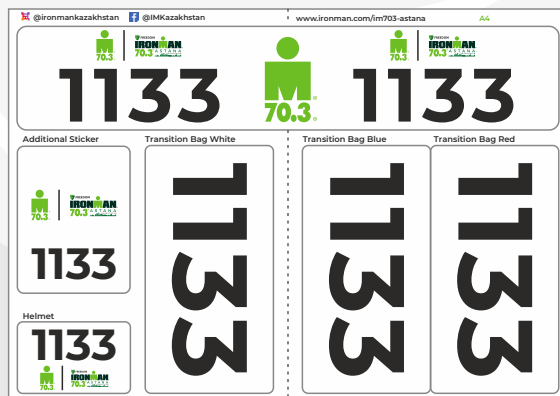
RELAY

FREEDOM IRONMAN 70.3 Astana

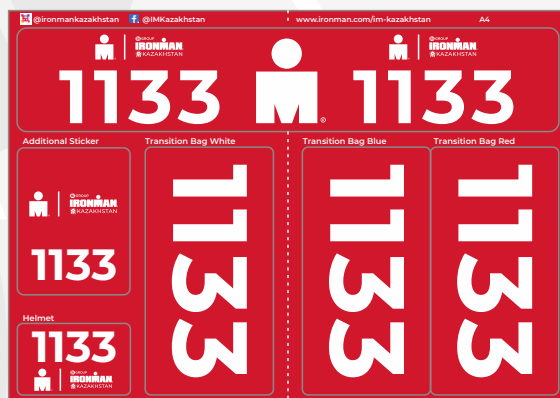


STICKERS

FREEDOM IRONMAN 70.3 Astana

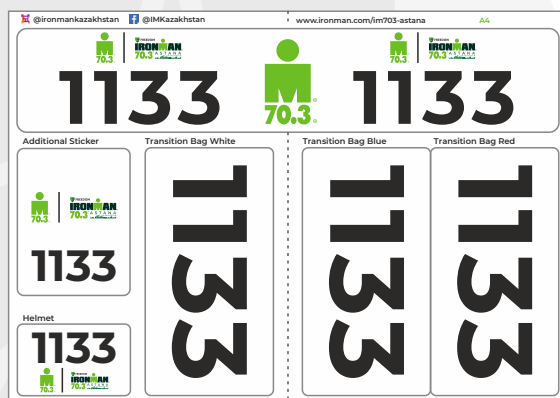


2023 BI GROUP IRONMAN Kazakhstan



RELAY

FREEDOM IRONMAN 70.3 Astana



Astana, 2023



REGISTRATION



SWIM CAPS

MALE IRONMAN KAZAKHSTAN



MALE IRONMAN 70.3 ASTANA



FEMALE IRONMAN KAZAKHSTAN



FEMALE IRONMAN 70.3 ASTANA



RELAY
IRONMAN 70.3 ASTANA



Astana, 2023



PRE-RACE INFO



IRONMAN VILLAGE

Thursday, 29.06 through Sunday, 01.07

Opening hours for IRONMAN VILLAGE:	Thursday, 29 June	14.00 to 20.00
	Friday, 30 June	10.00 to 20.00
	Saturday, 01 July	10.00 to 20.00
	Sunday, 02 July	10.00 to 18.00

At the IRONMAN VILLAGE, you will have the opportunity to see the latest racing apparel and buy last-minute race essential equipment. Besides our race sponsors, you will meet a spectrum of manufactures of sports equipment, accessories, nutrition, services for athletes, and general sport shops.

RACE BRIEFING

Friday, 30 June

Race briefing would be in Circus Terrace (nearby Astana Music Hall, Triathlon Park Astana). It is mandatory for athletes competing in 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana to attend.

18.00 Pasta party and briefing (on English and Russian language)

Note: you will not be able to enter the Race Briefing without your athlete's wristband, which is issued at Registration

Bikes are NOT allowed at the Race Briefing.

By the end of the briefing presentation would be published in social media and official web-site of race.



Astana, 2023

BIKE CHECK-IN

Saturday, 01 July, 10.00 to 20.00

On Saturday athletes must check-in the following items:

- **Bike**
- **Bike helmet**
- **BLUE** bike bag
- **RED** run bag
- **BIB** number

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 or similar. The race marshals will remove such effects.

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

- Overnight security is provided in Transition area.
- Only Athletes are allowed in Transition area.

