*All information provided can be changed until the Athlete’s Briefing*
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PRE RACE
Pre race

**VENUE**

CEPEUSP (Track Field)

1. CEPEUSP (Track Field)
   2. Bikes
   3. Finish Line
      - VIP Area
      - Press
   4. Medical Area
      - Awards
      - Slot Rolldown
   5. Velodrome
      - Expo
      - Athlete’s Service

A. Swim Start
B. Swim Exit
C. Bike Start (mount)
D. Bike Finish (dismount)
E. Run Start
F. Finish Line
IRONMAN EXPO – CEPEUSP (Track Field)

Athlete’s Check In

November 7th | 02 PM - 09 PM
November 8th | 10 AM - 09 PM
November 9th | 09 AM - 01 PM

What To Bring:
• official ID with photo
• registration receipt

Athlete who doesn’t get the race kit according to this schedule won’t be able to start.

! Athlete who gives his/her race kit to someone else, as well as the athlete who receives it, will immediately be disqualified from the event and may be suspended for up to two years from any IRONMAN or IRONMAN 70.3 race around the world.
**PRE RACE ATHLETE PACKET**

- **BIB**
  - To be worn on the run

- **SWIMCAP**
  - For swim portion

- **WRISTBAND**
  - To be worn until the Slot Rollown

- **BIKE STICKER**
  - Must be affixed below the saddle

- **HELMET AND EXTRA STICKERS**
  - Helmet sticker on the front and extra sticker to label belongings
  - On the front of your helmet

- **WHITE BAG**
  - For morning clothes or items you may need at the finish line.

- **TRANSITION BAG**
  - For your Bike and Run gear.

- **TATTOO**
  - Must be applied before entering the Transition Area on Sunday.

- **TICKET BIKE CHECK OUT**
  - In case you are unable to personally claim your bike and gear at the Bike Check out
The video will be published until November 8th.

Watching the Athlete’s Briefing is mandatory.

Q&A Session with Race Directors

Athlete’s Service Booth – EXPO

November 8th | 04 PM – 05 PM
November 9th | 10 AM – 11 AM
PRE RACE

BIKE
CHECK IN

Transition – CEPEUSP (Track Field)

November 9th
SATURDAY

From 02 to 07:00 PM

• All bikes and must be checked in on Saturday and left overnight.
• Bikes will not be permitted to enter transition on race morning.
• Only athletes with the wristbands on may enter the Transition.
• All bikes must be placed in the appropriate numbered spot on the bike racks.
• Only bikes will be checked-in on Saturday.
• No Gear bags or any other material will be allowed. Except bike shoes.

WHITE AND TRANSITION BAGS, INCLUDING HELMET AND BIKE SHOES MUST BE PLACED ONLY ON SUNDAY.
FinisherPix will be at IRONMAN 70.3 São Paulo. Capture your race memories!

www.finisherpix.com
The swim course will close 1 hour and 10 minutes after the final athlete starts the swim. Each athlete will have 1 hour and 10 minutes to complete the 1.9km 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.
Information regarding the water temperature will be given on Saturday.

If not permitted: The swimwear must not be consisted of rubberized material such as neoprene or polyurethane. It must not cover the neck, extend past the elbows nor the knees.
Leaving T1, athletes will exit USP from Gate 1 towards Sebastiao Camargo tunnel, accessing Av JK and then Av Faria Lima where they will make the first return (R1).

Returns 2, 3 and 4 are very close to each other and will be placed close to Cidade Universitária Bridge.

The 2nd lap will be started between returns 09 and 10 when athletes will have reached km 44. Signage will be indicating athletes will have to keep towards Villa Lobos Park (R10) to start de 2nd lap or turn right (km 81) to finish the bike course towards T2.
1st LAP: Return 2 (KM 11) > Return 3 (km 13.5) and Return 4 (km 16)

2nd LAP: Return 10 (KM 48.5) > Return 11 (km 51) and Return 12 (km 53.5)
Athletes are responsible for placing the bikes back at the rack, in the correspondent number. (There will be no staff at the dismount)

SHIMANO Bike Technicians the bike course and Transition Area.

Cut-off time: 5 hours

The bike course will close 05 hours after the final scheduled Age Group starts the swim. Each athlete will have 05 hours to complete the swim, T1, bike course regardless of when they start the swim. Any athlete that takes longer than 05 hours to complete the swim, T1 and bike course will receive a DNF.
The run course will close 08 hours after the final Age Group starts. Each individual athlete will have 08 hours to complete the entire course. Individual athletes who take longer than 08 hours to complete the entire course will receive a DNF.
DIA DA PROVA
TRANSITION

November 10th
SUNDAY
From 3:30 to 5:00 AM

Bike Mechanics
Bike Pumps
Port-o-let
Water
Vaseline and Sunblock

WHITE BAG: MORNING CLOTHES AND ANY ITEM YOU MAY NEED AT THE FINISH LINE.

- Dry clothes, Keys, medication, etc.
- Leave the bag in the designated drop area in Transition.

TRANSITION BAG: BIKE AND RUN GEAR

- No bags, backpacks or suitcases will be allowed at the Transition Area. