



DESARU
COAST
JOHOR, MALAYSIA

MULTI SPORT FESTIVAL

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70.3®

DESARU COAST
MALAYSIA

ASIA TRICLUB CHAMPIONSHIP

ATHLETE INFORMATION GUIDE

19.05.2024 #IM703DESARUCOAST

www.ironman.com/im703-desaru-coast

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RACE DIRECTOR MESSAGE

Dear Athletes,

Selamat Datang to the 2024 IRONMAN 70.3 Asia TriClub Championship Desaru Coast!

For the third year running and as part of the Desaru Coast Multisport Festival, IRONMAN welcomes more than 1000 athletes with their family and supporters to this exceptional holiday destination.

The stability and growth of the event makes this the best weekend for athletes of all levels of experience to come together and race. From IRONKIDS Desaru Coast to 5150 Desaru Coast and Desaru Coast Sprint Triathlon, we believe that this matured event will offer the challenge that you are pushing and craving for.

This year, Desaru Coast is the proud host of the 2024 IRONMAN 70.3 Asia TriClub Championship which will see TriClubs compete to be the top club in Asia. We are thrilled with the enthusiastic responses we received from TriClubs, rallying their troops to push the limit and claim the crown. We believe that Desaru Coast, Johor offers a unique and challenging experience for athletes of all levels. To further add to the TriClub vibes, this year we have added on a few TriClub Zones around the race site as well.

Our organising team has committed great efforts to put on a high-quality race and event for athletes, spectators and family members over the weekend. From the planning, preparation to the execution of it all, just to ensure that every athlete has an unforgettable race experience. We are committed to deliver a safe and well-organized event so you can enjoy your race.

Thank you volunteers and crew! They put their heart into this event and always willing to go above and beyond. Do take a moment to express your gratitude to the volunteers, crew and anyone who made this event possible.

From the first smile that greets you at Athlete Check In, to assisting athletes under the sun in Transition, setting up the course from the night before, guiding you to the swim start, providing support at aid stations and welcome you back at the finish precinct, our volunteers and crew are the backbone of this event. They are the important pieces in the puzzle to complete the event.

To the first timers, happy racing and enjoy the event.

For seasoned athletes, there may be some unfinished business from your previous race, redeem it! Or maybe a PB this year !!

We can't wait to see you push yourself to new heights, and we hope you have an incredible weekend! See you at the finish line!

Terima Kasih.



Fauzy Famir
Race Director

RACE REFEREE MESSAGE

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

- Ride on the left side of the bike lane
- 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, bidons, gel wrappers etc., On any part of the course except within designated litter zones near aid stations.

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 box.

Yellow card stop start penalties to be served at the next penalty box 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.

Yellow card stop start and correct penalties include:

- **Helmet** – failing to have your chin strap securely fastened when moving with your bike.

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),
- The use of electronic equipment including telephones, including the use of earphones or other communication devices.

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

I sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN 70.3 goals.



Melody Tan
Race Referee

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EVENT SCHEDULE



Event Schedule is up to date as of 17 April 2024 and is subject to change.
View the Event Schedule online for the most up to date version.

FRIDAY 17 MAY 2024		
Time	Event	Location
1.00PM – 9.00PM	Desaru Coast Festival Village	Riverside, Desaru Coast
1.00PM	Priority Athlete Check In : AWA Athletes	Desaru Coast Conference Centre
2.00PM – 4.00PM	IRONKIDS Desaru Coast Athlete Check In	Desaru Coast Conference Centre
2.00PM – 7.00PM	IRONMAN 70.3 Desaru Coast Athlete Check In	Desaru Coast Conference Centre
2.00PM – 7.00PM	5150 Desaru Coast & Desaru Coast Sprint Triathlon Athlete Check In	Desaru Coast Conference Centre
2.00PM – 7.00PM	IRONMAN Official Merchandise Store	Desaru Coast Conference Centre
2:00PM – 7:00PM	IRONMAN Sports & Lifestyle Expo	Desaru Coast Conference Centre
2:00PM – 7:00PM	Information Counter Open	Desaru Coast Conference Centre
3:45PM – 5:00PM	IRONKIDS Desaru Coast Transition Open	IRONMAN 70.3 Desaru Coast Finish Line, The Westin Desaru Coast Resort
4:30PM	IRONKIDS Desaru Coast Transition Briefing	IRONMAN 70.3 Desaru Coast Finish Line, The Westin Desaru Coast Resort
5.00PM	IRONKIDS Desaru Coast Start	The Westin Desaru Coast Beachfront

SATURDAY 18 MAY 2024		
Time	Event	Location
5.00AM -1.00PM	Information Counter Open	The Westin Desaru Coast Resort
5:00AM – 6:30AM	5150 Desaru Coast & Desaru Coast Sprint Triathlon Bike Check In & Transition Open	Transition at The Westin Desaru Coast Resort
7:00AM – 9:00PM	Desaru Coast Festival Village	Riverside, Desaru Coast
7:05AM	5150 Desaru Coast & Desaru Coast Sprint Triathlon Race Start	The Westin Desaru Coast Resort
8:09AM (Approx.)	Desaru Coast Sprint Triathlon First Finisher	The Westin Desaru Coast Resort
9:30AM (Approx.)	5150 Desaru Coast First Finisher	The Westin Desaru Coast Resort
11:00AM – 2:00PM	5150 Desaru Coast & Desaru Coast Sprint Triathlon Bike Check Out	Transition at The Westin Desaru Coast Resort
10:00AM – 5:00PM	IRONMAN 70.3 Desaru Coast Athlete Check In	Desaru Coast Conference Centre
10:00AM – 5:00PM	IRONMAN Official Merchandise Store	Desaru Coast Conference Centre
10:00AM – 5:00PM	IRONMAN Sports & Lifestyle Expo	Desaru Coast Conference Centre
1:00PM – 5:00PM	Information Counter Open	Desaru Coast Conference Centre

Event Schedule continued over page

EVENT SCHEDULE



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SATURDAY 18 MAY 2024		
Time	Event	Location
1:00PM	5150 Desaru Coast & Desaru Coast Sprint Triathlon Awards Presentation	Desaru Coast Conference Centre
2:00PM	Race Director Update	Desaru Coast Conference Centre
4:00PM – 7:00PM	IRONMAN 70.3 Desaru Coast Bike Check In (Compulsory)	Transition at The Westin Desaru Coast Resort
4:30PM	Transition Tour 1	Transition at The Westin Desaru Coast Resort
5:30PM	Transition Tour 2	Transition at The Westin Desaru Coast Resort
6:30PM	Transition Tour 3	Transition at The Westin Desaru Coast Resort
4:00PM – 6:30PM	Official TriClub Photo Session at Finish Arch	IRONMAN 70.3 Desaru Coast Finish Line, The Westin Desaru Coast Resort