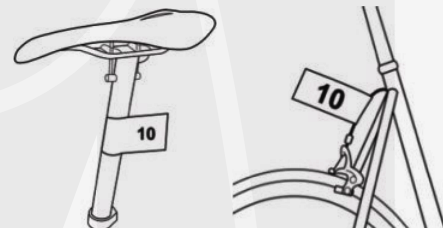
After 20.00 Saturday, 01 July, NO athletes are allowed access to Transition area, until Sunday, 02 July at 05.00. Athletes will have access to both their bikes, and red and blue races bags on race morning between 05.00 and 06.15.

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

Helmet sticker must be placed like this



The sticker on the bike must be placed



The bike number must be always visible during the bike ride.



BIKE CHECK-IN



The BLUE bike bag is for bike equipment. 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**.

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

- Bikes 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.

Due to the risk of windy conditions, you are only permitted to cover handle bars, seat and pedals, and not the entire bike.

The RED run bag is for running apparel. At bike check-in you must place the **RED run bag** on the designated racks in the transition area. The location is marked with your race number.

BIB number is necessary only for run course. Please, stay bib number in **RED bag** in transition area.

Only athletes and race officials are permitted access to Transition area. For security reasons, no bikes, helmets, **RED run bag** or **BLUE bike bags** are to be removed from Transition area, once checked in. You will have access to these items from 05:00 until 06:15 on Race Morning.

The Race Bag Stickers must be placed on the **BLUE bike bag**, the **RED run bag**, and the **WHITE street wear bag** in the designated field on the bags.

ATTENTION! In the exit of transition area you will receive a timing chip!

