

The background of the entire page is a photograph of two triathletes, a man and a woman, running on a red carpeted road. They are wearing black triathlon jerseys with 'TEAM NEW TRI' and 'IRONMAN 70.3' logos. The man's bib number is 620 and his name is LEONARD. The woman is smiling and also wearing a triathlon jersey. The text 'IRONMAN' is in large black letters with a red dot above the 'i'.

IRONMAN®

70.3®



**IRELAND
CORK**



Comhairle Contae Chorcaí
Cork County Council

RELAY TEAM GUIDE

Some helpful information for relay teams
competing at IRONMAN 70.3 Ireland, Cork

REGISTRATION

RELAY INFORMATION

The majority of information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

REGISTRATION

Registration for all athletes will take place on Friday. It is compulsory for all relay members to attend site together to collect the race pack (please note we kindly ask for you to attend at the same time as your team captain).

You will need to bring your ID and race licence. All members will need to have signed the relay waiver on Active prior to registration. Each team will have to provide one Race Licence from an ITU-affiliated national governing body or have purchased a Day Licence [HERE](#) from Triathlon Ireland. **You will only need ONE licence per team of 2 or 3.**

Teams will confirm the details of their athletes at registration. If there are any changes to be made this will be done at the Help Desk. Please note, you will not be able to change team members at registration, you will only be able to change their details. PLEASE MAKE CHANGES AT THE HELP DESK BEFORE COLLECTING YOUR RACE PACK.

REGISTRATION OPENING TIMES

Thursday 11th August / 15:00 - 19:00

Friday 12th August / 09:00 - 16:00

REGISTRATION LOCATION

Community Hall, Dolphin Square

RACE PACK

As a relay team you will receive three athlete backpacks as well as:

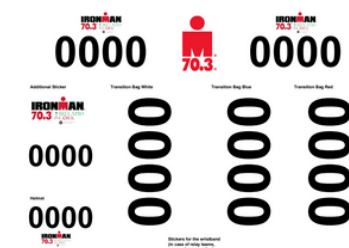
2 x Race BIBs – one for the bike, one for the run

3 x ID Wristbands – one for each team member

1 x Swim Hat

1 x Sticker Sheet – for the bike and transition bags

Transition bags



TRANSITION AND THE FINISH LINE

TRANSITION

Like individual athletes, relay teams must also rack their bike the day before and go through the same checks. We do advise that all team members attend transition so you can familiarise yourselves with the meeting point and the route. Information regarding openings times and location of transitions are below:

TRANSITION LOCATIONS AND OPENING TIMES

Transition 1 Green Park: Friday 12th August / 09:00 - 17:00

Transition 2 Youghal FC Grounds: Friday 12th August / 09:00 - 17:00

TIMING CHIP

The athlete checking the bike in will be the one who receives the timing chip as they exit bike check-out. This athlete is responsible for ensuring that the relay member doing the swim, receives this before the race starts. If the swimmer is not wearing the timing chip, the swimmer will not be able to start the race. Please note that each relay team will only receive one timing chip, it is not one timing chip per person.

TRANSITION MEET POINT

In transition, there will be a large purple flag marked 'RELAYS' as shown to the right. This is the area where you may exchange your timing chip with the other relay team member during the race. Please make sure all team members are aware of this area when racking on Friday.



For example:

The swimmer will run to transition where the Relay Meeting Point will be at the transition tent - they will then exchange the timing chip with the cyclist who will then run to their bike and start their bike leg.

Once the cyclist has completed the bike leg, they will re-rack their bike and run back towards the same Relay Meeting Point. The cyclist will give the timing chip to the runner who will run out on to the run course.

THE FINISH LINE

You have all earned the achievement of finishing an IRONMAN 70.3 distance so we think you should all get the opportunity to run down the Finish Line together, as a team.

There will be a purple flag on the approach to the Finish Line which you will be able to meet the rest of your team members at. Don't forget that it is still a race so make sure you're in time to meet your runner!

RULES AND REGULATIONS

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Please make sure that you are familiar with the general rules for IRONMAN and the specific rules that relate to each discipline for the relevant athlete. These are outlined in the Athlete Guide but we have also included the main ones below for you.

It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish.

LOCAL RULES

- Littering will result in a penalty
- Race numbers must be worn on the back for bike and front for the run
- Any graffiti painted on the road will result in disqualification of the athlete (chalk can be used)

General Rules

- Outside assistance is not allowed. Friends, family members, coaches or supporters may not bike, drive or run alongside an athlete, may not pass food or other items to an athlete
- No iPods, video recording, listening or recording devices are allowed
- Athletes who abuse Race Officials will be disqualified
- Athletes who fail to follow instructions of a Race Official will be disqualified
- If, in the view of the Race Officials, an athlete is unable to complete that section of the course within the cut off time, they may be withdrawn from the race immediately
- Disc brakes are now allowed globally

Penalties

Penalties will be issued by referees, as well as a team of motorcycle marshals on the bike course using the following card system.