SUNDAY 19 MAY 2024		
Time	Event	Location
5:30AM – 6:30AM	IRONMAN 70.3 Desaru Coast Transition Open	Transition at The Westin Desaru Coast Resort
5:30AM – 5:00PM	Information Counter Open	The Westin Desaru Coast Resort
7:00AM – 9:00PM	Desaru Coast Festival Village	Riverside, Desaru Coast
7:05AM	IRONMAN 70.3 Desaru Coast Race Start (Rolling Swim Start)	The Westin Desaru Coast Resort
9:00AM – 5:00PM	IRONMAN Official Merchandise Store	Desaru Coast Conference Centre
11:19AM (Approx.)	IRONMAN 70.3 Desaru Coast First Finisher	The Westin Desaru Coast Resort
1:00PM – 5:00PM	IRONMAN 70.3 Desaru Coast Bike Check Out	Transition at The Westin Desaru Coast Resort
3:55PM (Approx.)	IRONMAN 70.3 Desaru Coast Race Cut-Off	The Westin Desaru Coast Resort
4:00PM – 6:30PM	Information Counter Open	Desaru Coast Conference Centre
4:45PM	2024 VinFast IRONMAN 70.3 World Championship Taupo, New Zealand Roll Down Ceremony	Desaru Coast Conference Centre
5:45PM	IRONMAN 70.3 Desaru Coast Awards Presentation	Desaru Coast Conference Centre



Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



ATHLETE CHECK LIST



PRE-EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarize yourself with Event Schedule (know all check- in/drop off times).
- Pack photo ID in your luggage.
- Familiarize yourself with the course - it is your responsibility to know this on race day.

ONCE I ARRIVE (PRE-RACE)

- Familiarize yourself with the event venue and key areas (Check-In, transition, swim start, finish line, presentations & WC Roll Down).
- Familiarize yourself with road closures.
- Check-In and collect race kit.
- Rack bike and drop off transition bag for suggested items in your transition bag.
- Pack items for race day.
- Relay Teams – Familiarize yourself with the team transition entry point.

RACE DAY

- Ensure you have all items for your race including, helmet, timing chip & trisuit.
- Enter Transition for last minute checks & drop off bike pump.
- 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 – transition bag, street gear bag, bike pump, bike.

POST RACE

- Attend World Championship Roll Down & presentations.
- Upload your #medalmonday photo on your social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring your physical credit card (no apple pay etc accepted).
- Bring friends and family to celebrate.



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RACE KIT



RACE KIT COLOURS

Gold – AWA

Orange – Age Group Athletes

Dark Green – Relay Teams

1. RACE BIB NUMBER

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

2. ATHLETE WRISTBAND

Secured at Athlete Check-In with your race number to identify you as an official athlete and must be worn at all times until after awards and roll down. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed.



NO WRISTBAND = NO ACCESS.

3. TATTOO

Number Tattoo: Place on right bicep.

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.

Zone 1 – Under 40 minutes - Red

Zone 2 – 41 to 50 minutes – Blue

Zone 3 – Over 51 minutes - White

5. TRANSITION BAG

Use the green transition bag supplied and attach relevant sticker. Include equipment and items required for the race. Athletes may choose to leave their bags on the bike racks during check in but it is not compulsory.

6. STREET GEAR BAG

Place items required for post race (collected in the Street Gear Bag tent). Drop off race morning. Must use bag supplied, attached with relevant sticker.

7. 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.

8. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check during bike check-in.

9. BIKE PUMP STICKER

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

10. STREET GEAR BAG STICKER

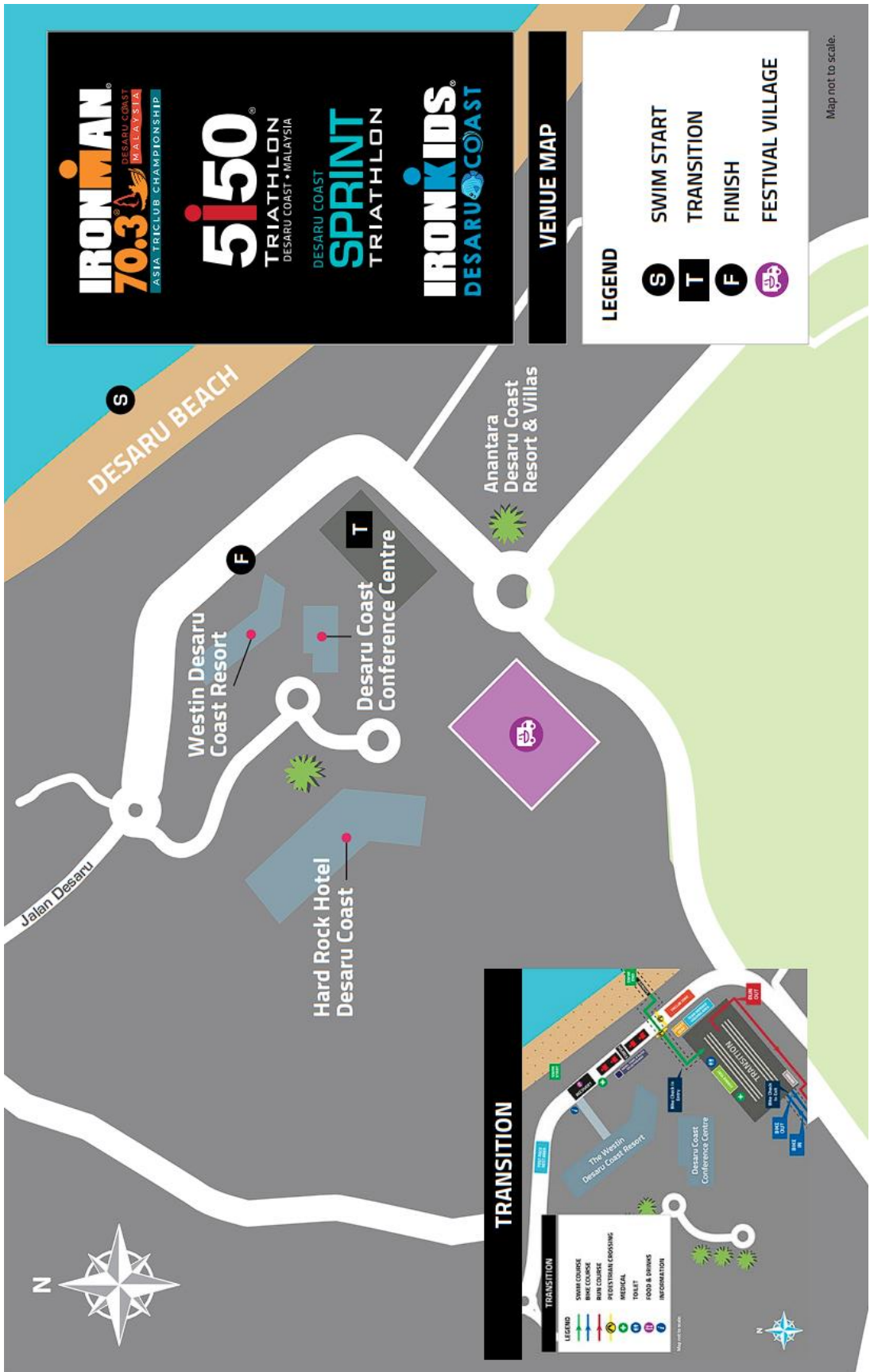
Remove sticker from backing sheet and stick onto the designated label area on your street gear bag.

11. TRANSITION BAG STICKER

Remove sticker from backing sheet and stick onto the designated label area on your transition bag.

Note: Timing chips are to be collected at Timing Tent in Transition before leaving the transition area during Bike Check-in. (refer to Page 13)

VENUE MAP



PRE RACE INFORMATION



ATHLETE CHECK-IN

See page 6 - 7 for time and location.

All packs will need to be collected during Athlete Check-In opening hours. If you do not check-in during the designated Athlete check-in hours you will not be permitted to race. **Please note, no packs will be posted out to athletes.**

ALL RACE PACKS MUST BE PICKED UP BY 5:00pm on Saturday, 18 May 2024.

WHERE:

Desaru Coast Conference Centre.
No.4, Jalan Pantai 3, Desaru Coast, Desaru,
81930 Johor.

What you will need to bring:

- Photo ID (driver's licence or passport).
- Active.com Confirmation email with QR Code

Emergency Contact

Athletes are required to check-in at the venue during the dates and times listed on the Event Schedule. Athlete Check-In will not be available outside the posted times.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below.
+6017 – 877 0591 or email us at

malaysia@ironman.com

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not 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 World Endurance Malaysia Sdn Bhd future races and banning both parties from future IRONMAN Asia Triathlon Races.

Relay Team Check-In

Relay teams must be present together at Athlete Check-In, at the same time. No relay team will be permitted to check in if all

members are not present. All relay teams must check-in during the posted Athlete Check-In dates and times – **NO EXCEPTIONS.**

TIMING CHIP

Pick Up: You must collect your timing chip at the Timing Tent in Transition before leaving the transition area during Bike Check-In.

At the timing table, you will verify that your name matches your number.

Hot Tip: Place the timing chip somewhere safe after collection

During Race: Your chip must be worn on your left ankle during the race. It is essential that we know where you are on the course at all times for your safety.

If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or hand it to the Information Counter/ Drop Out Clerk.

Lost During Race: If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim start, swim exit, bike exit or run exit. If you lose your chip while on the run course, please notify an IRONMAN Staff Member immediately after crossing the finish line.

Timing Chip Replacement:

The replacement will be charged back to the athlete of USD 150.

After the race, if you realize you still have your chip, please mail it within 5 business days to:

World Endurance Malaysia Sdn Bhd

100.3-033, Block J, Jaya One,

72A, Jalan Universiti,

46200 Selangor, Malaysia

Attn: Athlete Services

Note: Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

PRE RACE INFORMATION



PRE-RACE

TRANSITION TOURS

Tours will take approximately 30 minutes. The tour will include:

- Flow of Transition
- Change Tent Functionality
- Entry/Exit points
- Suggested Setup
- Opportunity for Q&A

View the Event Schedule (page 7) for times and location.

BIKE RACKING

View the Event Schedule (page 7) for times and location.

Prior to entry:

- Attend Athlete Check-In
- Secure Bike Seat Post Sticker
- Attach Bike Helmet Sticker

Bike checks:

- Conducted by Race Technical Officials upon entry.
- You, the athlete, are responsible for your bike being in safe working order.
- Officials will be checking for such things as:
 - End plugs on handle bars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules and Regulations.

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 from the Transition team.

You will have access to your bicycle from 5.30am on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

BIKE HELMET

Technical officials will be conducting compulsory helmet checks as you enter the

Transition area during bike racking. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition. It is optional to leave your helmet overnight inside your GREEN Transition Bag once the technical officials have conducted the checks on it.

Athletes are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition entrance. See the 2024 [IRONMAN Competition Rules](#) for more information.

***Note:** NO helmet check will be conducted by technical officials on race morning.

RUNNING SHOES

Technical officials will be conducting compulsory running shoes checks as you enter the Transition area during Bike check-in. A list of pre-approved running shoes can be found [here](#).

BIKE MECHANICS

From 17 May – 18 May 2024, bike mechanics will be available to offer minor mechanic services at IRONMAN Sports & Lifestyle Expo. This is a paid service (terms and conditions apply).

A limited 'emergency service' will be available on race morning at Transition for all athletes. See Bike Course information on page 37-40 for on course support.

RACE BRIEFING

The online Race Briefing will cover important information pertaining to any peculiarities of the course, rules, cut-off times and course closures for the disciplines and most importantly any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts.

Race briefing video will be up one week prior to the race. It can be found on our website, social media pages as well as via QR Codes around Athlete Check-In.

Note: If there is any last-minute race information update, it will be cover in the Race Director Update on Saturday, 2.00PM at Desaru Coast Conference Centre.

PRE RACE INFORMATION

SWIM PRACTICE

There is no official swim practice as the swim area is open to public and athletes can swim at your own risk at any time, please note there will be no lifeguards on duty.

FOOD VOUCHER

Every athlete will receive an RM 35.00 voucher to be used at the Festival Village during the race weekend (17 – 19 May 2024).

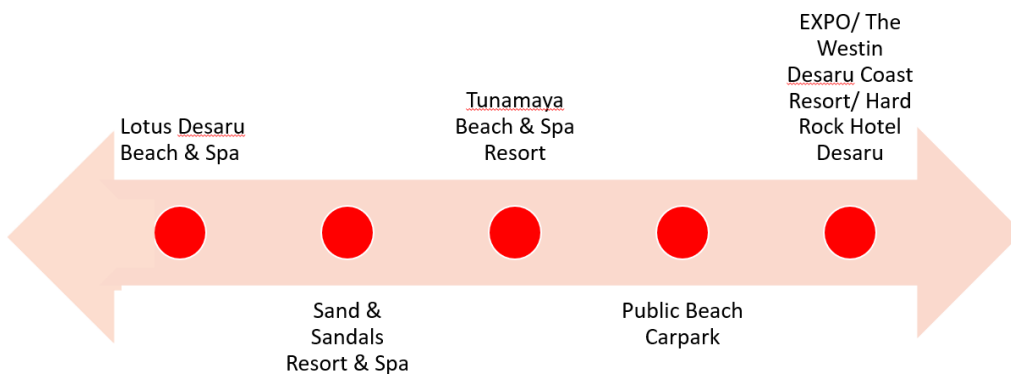
PARKING

Parking is available around the race site.



SHUTTLE BUSES

Shuttle buses will be available from **1:00PM – 10:00PM on Friday** and **5:00AM – 10:00PM on Saturday and Sunday**, at 30 – 40 minutes intervals from the locations listed below



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BAG DROP / COLLECTION

STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected post-race. The bag provided to you during Athlete Check-In must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck on the designated area on the bag.

Examples Include:

- Change of clothes
- Different footwear
- Please refrain from placing any valuables in your bag where possible.

View page 18 for time and location.

All athletes are to drop off their street gear bag at the Street Gear Bag tent outside Transition area on race morning. Collection of the bags will be at the same area post-race.

TRANSITION BAG

Transition bag contains items an athlete requires during the race. Any items required for the race that cannot be attached to your bike must be placed within the relevant bag.

Your transition bag is to be hung on the provided hook next to your bike in Transition.