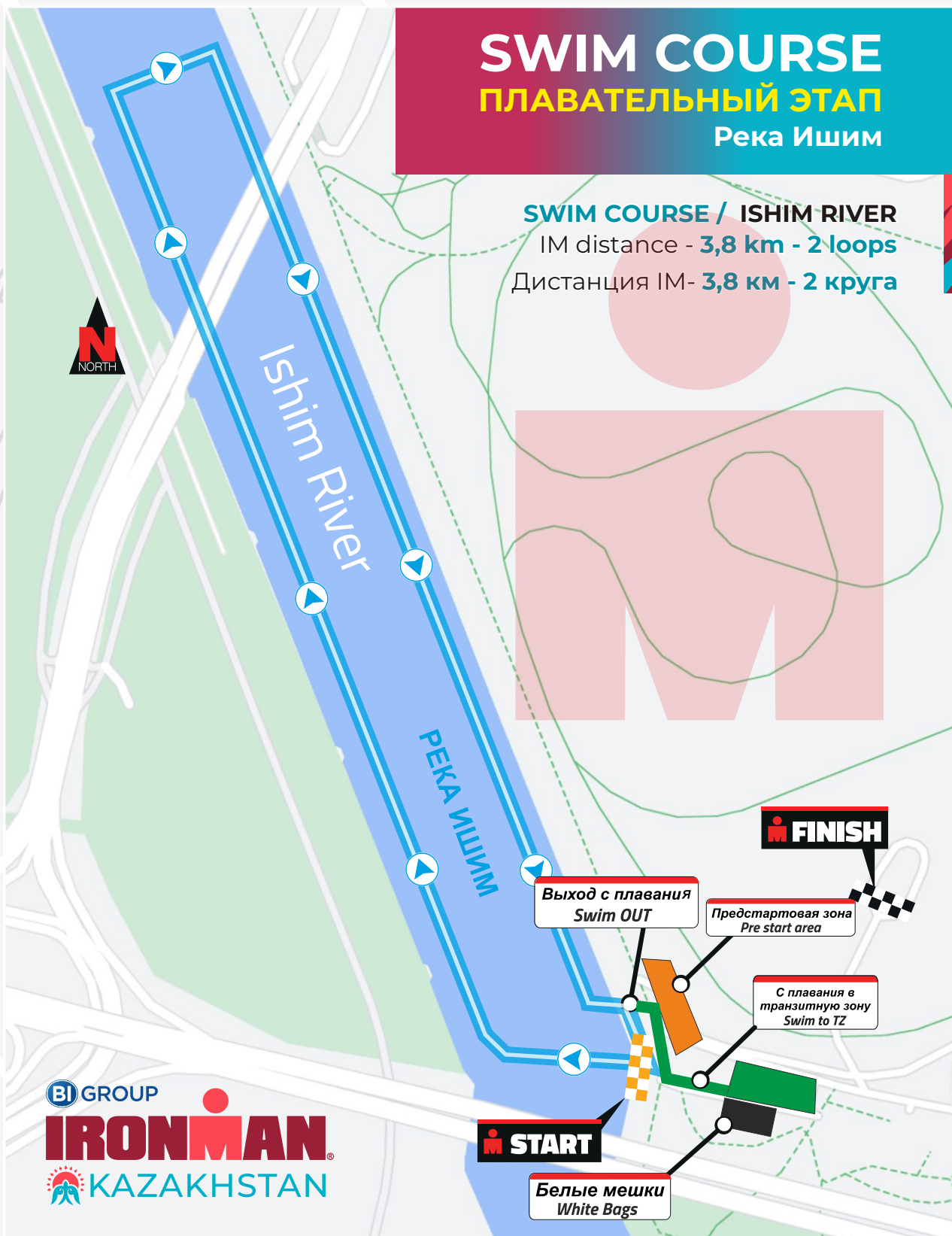


SWIM COURSE IRONMAN



SWIM COURSE ПЛАВАТЕЛЬНЫЙ ЭТАП Река Ишим

SWIM COURSE / ISHIM RIVER
IM distance - 3,8 km - 2 loops
Дистанция IM- 3,8 км - 2 круга



2 loops in Ishim River.

RACE DAY



Sunday, 02 July

Race day check-in opens for athletes at 05.00 on Sunday morning the 2nd of July and closes at 06.15.

Only athletes and marshals will have access to Transition area and the Athletes Garden. At registration, you will receive a swim cap, a timing chip, and a race number. Be sure to remember these items on race morning.

You must bring the **WHITE Street Wear bag** with your personal clothing into the Athletes Garden on Race Morning.

WHITE Street Wear bags must be handed in no later than 06.15.

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

During race morning in Transition area bike mechanics will be present to offer last minute adjustments and service. There will be floor pumps available in Transition area, 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.

Failure to do so may cause a time penalty. It will be possible for athletes to change in the transition area between 05.00-06.15. There will be enclosed areas where both male and female athletes can perform nude changing.

All athletes must leave the Transition zone no later than 06.15 and head to swim start.

