



SCHEDULE



LOCATIONS



ATHLETE GUIDE



## Before travelling:

- Check the schedule and make your plan accordingly.
- Read the Athlete Guide.
- Check the startlist (you are in and your age group, country and information are correct - if not send an email to [marbella70.3@ironman.com](mailto:marbella70.3@ironman.com)).



Travel to Marbella

## Before going to registration

(Friday from 10:00 to 18:00 or Saturday from 10:00 to 14:00)

- Take your ID.
- Prepare your QR code (you can find it in the race week or confirmation email).
- Annual license or credit card (if you don't have annual license and you didn't purchase the one day license online 20€ will be charged).

In registration you will pass the license control at the entrance. Then you have to go to one of our desks to collect your racepack.

## Our staff will give you:

- Bib number.
- Wristband.
- Stickers (more instructions in the sticker sheet backside).
- Swimcap.
- Backpack.
- Blue, red and white bags.

## Next step will be going to the hotel to prepare everything for the bike check-in:

We need to leave everything listed below in transition on Saturday from 14:00 to 18:00.

- Put the stickers in your bike, helmet and bags (read the instructions on the backside).
- Prepare the blue bag with your bike clothes.
- Prepare the red bag with your run clothes.
- Check your bike.

- Attend the briefing!

## It's time to go to transition!

(Saturday from 14:00 to 18:00)

### At the entrance, the referees will check:

- Your helmet with the sticker (put your helmet on).
- The bike has also the sticker (under the seat).
- You have your blue and red bag (with clothes in).

### And then:

- Leave your bike in your rack number.
- Leave your blue bag in your hanger (with the helmet inside).
- Leave your red bag in your hanger.

Please don't leave your GPS device on the bike or other valuable objects. Place everything in the bags.

Nutrition: you can leave it on your bike now or on race day in the timeframe that the transition is open.

- At the transition exit you will receive your timing chip



Sleep well

## It's your Race Day! Before leaving, don't forget your:

- Timing chip (put it in your left ankle).
- White bag.
- Wetsuit.

## Before your swim start:

(Transition will be open from 06:00 to 07:25)

- Go to transition to check your bike, fill your bottles... (optional)
- Put your wetsuit.
- Put your street clothes in your white bag and leave it in the white bags area.

- Go to the swim start area and select your starting box (just go in your selection).
- Enjoy your race!

## Congratulations for your amazing race!

- Collect your medal.
- Collect your finisher t-shirt.
- Collect your white bag.
- Check your results (if you need to appeal you should ask for the head referee in the finishline before 17:00).
- Go to transition to checkout your bike and give back the timing chip.

- Awards and Slot Allocation (Sunday at 18:30)