Example of items athletes should consider:

Transition Bag	
Bike leg	Run Leg
Bike shoes (or attached to bike pedals)	Running shoes (compulsory)
Helmet (compulsory)	Race bib number (compulsory)
Sunglasses	Sunglasses
Socks	Hat/visor
Change of clothes	Socks
Nutrition and fluids (or on bike)	Change of clothes
Towel	Nutrition and fluids
Sunscreen	

View page 18 for time and location to drop off and collect your transition bag post-race.

BAG DROP / COLLECTION

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
TRANSITION BAG	<p>When: Saturday, 4:00pm – 7:00pm or Sunday, 5.30am – 6.30am</p> <p>Location: Transition</p>	All the different gear needed for each leg of the race would be in this bag, which will be hung next to your bike	<p>When: Sunday, 1:00pm – 5:00pm</p> <p>Location: Transition</p>
STREET GEAR BAG	<p>When: Sunday, 5:30am – 6:30am</p> <p>Location: Street Gear Bag tent outside Transition</p>	Not used during race	<p>When: Sunday, 11:00am – 5:00pm</p> <p>Location: Street Gear Bag tent outside Transition</p>
BIKE PUMP	<p>When: Sunday, 5:30am – 6:30am</p> <p>Location: Transition</p>	No Access during race.	<p>When: Sunday, 1:00pm – 5:00pm</p> <p>Location: Transition</p>

Note: When you collect your bike post race, all transition bags, street gear bags and bike pumps should be collected at the same time.

TRANSITION MAP



RACE DAY

Transition will be open from 5:30am to 6:30am on race morning, 19 May 2024. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:30am.

HELMET CHECK

Helmet checks will be conducted during bike check-in the day prior to the race.

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and 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 which aren't collected during bike collection times will be donated.

You will have the opportunity to make any last-minute tweaks/adjustments to your bike. Ensure all items are either attached to your bike or hung at your bike rack. No items will be allowed on the ground next to your bike. This includes any tubs, bags etc.

DURING RACE

SWIM TO BIKE TRANSITION

After the swim you will be directed through the swim finish chute to the bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line.

BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike. You may leave your shoes and bike gear by your bike. You will then head out onto the run course.

POST RACE

BIKE CHECK-OUT

Bike check-out is on Sunday, 19 May 2024 between 1:00pm – 5:00pm at Transition. Ensure you are aware of the closing time as, after this time Transition will become unsecure. You must have your athlete wristband on to claim your gear.

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

If your bags are not reclaimed by 5:00pm, 19 May 2024, IRONMAN 70.3 Desaru Coast organisers will not be responsible for any items left behind.



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INNOVATION

PERFORMANCE

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AID STATIONS

PRE SWIM

- Glasses drop table near swim start (collection at swim exit)
- Water

TRANSITION AID STATION (Swim to Bike & Bike to Run)

Will Offer:

- Water
- Isotonic
- Toilets

BIKE AID STATIONS

Aid stations will normally be positioned on the left-hand side of the course.

Aid Station Locations:

The Bike Course has 3 aid stations located approximately 15-20KM apart.

- B1 – 16.8KM, 52.4KM Jalan Tg Balau (Outbound)
- B2 – 36.4KM, 71.9KM Jalan Tg Balau (Inbound)
- B3 – 81KM, Jalan Desaru (Inbound)

Will offer:

- Water
- Isotonic
- High-5 Energy Gels – Orange/Berry flavour
- Banana
- Vaseline
- Sunscreen
- Toilets

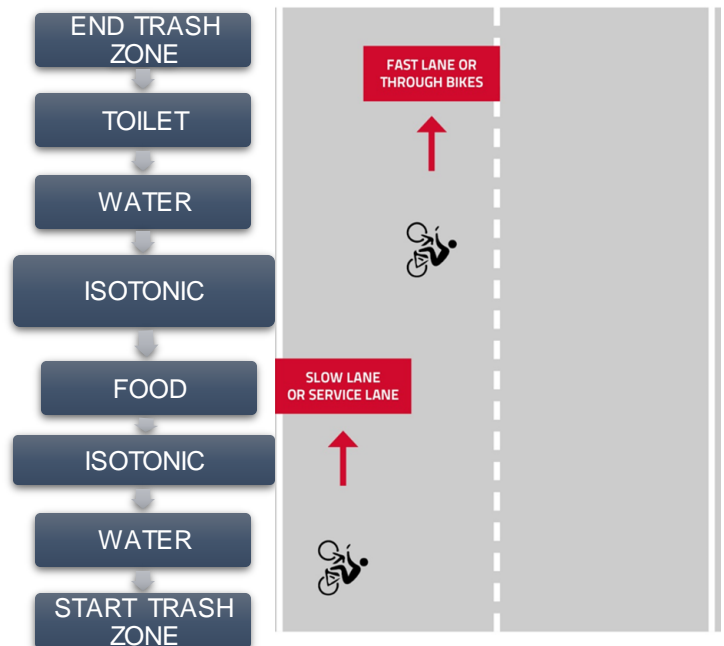
Process:

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. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the volunteer by calling out your needs.

BIDON/RUBBISH DISCARD

Please ensure bidons and any trash are only discarded in Aid Station Rubbish Zones. Don't discard anywhere else on course. Strict time penalties will apply.

AID STATION LAYOUT



AID STATIONS

RUN AID STATIONS

The Run Course has 5 aid stations located approximately 1.5-3KM apart.

- R1 – 2.1KM, 12.6KM Jalan Desaru
- R2 – 4.3KM, 14.8KM Jalan Nakhoda (CIQ)
- R3 – 6.1KM, 16.6KM Jalan Danau
- R4 – 7.7KM, 18.3KM Jalan Danau
- R5 – 9.6KM, 20.2KM Persiaran Pantai

Will offer:

- Splash zone
- Water
- Isotonic
- High-5 Energy Gels – Orange/Berry flavour
- Cola
- Bananas
- Watermelon
- Jellybeans
- Himalaya salt candy
- Ice
- Vaseline
- Sunscreen
- Toilets

Process:

Keep right when approaching a run aid station except for R5 (keep left when approaching the R5 aid station), don't stop! If you do not require any product from a run aid station, please stay to the left of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the volunteers by calling out as per your needs.

TRASH DISCARD ZONES

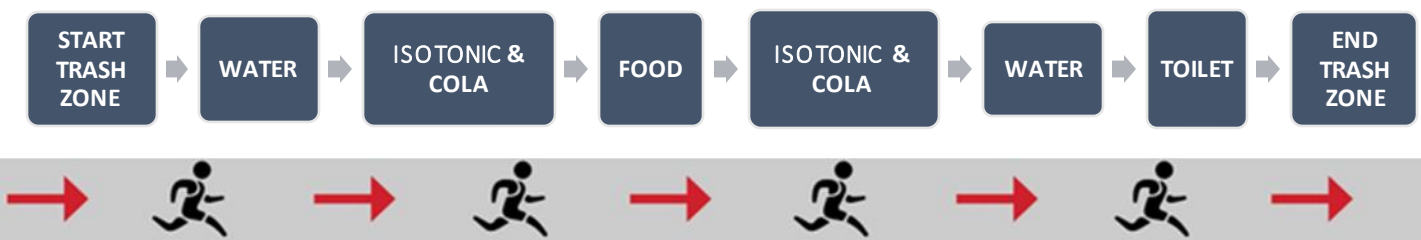
Please discard any unwanted items after the discard zone start sign and before the discard zone finish sign. Anything discarded outside this area will be penalised.