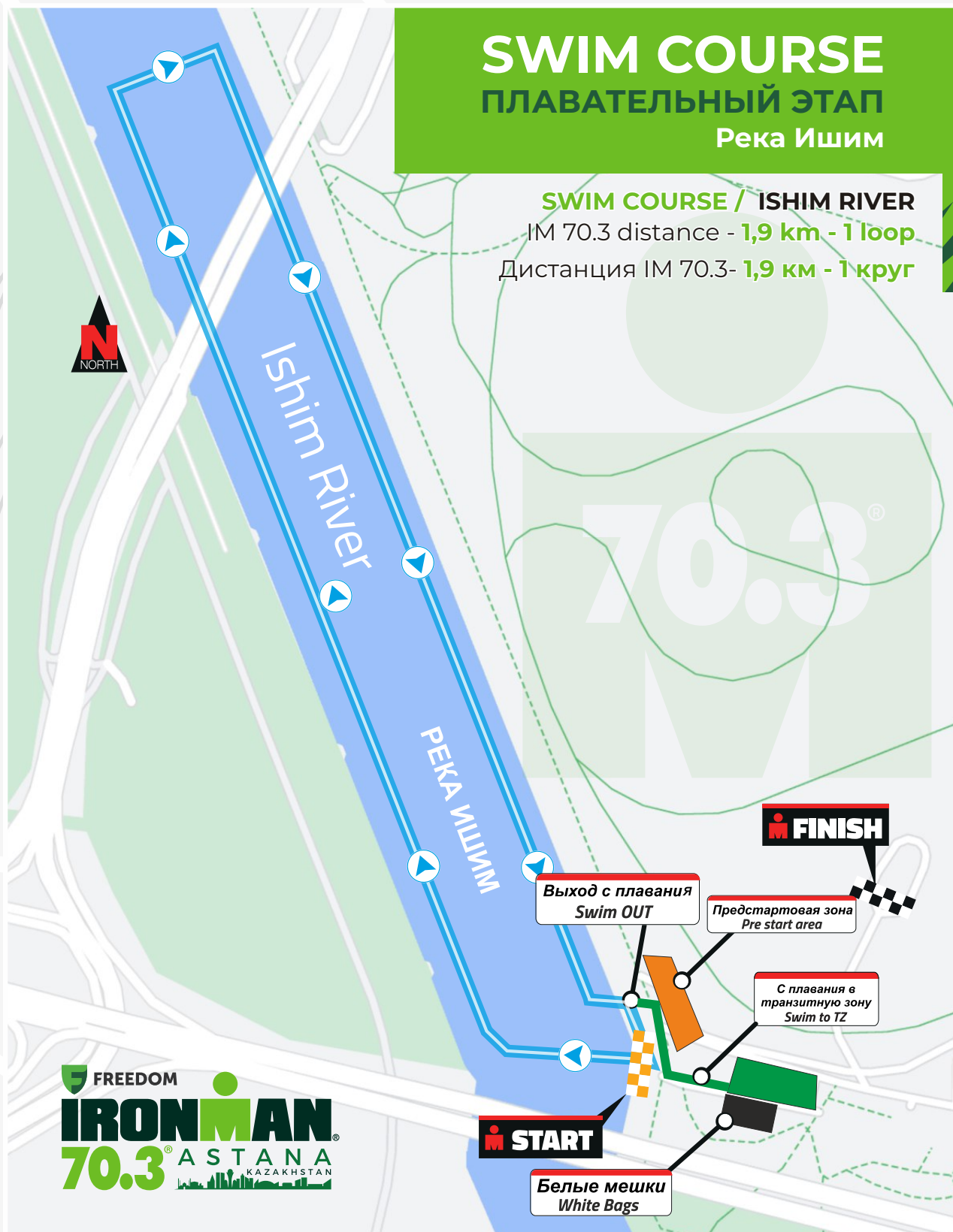


SWIM COURSE IRONMAN 70.3



SWIM COURSE ПЛАВАТЕЛЬНЫЙ ЭТАП Река Ишим

SWIM COURSE / ISHIM RIVER
IM 70.3 distance - 1,9 km - 1 loop
Дистанция IM 70.3 - 1,9 км - 1 круг



One loop in Ishim River

COMPLEX OF NUTRITION



TRI 113: 1.9 | 90 | 21 KM



*Present scheme of nutrition is considered to be a recommendation. Sport nutrition should be tested before usage during the competition.



SWIM COURSE



COURSE DESCRIPTION

Swim will take off in Ishim River and will consist of one or two loops' of 1900 meters depending on your race. All athletes, regardless of starting times, will have a cut-off time of 2 hours 20 minutes for the IRONMAN swim course and 1 hour and 10 minutes to complete the IRONMAN 70.3 swim course.

The course is clockwise direction, and access into and out of the water is from coast.

SWIM START / ROLLING START

Athletes will enter the water in a continuous stream through a controlled access point

3 seconds/3 people, like how running road races are started. An athlete's race-time will start when they cross timing mats just before entering the water.

Athletes will be directed to self-seed on race morning based on their projected swim time. Volunteers and staff will be in the staging area with signs and will assist with this process. Self-seeding will not be mandatory but will be encouraged.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM WARM UP

To give athletes, the opportunity to warm up prior to the swim leg, a small warm up area is designated for this.

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.

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



SWIM SMART



1. Prepare for Race Conditions

- Race day should not be your first exposure to an open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

2. Race in Shorter Events

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

3. Study the Course

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Everybody of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper 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.

5. Pay Attention to Warning Signs

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

6. Don't Use New Gear on Race Day

- Focus on controlling as much 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 a proper warm-up prior to the start, preferably in the water.
- If you can't warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8. Check Out the Course

- Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

9. Start Easy – Relax and Breathe

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique 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.
- If you or a fellow athlete needs help, just raise your arm to alert a lifeguard or safety boat.
- Feel free to hold on to a static object like a raft, buoy or dock.
- If you don't use it to move forward, you won't face disqualification.
- Race rules allow for competitors to stop or rest at any time during the swim.

The swim cap provided at the registration is for safety and must be worn throughout the swim. Should you be in any kind of need; lifeguards will be in the water to help you.

The water temperature in the harbour is expected to be around 15-19 °C.

SWIM COURSE



RULES & GUIDELINES

You may not wear our race number in the water; this shall be either in the **RED run bag**. You need to wear your race number only on the run course. 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 area, just before entering the changing tent.

The IRONMAN 2023 Competition Rules are in force for 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana. For information regarding ruling that applies for the 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana Swim Course, please visit the following website: <https://www.ironman.com/competition-rules>.

For Common Competition Rules and Regulation Penalties, please read the section under the paragraph “Rules and Regulations” in this Athlete Guide.



