

# GUIDE

## RELAY

 **19** MAY 2024

 [IRONMANFrance](#)  [IRONMANFrance](#)

Aix-En-Provence

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# WELCOME MESSAGE

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

**Friends athletes, welcome to the IRONMAN 70.3 Aix-en-Provence!**

In this Olympic year, sport is having pride of place in France, and we're delighted to welcome you to the heart of Provence for a great day of triple effort!

There will be 45 relay teams alongside the 2,300 athletes on the start line in Peyrolles-en-Provence, representing 50 nationalities, taking part in a 1.9km swim, 90km bike ride and 21.1km run. **Taking part in an IRONMAN 70.3 relay is a human adventure that creates bonds and unforgettable memories. The team spirit and the excitement before the start are just some of the reasons why we love relay racing.**

Between lavender fields, olive trees and vineyards, with the Sainte-Victoire as a backdrop, the route of this IRONMAN 70.3 will take you through the magnificent Pays d'Aix to the town of Aix-en-Provence, where the energy of the public and the charm of the town will support you during the half-marathon.

Triathlon is our passion, so savour every moment. The red carpet and the famous finish arch are waiting for you at La Rotonde!

We'd also like to thank all the volunteers who helped make your trip to Aix-en-Provence an unforgettable experience.

A big thank you also to the institutions that have been supporting us since 2011, making it possible to organise such a high-level event. The city of Aix-en-Provence, the Aix-Marseille-Provence Metropole, the Région Sud and the Conseil Départemental des Bouches du Rhône are loyal partners.

**On behalf of IRONMAN, I wish you a great race.**



**Guillaume Louis**  
Race Director



# HEAD REFEREE'S MESSAGE

## Rules

Please make sure that you are familiar with the general IRONMAN rules and the specific rules that relate to each discipline for the relevant athlete. It is the responsibility of each team member to understand the course they must complete and the time they must be in place for the swim start, transitions and finish.

Jean-Luc Lebrejal

IRONMAN 70.3 Aix-en-Provence

Head referee

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2024 IRONMAN Rules.

### REMINDER OF PENALTIES

**BLUE CARD**  
The accumulation of three BLUE CARD penalties will result in disqualification.  
DRAFTING and LITTERING are the only violations that will result in a BLUE CARD violation and an athlete will incur a time penalty *(to be served in the next penalty tent)*.

**YELLOW CARD**  
YELLOW CARD violations *(stop and go penalty)* require an athlete to stop 30 seconds in the penalty tent (BIKE) or to stop next to the referee during 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

**RED CARD**  
An athlete receiving a red card will be immediately disqualified.

<div></div>	<div>Blue Card</div> <div>1 blue card: five-minute time penalty 2 blue cards: ten-minute time penalty 3 blue cards : DSQ Penalty to be performed in the dedicated tent <i>e.g. Drafting or littering</i></div>
<div></div>	<div>Yellow Card</div> <div>30 second Stop and Go time penalty served in penalty tent (BIKE) and next to the referee (RUN) <i>e.g. Blocking the progress of other athletes</i></div>
<div></div>	<div>Red Card</div> <div>Disqualification (DSQ) <i>e.g. Non-compliant material or equipment</i></div>

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

The referee's ruling is final in the case of violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

All the rules can be found in the IRONMAN 2024 regulations and the particularities of the race in the athlete guide.

DISCOVER  
IRONMAN RACES  
IN FRANCE 2024

SWIM

3,8km / 1,9km

BIKE

180km / 90km

RUN

42,2 km / 21,1km

IRONMAN

IRONMAN 70.3

COMPLET

IRONMAN 70.3 AIX-EN-PROVENCE

IRONMAN 70.3 Aix-en-Provence  
19 May 2024

1

95% FULL

QATAR AIRWAYS IRONMAN FRANCE NICE

IRONMAN France Nice & IRONMAN 70.3 Nice  
16 June 2024

2

COMPLET

IRONMAN 70.3 LES SABLES D'OLONNE-VENTÉE

IRONMAN 70.3 Les Sables d'Olonne-Vendée  
30 June 2024

3

70% FULL

IRONMAN 70.3 VICHY

IRONMAN 70.3 France, Vichy  
01 September 2024

4

Discover the IRONMAN and IRONMAN 70.3 races in France

Relay guide 2024 - IRONMAN 70.3 Aix-en-Provence



# REGISTRATION

## Registration process

Please note, any changes to team members must be made no later than 10 days before race day.  
Any changes after this date will not be accepted.  
*You will not be able to change team members at registration.*

**All members of the relay team must come to registration together for athlete check-in.**

1 Each team member will need to upload an annual licence or a relay competition pass from the FFTri into Dokeop.

2 An email will be sent to each team member with a QR code during race week.  
*Print it or save it to your smartphone and present it at the registration desk.*

Report to the dedicated Relay team check-in desk

Please note that we will not assign bib numbers before the registration opening.  
*Bib numbers will be allocated on a first come, first served basis at the registration desk.*

All team members must present their **identity cards** in person at the same time in order to collect your race numbers and athlete packages.

A wristband will be provided to each team member. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race.