SPLASH ZONES

There will be splash zones located at all run aid stations where you will be able to cool yourself down with iced water.

MEDICAL

First Aid will be available at all aid stations on course.





We're in this together

As Official Sports Performance Nutrition of the IRONMAN Global Series, Maurten Gels and Solids will be available on-course on race day. You won't fuel short.

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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: The swim course will close **1 hour and 10 minutes** after the final athlete starts the swim. Each athlete or relay team member will get 1 hour and 10 minutes to complete the swim course regardless of when they start the swim. Any athlete or relay team member who takes longer than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

Bike: The bike course will close **5 hours and 30 minutes** after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 30 minutes to complete the swim, Transition and the bike course regardless of when they start the swim. Any athlete or relay team member that takes longer than 5 hours and 30 minutes to complete the swim, Transition and bike course will not be allowed to continue and will receive a DNF. Additional intermediate cut-offs are determined by race management and are as follows:

- First cut-off : 8:42am at Transition Bike Out,
- Second cut-off : 10:48am at Jalan Ladang Siang 2nd Roundabout Turnaround Point.
- Third cut-off : 12:55pm at Transition Bike In.

Any athlete or relay team member that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

Run/Finish: The run course will close **8 hours and 30 minutes** after the final athlete starts the swim. 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 and does

not finish before the run course is closed will receive a DNF. 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. Intermediate cut-offs are determined by race management and are as follows:

- First cut-off : 1:00pm at Transition Run Out
- Second cut-off : 2:27pm at Anantara Resort Roundabout before starting Lap 2
- Third cut-off : 3:45pm at R5 – Lap 2
- Last cut-off : 3:55pm at Finish Chute

Any athlete individual that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

The course will officially close at 4:00pm to all athletes, based on the predicted last athlete to start the swim.

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

These cut off time-of-day is a guide based on the scheduled race start and ideal race condition. However, IRONMAN reserves the right to adjust the time of day based on the race situation of the day.

Relay Teams

If a relay swimmer or cyclist drop out of any leg, the transition team will advise the next team member when they can proceed on course if it is still within the respective course cut-off time. The team will receive a DNF in the results, but each relay member will have an opportunity to complete their leg.

RACE DAY INFORMATION



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 in the course and venue map. Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG Vehicle

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

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

WITHDRAWAL

If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the Information Counter located opposite Recovery and turn in their bib number and timing chip immediately. It is essential that race official know where athletes are on the course at all times.

Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.

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RELAY TEAM INFORMATION

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

Relay Teams must still read the complete AIG for all relevant information but please note the team specific information below.

RACE KIT

Please refer to page 11 to see all inclusions in your race kit.

Please note the team differences:

- **Race Bib Number** – worn by the runner.
- **Athlete Wristband** –each team member will receive their own wristband.
- **Street Gear Bag** -each team member will receive their own Bag.
- **Timing Chip** – Only 1 timing chip per team. It acts as a baton and is passed between team members prior starting the next leg.
- **Number Tattoo** –worn by swimmer.

CHECK-IN

All relay members must be present and together during Athlete Check-In to pick up their assigned race packets. Relay members cannot pick up race packets for their teammates and will not be able to check-in if a relay team member is missing. (This is for the safety and legal accountability of all athletes during the event).

All relay members must have a photo ID.

At Check-In, each team member will be required to sign their own individual waivers – no waiver, no race. A relay team will be assigned one bib number, but each member will receive their own gift.

TIMING CHIP

Timing chip will be picked up at Transition during Bike Check-In. Do ensure the ankle strap and timing chip is securely fastened on your ankle prior to starting your leg.

Note: Athlete must NOT run with the chip in their hand at any time to ensure accurate chip reading.

TRANSITION

The baton change over between team members will occur at the Relay Team Tent in Transition. Team members will meet at the tent and pass the timing chip. The timing chip is your relay baton. Failure to do so will result as a DNF.

It is recommended that all team members attend Transition either during racking or pre-race to ensure you are aware of the transition flow.

During the race, team members will enter the Relay Team Tent to meet their racing team member.

Relay 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.

Swim to Bike (T1)

The swim leg athlete will exit the swim and head to the Relay Tent in Transition to pass the timing chip which serve as a relay baton. The cyclist must wear it before he/she can collect their bike and head onto the bike course.

Bike to Run (T2)

The cyclist must properly rack their bike at their rack in Transition before moving to the Relay Tent to pass the timing chip to the runner. The runner must wear it before heading out onto the run course.

SWIM START

Rolling Start: Team swimmers will sort themselves into the correct start group based on their swim start time and cap colour. There is no different start time for team swimmers vs individual swimmers.

RELAY TEAM INFORMATION



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 Meeting Point' at the top of the finish line chute.

If the runner only proceeds down the finish line, they will be required to collect the other Team Members towel & medal. Each relay athlete will be given 2 or 3 medals (depending on the size of the team) once finished.

RELAY TEAM CUT-OFFS

If a relay team member drops out of any leg, the next relay member will be able to continue the race if it is still within the respective course cut-off time, but the team will receive a DNF in the official results.

The next relay member will need to get a new timing chip from the race officials for safety purposes.

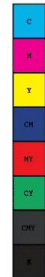
The transition team will communicate with the team members at the relay tent and send them onto course when it is safe, with their own timing chip.

Santini

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PUSHING BOUNDARIES



2024 IRONMAN 70.3 ASIA TRICLUB CHAMPIONSHIP DESARU COAST INFORMATION



TRICLUB AWARDS

The TriClub Awards combined efforts of the top 5 Finisher athletes in a TriClub with the lowest total time at 2024 IRONMAN 70.3 Asia TriClub Championship Desaru Coast to determine the club's combined total. Only the top three Malaysia TriClubs and International TriClubs will be awarded. The rewards are as follows:

Malaysia TriClub	International TriClub
1 st Place: Trophy + USD700	1 st Place: Trophy + USD700
2 nd Place: Trophy + USD 500	2 nd Place: Trophy + USD 500
3 rd Place: Trophy + USD 300	3 rd Place: Trophy + USD 300

Note: Please visit our website [here](#) for terms & conditions.

TRICLUB ZONE

The TriClub Zone will be located at 3 areas, providing the TriClubs with more areas to host their club members. TriClub's leaders can bring their own decorations, banners, flags and props to decorate their own zone.

• Pre-Race

There will be 5 booths available at the IRONMAN Sports & Lifestyle Expo for TriClubs to promote their club. Each booth comes with a table and 2 chairs. TriClub's leader will have to email malaysia@ironman.com to book their spot.

Note: All booths are on a first come first served basis.