TRANSITION AREA



When exiting the water, you will enter transition area, 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. There is a transition tent available for athletes that need privacy to change.

After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE bike bag** and give it to volunteer at the exit.

For relays, a designated area inside the transition area, will indicate the area where the timing chip should be handed over to the next team member.

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

Bike shoes must be placed on the bike or be taken on before entering the bike area.

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 the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting TRANSITION AREA.



BIKE COURSE IRONMAN



BIKE COURSE ВЕЛОТАП

180 km - 2 loops



Two loops.



Astana, 2023

BIKE COURSE IRONMAN 70.3



BIKE COURSE ВЕЛОЭТАП

90 km - 1 loop



One loop.



Astana, 2023

BIKE COURSE



COURSE DESCRIPTION

The bike course is unique, with a nice mix of city, coastal line of the river Ishim and bridges. Start and finish at Triathlon Park Astana.

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 is securely fastened. Aid station at every 20 km approximately.

The bike course is swept before the race, but we recommend using a **solid racing tyre** as you may come across **flint stones** on the roads.

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.

RULES AND GUIDELINES

Your bike must comply with IRONMAN 2022 Competition Rules. In short this means that the bike is technically suitable and safe for a triathlon race. Please note that brake levers must point backwards, and both brakes must be fully functional. Disc brakes and Disc wheels are permitted at the 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana.

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

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

Please keep in mind that the bike part is a time trial for each single athlete. Any kind of drafting is forbidden.

All time penalties given on the bike course must be served in the nearest penalty tent. We didn't have a penalty tent in run course!



Astana, 2023



BIKE COURSE



After biking, you will make your way into TRANSITION AREA. You need to dismount your bike before passing the timing mat into the zone, which is clearly marked with a bike dismount sign. You must hand your bike to your individual place.

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 SAG wagons on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the bike course. Please approach an IRONMAN Official on course, 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.

RETURNING TO THE TRANSITION AREA AFTER THE BIKE COURSE

After you have handed your bike to your individual place, pick up your **RED run bag** and head into the transition area where you change into your running apparel. You need to put all your bike gear into the bag, including your bike helmet. Bike shoes must either stay on the bike pedals or be placed in the **RED run bag**. After completing your change, you will need to pack your gear in the **RED run bag**, and rack it back on the rack, in the same position you took it from.

There is a transition tent available for athletes that need privacy to change. Then when ready, you head out of the transition area and start your run.

After the race you need to pick up your **RED run bag** and Your **BLUE bike bag** from the transition area. To get your belongings out of transition area, you need to have your race number and your timing chip with you.

All race bags and bikes must be picked up before 12.00 Monday, 03 July. 2023 BI GROUP IRONMAN Kazakhstan and until 16:00 02 July (Sunday) for FREEDOM IRONMAN 70.3 Astana participants. We are not responsible for bikes not picked up after this hours.