Yellow Card – 30 second penalty



Blue Card – 5 Minute Penalty



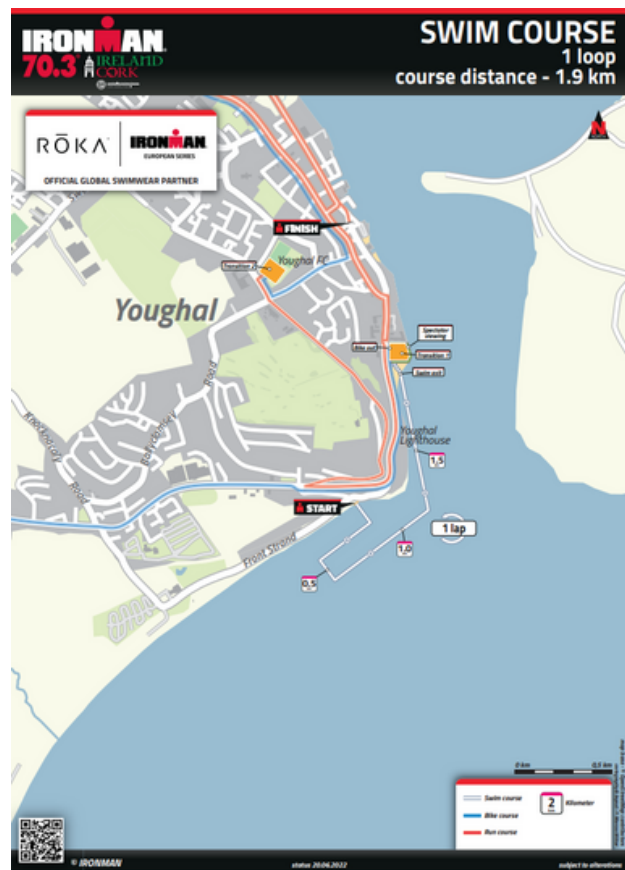
Red Card – Disqualification

If you break a rule on the course, a referee will show you a card and report your race number to the penalty staff. You must serve your penalty in the penalty box located in transition. A red card will result in an immediate withdrawal from the race.

RULES AND REGULATIONS

SWIM COURSE RULES

- Athletes must wear the swim cap provided by race
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed
- Neoprene or any other booties are prohibited unless the water temperature is 18.3 degrees or colder
- When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim
- Swim goggles may be worn. Snorkels are prohibited
- No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary
- The swim course will close 1 hour and 10 minutes after the last athlete enters the water. Each athlete will have 1 hour and 10 minutes to complete the 1.2 mile swim. Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs



RULES AND REGULATIONS

BIKE COURSE RULES

Athletes must wear their IRONMAN issued BIB number on their backs, clearly visible at all times on the bike course. BIB numbers identify the official athletes in the race. Folding, cutting the BIB number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification.

1. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete's side of the bike rack.
2. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.
3. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
4. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification
5. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

6. Helmets, bike shoes, and other cycling gear cannot be placed around the athlete's bike in transition but cleats can be attached to the pedals. A shirt must be worn at all times.

7. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

8. Athletes must wear a bike helmet number on the front of their helmet and their BIB on their back for the bike section.

9. A bicycle helmet must be worn and fastened during the entire bike section. It must be securely fastened before the bike is removed from the rack and remain in place and fastened until the bike is re-racked.

10. No individual support allowed. Ample aid and food stations will be provided. 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, or receive anything from the 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.

RULES AND REGULATIONS

11. **Do not litter.** Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Any littering on the bike course will result in disqualification. We are privileged to be able to hold this race in an area of outstanding natural beauty and all have a responsibility to leave it unspoiled.

12. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

13. Athletes may walk with their bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

14. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike.

15. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

16. Please be aware that you could be DNF'ed after the race based on final timing verified by the timing company which shows that you failed to meet the cut off applicable to your start.

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or "smart" helmets, and two-way radios, in any distractive manner during the Race. A "distractive manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

19. 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. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.



RULES AND REGULATIONS

SWIM COURSE RULES

1. Athletes may run, walk, or crawl

2. Athletes must wear their IRONMAN issued BIB number in front of them clearly visible at all times on the course. BIB numbers identify the official athletes in the race. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is strictly prohibited and may result in disqualification

3. Headphones or headsets of any type are not allowed during any portion of the event

4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete's responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified

5. Athletes are expected to follow the directions and instructions of all race officials and public authorities

6. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

7. No individual support allowed. Ample aid and food stations will be provided. 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, or receive anything from the 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.

8. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey or sports top/sports bra at all times during the run segment on the race. Uniforms with a front zipper may be unzipped to any length, provided that the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders. The uniform should be fully zipped when crossing the finish line.

9. The run course will officially close 8 and a half hours after the last athlete enters the water