3

4



### Reminder of registration opening hours

Date	Opening hours	Location
17 <sup>th</sup> May	10am - 7pm	Place François Villon
18 <sup>th</sup> May	9am - 4pm	Place François Villon





# RACE PACKAGE

## Your team package includes:

**2 bibs:** The cyclist must wear the bib on his back for the BIKE course and the runner in front for the RUN course.

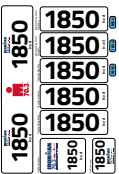


You can use safety pins or a running belt if you wish.

**1 swim cap:** The swimmer must wear the swim cap given to you when you collect your bib number during the SWIM.



**Stickers:** You will also have a sheet of stickers for the team; please place relevant sticker on the bike, helmet and bags:  
3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seatpost of your bike, 1 sticker to stick on the front of your helmet, 3 stickers to stick on your wristbands.



**Athlete's wristbands:** A wristband with a QR code will be placed on the wrist of each team member when you collect your bib. This wristband will identify you as an official athlete and must be worn during the entire race week. **You will have to stick a sticker on it that will be given to you during registration.**  
The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to retrieve your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.



**Athlete's backpacks:** one for each team member, to be collected at the time of registration.



**2 transition bags and 1 STREET WEAR bag:** Your belongings can be placed in these bags (see next page).



**Athlete's t-shirts:** one for each team member, to be collected at the time of registration.



Athletes **MUST** wear the following official race gear provided at registration or bike check-in : swim cap, wristband, stickers, bib number.

Failure to comply with this rule will result in **disqualification**.

## Transition bags

At registration, you will receive transitions bags. For the relay teams it is not mandatory to use them, but you can hand them in if needed (*optional*).



### BLUE BAG / BIKE BAG

May contain the gear the cyclist needs for the bike course, including the helmet with stickers on the front, bib number fixed with 2 points, shoes if they are not clipped on the bike, jacket, nutrition, sunglasses, etc.  
Or the post race clothes for the swimmer.

#### Drop off in Transition 1:

**Lake of Peyrolles**

*Saturday 18<sup>th</sup> May from 1pm to 7pm.*



### RED BAG / RUN BAG

May contain the gear the runner needs for the run course: running shoes, socks, nutrition, etc.  
Or the post race clothes for the cyclist.

#### Drop off in Transition 2:

**Collège Mignet**

*Saturday 18<sup>th</sup> May from 1pm to 7pm.*



### WHITE BAG / STREET WEAR BAG

This is your street wear bag: it can be used to put any additional clothing one of the team member wears before the race and anything one of the team member may require after the race.

**Drop off on race day at the entrance of Transition 1 before the start.**

**DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS.**

**PUT YOUR GPS IN YOUR TRANSITION BAG TO AVOID THEFT.**

# CHECK-IN & TRANSITION

## Schedule reminder - Saturday May 18<sup>th</sup>

Hours	Description	Location
1pm - 7pm	BIKE check-in	Transition 1 &2 Lake of Peyrolles & Collège Mignet

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.**

### Timing chip

The athlete checking the bike in will be the one who receives the timing chip as they exit bike check-in. 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.



**WHAT IS THE TIMING CHIP FOR?**  
The chip will register your start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, relay ranking.

**WHEN AND WHERE TO COLLECT THE TIMING CHIP?**  
The cyclist must collect your chip when exiting transition zone on Saturday 18<sup>th</sup> May.

**WHEN AND WHERE TO WEAR THE TIMING CHIP?**  
It must be worn on the left ankle of one of the racing team member during the entire race.  
Please note that the biker must have the timing chip on for Bike Check-Out. So keep it on even if you drop out of the race.

**Your race timing chip is a loaner.**  
**You must return the chip to the timing company, or you will be billed for its replacement.**

**WHAT IF I LOSE MY TIMING CHIP?**  
If one of the team member loses your timing chip, go to the SOS LOST TIMING CHIP stand at the exit of the bike park in T1 and at the penalty tent in T2. Our team will provide you with a replacement chip so you can continue the race.

# RACE DAY

## Relay specificities

### Swim start

The swimmer must be positioned in the starting corral **+36 minutes** for the start.

### Transition meet point

In Transition, there will be a **dedicated area** for the relay teams. Please make sure all team members are aware of this area when racking on Saturday.  
Only one timing chip will be issued to the team at check-in. You must therefore exchange the timing chip at the end of each discipline at the **location of your team's bike**.  
Remember: you will be responsible for managing your transition bags.

*For example:*  
*The swimmer will run to Transition to the team's bike. The swimmer will exchange the timing chip with the cyclist who will then start the bike leg. Once the cyclist has completed the bike leg, they will re-rack the bike and will give the timing chip to the runner who will run out on to the run course.*

### Finish line

**You have all earned the achievement of finish an IRONMAN 70.3 distance so we think you should all get the opportunity to run down the Finish Line together, as a team.**  
  
You will be able to finish the race together by joining the runner on his last loop, **at the relay point located at the beginning of the round trip on Avenue des Belges just before the finish line**, and cross the finish line as a team. Don't forget that it is still a race so make sure you're in time to meet your runner!  
All team members will receive one finisher medal. You can also get your race time engraved on the medal directly after the race (each team member can purchase this service).

After the race all the relay team members have access to the Athlete Garden with refreshments.

### Bike check out

Make sure to provide the cyclist the timing chip after crossing the finish line so that they can proceed to bike check-out and return the chip.

Bike check-out times: Sunday 19<sup>th</sup> May from 1.45pm to 5.15pm at Transition 2 - Collège Mignet.