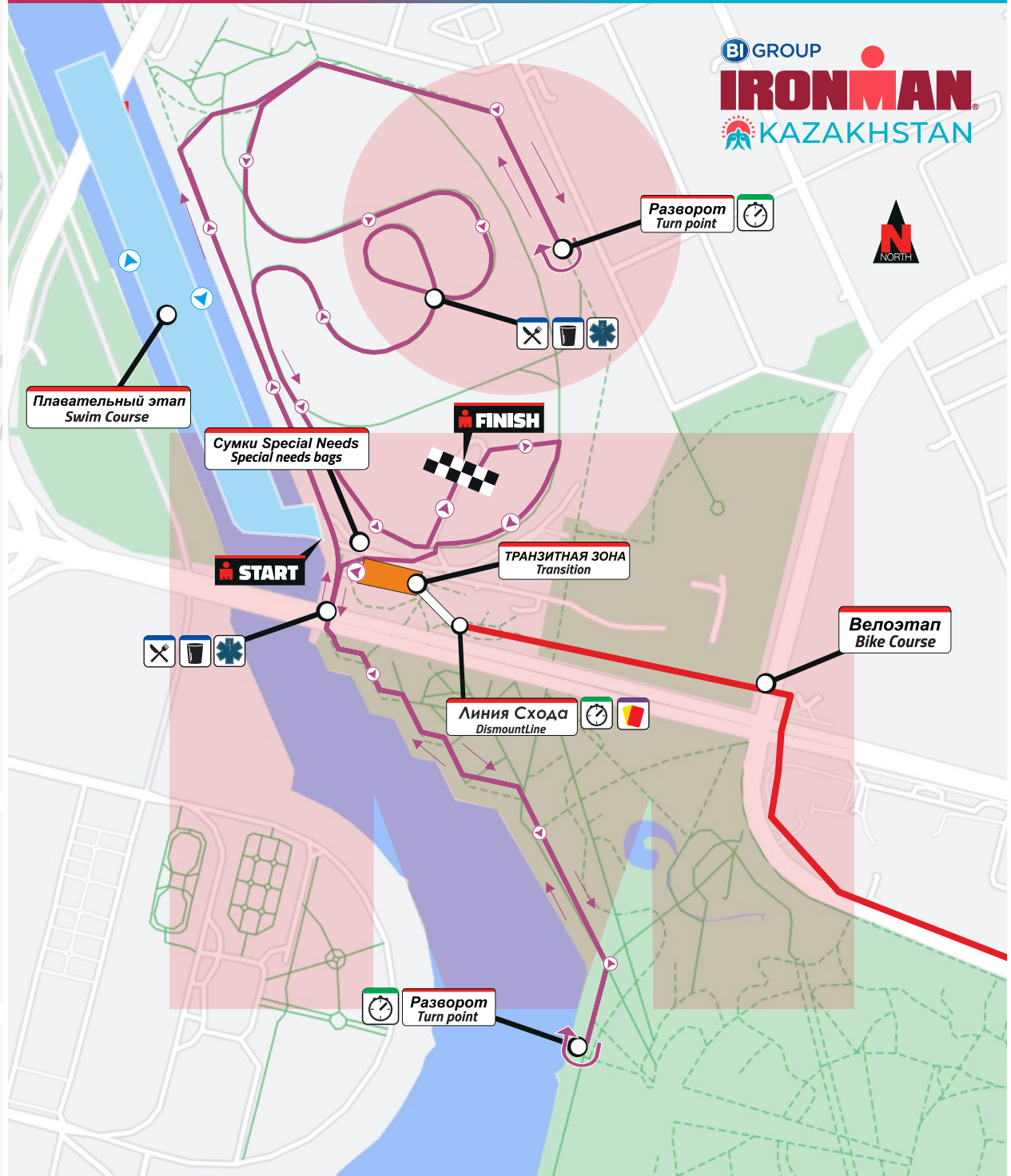


RUN COURSE IRONMAN



RUN COURSE БЕГОВОЙ ЭТАП

42,2 km – 6 loops

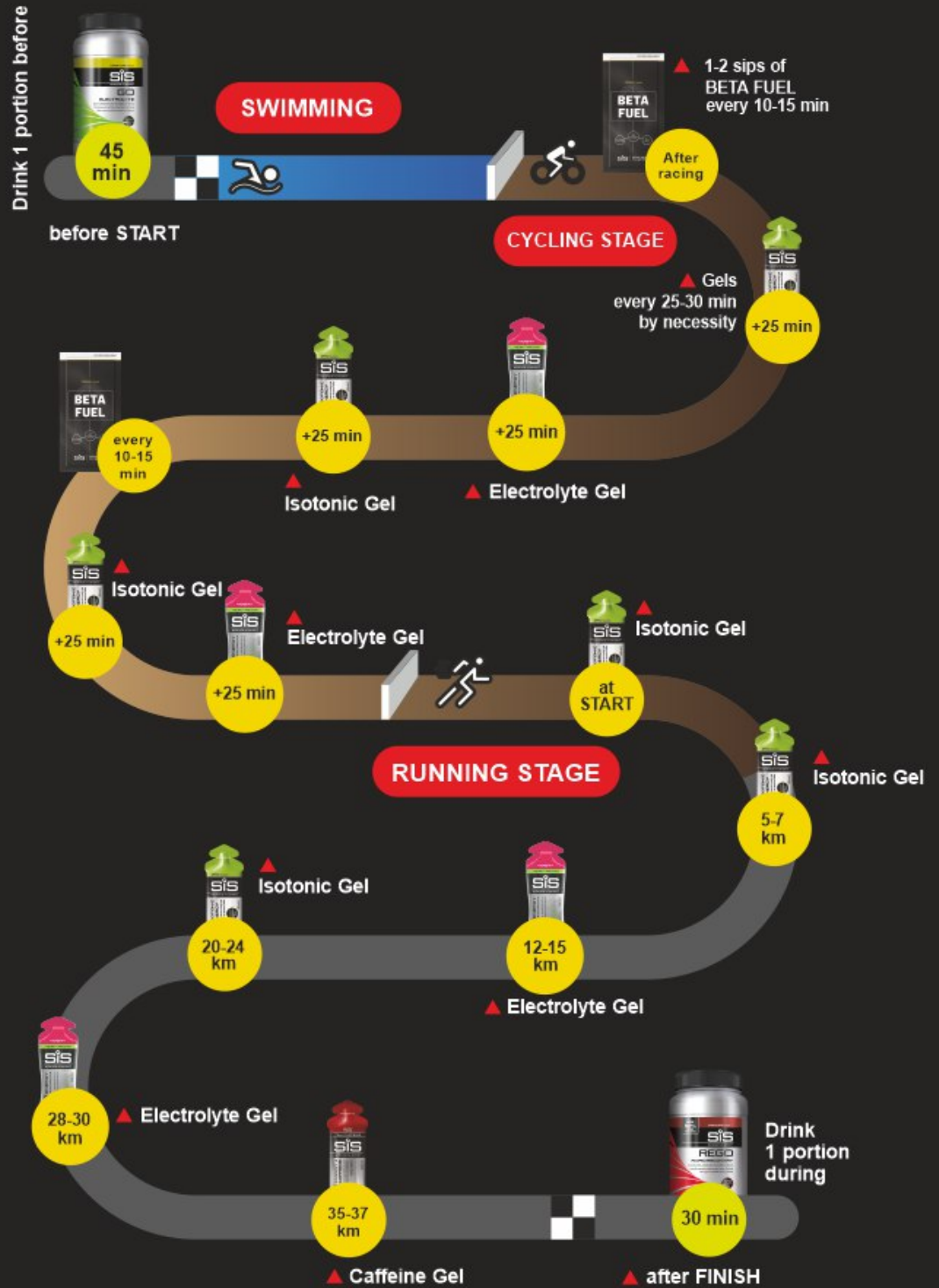


Six loops

COMPLEX OF NUTRITION



TRI 226: 3.8 | 180 | 42.2 KM



RUN COURSE IRONMAN 70.3



RUN COURSE БЕГОВОЙ ЭТАП

21,1 km – 3 loops



Three loops



RUN COURSE



COURSE DESCRIPTION

The 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana run course starting at Triathlon Park Astana. It winds its way through beautiful parks of Astana. The course is flat, fast and with a few technical passages, and the finish line is in Triathlon Park Astana.

During the run you must always wear the race number visible on the front. A shirt must be worn always during the run, and the zipper should be always connected at the bottom of the uniform. Remember that an IRONMAN race is an individual performance, which means that no vehicles, bikes, or people running may escort the athlete. You must reject the assistance immediately; otherwise, it may cause a penalty.

Race officials will be on the course to show directions. Please always follow their directions.





AID STATIONS



BIKE AID STATIONS

You will pass three aid stations on the bike course. They are placed at the following locations:

Toilets are placed at all aid stations. Failure to use these for relief will result in a disqualification.

You are **ONLY** allowed to deposit bottles and garbage in the designated drop zones, which are clearly marked. Please keep the environment in mind before tossing garbage. Failure to follow these directions can result in a disqualification.

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.

RUN AID STATIONS

On the run course you will pass five aid stations. You could see their location in scheme.

We have several public WC in the run course. **Please use them for relief! Failure to do so will result in a disqualification**

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



TIMING & CUT-OFF



2023 BI GROUP IRONMAN Kazakhstan is a 16-hour 30 minutes race maximum.

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

- **Swim: 2 hours 20 minutes**
- **Swim + Bike: 10 Hours 30 Minutes**
- **Swim + Bike + Run: 16 Hours 30 Minutes**

2023 FREEDOM IRONMAN 70.3 Astana is an 8-hour 30 minutes race maximum.

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

- **Swim: 1 Hour 10 minutes**
- **Swim + Bike: 5 Hours 30 Minutes**
- **Swim + Bike + Run: 8 Hours 30 Minutes**

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

TIMING CHIP

You have received your personal timing chip, with strap for attachment at the 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 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 Transition area.

If you choose not to start the race, you still must return the timing chip. This is done at the counter for White Street Wear hand-in.

After you have finished the amazing 2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana, you must return the timing chip. You must do this in the transition area when you exit the area and check out your bike. Otherwise, you will get a fine.