• Race Day

Desaru Coast TriClub Zone		
Location	Number of tents	Reservation Method
Anantara Hotel Roundabout	5 pop up tents	No prior reservation required
Finish Line	5 pop up tents	No prior reservation required

TRICLUB LOGO PHOTO WALL

There will be a special TriClub logo photo wall at the IRONMAN Sports & Lifestyle Expo. Rally your troops and take pictures with your logo!

OFFICIAL TRICLUB PHOTO AT FINISH ARCH

Our team of professional photographers will be at the Finish Line Arch from 5PM till 6PM on Saturday, 18 May 2024 to capture your team picture. Each TriClub will be given 10 minutes for photo taking.

Prior time slot booking is required by the TriClub leader through our [google form](#) for the photo session. All booking slot is on a first come first served basis.

IMPORTANT: It is the athlete's responsibility to ensure their TriClubs are registered/updated in their IRONMAN profiles prior to race week.

RŌKA



LUCY CHARLES-BARCLAY
2023 IRONMAN WORLD CHAMPION

MAVERICK X2

FASTEST WETSUIT IN THE WORLD.

"The most comfortable, mobile wetsuit I have worn yet. The shoulder / arm flexibility is unmatched. Highly recommend."

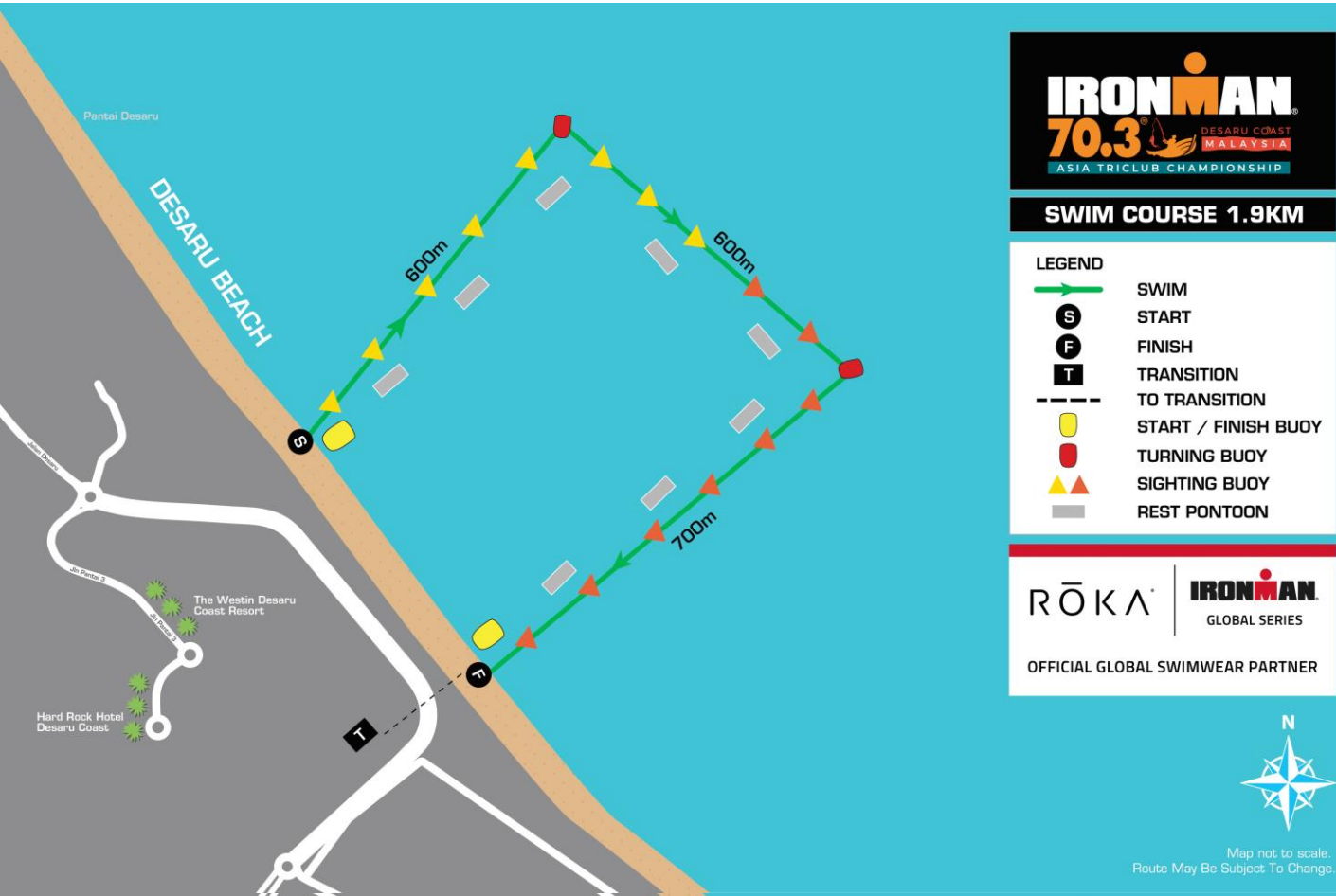
Julia C. — Seattle, WA

PATENTED
PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

ROKA SWIM COURSE 1.9KM



COURSE MAP



COURSE

- 0 KM swim starts at The Westin Desaru Coast Resort
- 0.6KM turn right
- 1.2KM turn right
- 1.9KM swim exit at The Westin Desaru Coast Resort

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 chip removed. If your timing chip has been removed, do not attempt to re-enter the race.

Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the kayaks, buoys, and aquatic crafts that line the course.

ROKA SWIM COURSE 1.9KM



WARM UP SWIM

No warm up swim will be available

ROLLING START

The race will start at 7:05am.

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Three different Start Zones are available, depending on an athlete's expected swim time:

Zone 1 – Under 40 minutes - Red

Zone 2 – 41 to 50 minutes – Blue

Zone 3 – Over 51 minutes - White

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.

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 3 until all athletes have crossed the timing mat and begun the race.

SWIM CAPS

All Roka swim caps provided will be latex based.

SWIM CUT OFF

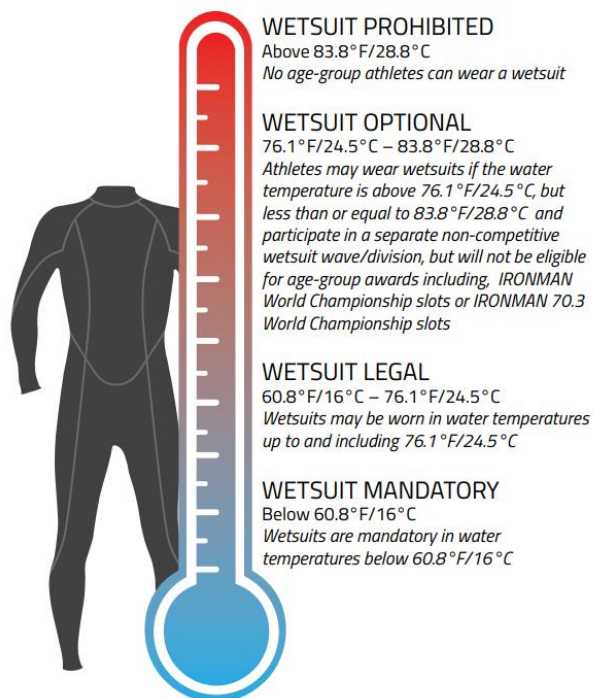
1 hour 10 mins from athlete's individuals start time

Swim cut-off time at 8:35am based on last athlete in the water.

WETSUIT RUILING

Expected Water Temperature: 28°C (*subject to change based on conditions)

See Race Rules on page 47 - 48 for more information.



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. Where possible drop your glasses at the swim entrance collection point. Your glasses will be brought over to swim exit for collection.

SWIM TO BIKE TRANSITION

After the swim you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

1 PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers 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 LEARN ABOUT COURSE DETAILS

- 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.
- Keep in mind, every body 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.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

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 aren't able to 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, 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

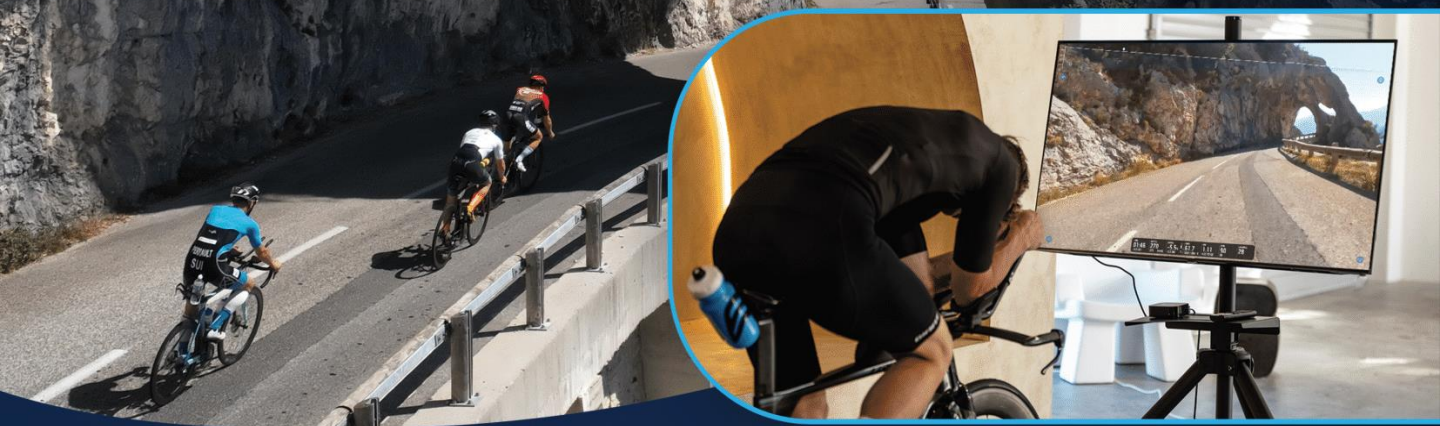
- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.

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2024 OFFICIAL VIRTUAL CYCLING PLATFORM

CONQUER THE BIKE COURSE ON RACE DAY



Discover the ultimate training companion with FulGaz! Access over 100 official IRONMAN and IRONMAN 70.3 bike courses for race preparation, workout integrations and triathlete support communities, all from the comfort of your home.

Real roads and real results, putting you a step ahead of your competitors!



"FulGaz has revolutionized my training approach for IRONMAN bike courses. It allows me to rehearse the entire course, mentally prepare for what's ahead and feel the real course inclines and descents. I'm using the platform for motivation, to build bike strength and to know the courses I'm racing on, such as the IRONMAN World Championships in Nice."

- Nikki Bartlett, Professional Triathlete

GET STARTED TODAY WITH A FREE TRIAL

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BIKE COURSE 90KM

COURSE MAP



BIKE COURSE 90KM

COURSE DESCRIPTION

0KM – Mount Bike (Persiaran Pantai)
 1.5KM – Turn Right
 (Enter Jalan Kampung Punggal)
 4.9KM – Roundabout Go - Straight
 (Enter Jalan Tg Balau)
 9.6KM – Roundabout Go - Straight
 (Enter Jalan Sedili Kecil)
 27.5KM/ 63KM – Turnaround
 (Jalan Sedili Kecil)
 45.2KM – Turnaround (Jalan Tg Balau)
 80.8KM – Roundabout Go - Straight
 (Enter Jalan Tg Balau)
 85.6KM – Roundabout Go - Straight
 (Enter Jalan Kampung Punggal)
 89KM – Turn Left (Enter Persiaran Pantai)
 90KM – Dismount Bike (Persiatan Pantai)

AID STATIONS

Aid stations are approximately 15-20KM apart on the bike course.

BIKE CUT OFF

5 hours 30 mins from athlete's individual start time, the bike course will close at 1:00pm based on last athlete in the water.

There will be an intermediate cut-off at :

- First cut-off 8:42am at Bike Out
- Second cut-off 10:48am at Jalan Ladang Siang 2nd Roundabout Turnaround Point
- Third cut-off 12:55pm at Bike In.

TRAFFIC

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

BIKE COURSE 90KM

DRAFTING PENALTIES

- Absolutely **NO DRAFTING** of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Right-hand side
- Must complete your pass within 25 seconds
- Must be making forward progress at all times
- A started pass must be completed – NO Slip Streaming
- After being passed drop 12 metres back
- Cannot pass until 12 metres back
- A competitor passing on the inside (left hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the RIGHT.
- A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the left of the cycle lane will receive a Blocking penalty.

You must report to the PENALTY tent (Yellow Tent) after you dismount your bike. The penalty tent will be approximately 250m before you reach the Transition Area.

Failure to do so will result in DISQUALIFICATION.

If you receive 3 blue card penalties, you will be DISQUALIFIED.

Follow this link to [IRONMAN Competition Rules](#).

Please Note: The drafting and blocking penalties CANNOT be challenged under any circumstances.

For safety reasons, the following cycling positions are prohibited:



BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike. You may leave your shoes and bike gear by your bike. You will then head out onto the run course.

BIKE MECHANICS

There will be bike mechanics at all aid stations and Roving Bike Mechanics will be available on course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

There will be SAG vehicles stationed near aid stations as well as turnaround points on the bike course if you cannot continue on course.

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

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



DRAFTING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION
BLUE CARD
Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION
YELLOW CARD
30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ)
RED CARD
3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions – this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

2 LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

3 SUIT UP

- Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- Choose clothing that is visible in low-light conditions.

4 BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

DURING THE RIDE

7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding – pull off the road if you need to make a call or send a text.
- Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

8 OBEY THE LAW

- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9 COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.



R2^{3.0} CALF SLEEVES



Compression Grid Pattern

Targeted high level muscle support.

Decreasing the risk of injury and cramps.



Waffle Proprioceptive Stripes

Promote microcirculation and lymphatic flow.

Less chance of shin splints & stomach inflammation



Achilles Proprioceptive Stripes

Promotes support and microcirculation to the achilles tendon.

Added support & less inflammation



Fibular Stripes

3D textured yarn activates the fibular muscles, improving balance & stability.