AWARD CEREMONY & IRONMAN/IRONMAN 70.3 WORLD CHAMPIONSHIP SLOT ALLOCATION



LOCATION: CIRCUS TERRACE

2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana will award slots for the IRONMAN and IRONMAN 70.3 World Championship.

Attention! Award ceremony and Slot allocation between BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana are separated.

FREEDOM IRONMAN 70.3 Astana Award ceremony would be on Sunday, 18.00. Slot allocation in 19.00

BI GROUP IRONMAN Kazakhstan Award ceremony would be on Monday, 12.00. Slot allocation on 13.00

LOST AND FOUNDS

2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana 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 Monday, 03 July. Lost items, that have not been picked up at these times will be kept in the custody of IRONMAN Kazakhstan and can be returned by full payment of shipping costs and administration fee. After 1st September, lost and found items will be discarded.

FINISH LINE PARTY

The moment we have all been waiting for, the last meters after completing your distance. Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras - it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

ATHLETES GARDEN

After the race, you can relax in the Athletes Garden. The following will be available:

- Food & Drinks
- Changing room
- Massage
- Toilets & Showers
- Medical personnel



Astana, 2023

IRONMAN 2022 COMPETITION RULES



2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana will be sanctioned by the Rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage:

<https://www.ironman.com/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.

2023 BI GROUP IRONMAN Kazakhstan and FREEDOM IRONMAN 70.3 Astana 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.



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RELAY



Relay - it is a fun race within in BI GROUP IRONMAN 70.3 Astana. The Prizes categories would be:

- Male team
- Female team
- Mix team

The Relay element is a chip.

BEFORE THE RACE

- The team captain needs to ensure that all team members are registered successfully
- Could be registered 2 or 3 participants
- The change of a team member can be done until 10 days prior to race day. No changes will be accepted past this deadline

RACE WEEK

- Only captain or all team could pick up race package at registration.
- IMPORTANT:** Attend the race briefing for further information about the race for relays.





RELAY



RACE DAY

- a.** Keep Cut-off times for each discipline in mind. Cut-off times vary in each race, please check race info for more details
- b.** Each team member receives a finisher t-shirt as well as one finisher medal
- c.** You can cross the finish line with your team members
- d.** You COULD cross the finish line with your team members.
- e.** Start of relay team could be only when all relay team starts. Start with AGE GROUP participants mixed.

RELAY TRANSITION

In front of the entrance to the transit area there is a relay area. A cyclist and a runner are allowed to be already in full equipment to pass the stage. After the transfer of the chip by the swimmer, the cyclist follows through the transit to the bike and then to the beginning of the bike stage. Upon returning to the transition area, the cyclist pushes the bike to a numbered place and then proceeds to the transfer zone to pass the chip to the athlete.



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 Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

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.

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



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The National Research Cardiac Surgery Center is a modern world-class clinic specializing in cardiology, cardiac surgery, interventional cardiology and arrhythmology.

The Center is unique in providing a full cycle of medical care to the patient, beginning with diagnostics and consultation, following by prophylactics, outpatient and inpatient treatment, as well as rehabilitation and end of life care. The main principle of "Patient first" draws the Center's attention on the individual approach to each patient.

The expertise of the staff and last generation equipment makes it possible for the clinic to provide the best care in Central Asia to the patients. Nevertheless it is better to take responsibility of your own wellbeing and regularly undergo medical check-ups. Timely detection of the disease can significantly contribute to the effectiveness of the treatment.

The Center offers diagnostic check-up programs for children and adult patients, including special packages for professional athletes and sports enthusiasts.



NATIONAL RESEARCH CARDIAC SURGERY CENTER

ACHIEVEMENTS

more than 80 thousand treated patients	28 thousand open heart surgeries	about 250 thousand outpatients
more than 72 thousand interventional procedures and researches		
111 scientific publications and 17 congresses, conferences and symposiums	16 clinical studies 9 scientific projects	
188 training cycles for regions and 122 master classes		
86 heart transplants	15 lung transplants	460 LVAD devices

The Center offers the following diagnostic packages (CHECK-UP):

"Be in shape" package for sports enthusiasts	"Healthy Baby" package for children from 0 to 13 years old
"Sportsman" for athletes involved in professional sports	"Caring for loved ones" package for comprehensive examination of patients with high blood pressure
"Healthy Heart" package for patients with high blood pressure	"Healthy Baby" package for children from 5 to 18 years old
"Full Coronary Angiography" for vascular diagnostics	"Post-COVID" package for assessing the condition after recovering from COVID

Patient First
Patient First