Less chance of sprained ankles

MICRO GAINS, MACRO RESULTS.



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S

HOKA RUN COURSE 21.1KM



COURSE MAP



HOKA RUN COURSE 21.1KM



COURSE

0KM – Transition

0.24KM - Turn Left

(Anantara Roundabout)

0.4KM/ 10.7KM – Turnaround

(Anantara Resort, Service Road)

0.6KM/ 10.9KM – Turn Left

(Anantara Roundabout)

1.7KM/ 12KM – Keep Left

(Jalan Desaru, Y Junction)

3.3KM/ 13.6KM – Turn Left

(Enter Jalan Nakhoda)

4.4KM/ 14.7KM – Turnaround

(CIQ Ferry Terminal)

5.6KM/ 15.8KM – Turn Left

(Enter Jalan Tanjung)

6.4KM/ 16.8KM – Turn Right

(Enter 2nd Corner Jalan Tanjung)

7.1KM/ 17.4KM – Turn Right

(Enter 3rd Corner Jalan Tg Danau)

8.2KM/ 18.5KM – Keep Left

(Jalan Desaru, Y Junction)

9.3KM/ 19.6KM – Turn Left

(Anantara Roundabout)

9.9KM/ 20.1KM – Turnaround

(Persiaran Pantai)

10.4KM/ 20.7KM – Go Straight

(Anantara Roundabout)

21.1KM – Go Straight

(Finish Line)

AID STATIONS

Aid stations are approximately 1.5-3KM apart on the run.

RUN CUT OFF

8 hours 30 mins from athlete's individual start time.

There will be an intermediate cut-off at :

- First cut-off : 1:00pm at Transition Run Out
- Second cut-off : 2:27pm at Anantara Resort Roundabout before starting Lap 2
- Third cut-off : 3:45pm at R5 – Lap 2
- Last cut-off : 3:55pm at Finish Chute

LAPBANDS

On each lap of the run course, athletes will be required to go through a "lap band collection point". Athlete may collect their lap band at the Lap Turnaround on the run course.

At this point athletes will collect a different coloured lap band based on what number lap they are currently on. The colour of lap band you're required to grab will be displayed on a sign. i.e. "First lap = Green".

When you pass the finish line for the final time, you will need to have 2 lap bands on to run down the finish chute.

FAST IN.
FASTER
OUT.



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HOKA

FINISH LINE AND POST RACE



FINISH LINE POLICY

Friends and family members, including children and pets, are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

Sportograf is our partner for high-quality athlete photography at this race. They will proudly provide you with their "Foto-Flat" to relive the experience of your IRONMAN event. You will get all your personal pictures from several top locations around the course and finish line as well as the beautiful impression shots of the scenery and the race day in general.

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.

Search for your race at

www.sportograf.com/en/event/12265

and register your email address to be notified as soon as all photos from your event are online

RECOVERY PROCESS & AREA

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

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

- Timing chip removal
- Recovery food/drink
- Medical support (if required)

- Street Gear Bag collection
- 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
- Isotonic
- Variety of hot and cold food

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- Event website - www.ironman.com/im703-desaru-coast

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be kept at the Information Counter.

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 contact malaysia@ironman.com



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



F O T O
S P O R T O G R A F . C O M
F L A T

RACE RULES

We are using the 2024 [IRONMAN Competition Rules](#) in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete [IRONMAN Competition Rules](#) prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- (i) Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

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; (DSQ)

(h) Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use the on course kayaks, boats or any stationary floating rafts/docks as aid, as long as no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary;

Section 4.02 Wetsuit Rules

(a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)

(d) A wetsuit may cover any part of the body except the face, hands, or feet;

(f) 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)

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 chainset, 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)

(i) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)

(l) Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. Intentional or careless littering will result in a 5:00 Minute Time Penalty or disqualification.

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).

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)

(e) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly). The uniform should be fully zipped when crossing the finish line;

Note: Click [here](#) to see the list of prohibited running shoes for IRONMAN race.

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..

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. (DSQ) (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).

RACE FINISH, TIMING, AND RESULTS

(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.

(f) Results will include athletes who do not finish the Race (“DNF”), athletes designated as not classified (“NC”) and those who are disqualified (“DSQ”). All available splits will be listed for DNF and NC athletes.

PROTESTS

Section 3.06 Right of Protest or Appeal

- (a) The athlete’s right to protest or appeal, if any, will be governed and handled by the event’s sanctioning body, and/or the competition rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable

National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the to the process set forth by the then-current International Triathlon Union Competition Rules.

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.

TRANSFERRING REGISTRATION

IRONMAN does not allow the transfer of an athlete’s registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.

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RACE CATEGORIES



OPEN DIVISION

The Open Division is a non-competitive, participatory division which is open to any able-bodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the help desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for Age Group Awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the [IRONMAN Policies](#) for additional information.

AWARDS



PRESENTATIONS

View the Event Schedule page 7 for time and location.

- Age Group - each age group will be awarded 1st- 3rd place trophies.
- Team Relay – each team category will be awarded 1st- 3rd place trophies.
- TriClub – the top Malaysia TriClubs and top International TriClubs will be awarded 1st-3rd place trophies.

If you are a place getter and unable to collect your trophy, please contact IRONMAN after the event at +603 – 7491 0591 or malaysia@ironman.com to arrange collection.

Uncollected trophies must be collected by the athlete or a representative from the IRONMAN Malaysia office at the athlete’s own cost.

Office address is as below:-

World Endurance Malaysia Sdn Bhd

100.3-033, Block J, Jaya One,
72A, Jalan Universiti,
46200 Selangor, Malaysia

Note : Any athlete from the Open Division Category will not be eligible for Awards or World Championship Slots under any circumstances.



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WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule page 7 for time and location.

Qualifying Slots:

45 Age Group qualifying slots + 15 extra Women For Tri qualifying slots for the 2024 VinFast IRONMAN 70.3 World Championship, in Taupō, New Zealand held on December 14-15, 2024. Please note, slot allocations are subject to change and may be verified, [here](#).

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location on page 8. Photo ID is required to be presented and payment must be made at this point in time.

Cost: \$780 USD (inclusive of all fees and taxes). Please note, all non-TriNZ athletes will need to purchase a TriNZ One Day Membership (ODM) \$10 USD.

Payment:

- 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).

Final slot allocation will be determined on the race day based on the number of official starters per age group.

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 Roll Down:**

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 Roll Down:**

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



VOLUNTEERS

We have more than 750 volunteers eager to provide you with an amazing race experience

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker 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 of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- 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 Tracker App now!



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#IM703DesaruCoast

2024 IRONKIDS Desaru Coast

The 2024 IRONKIDS Desaru Coast is back this year! Sign your kids up to prepare them to be a future IRONMAN athlete. For more information on 2024 IRONKIDS Desaru Coast, click [here](#).

WOMENFORTRI



WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

If you have any further questions, please don't hesitate to contact us at malaysia@ironman.com. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,
IRONMAN 70.3 Desaru Coast Team



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Download the IRONMAN Tracker App and follow your athlete on race day! Receive updates and find the perfect spot to cheer as they pass by on course!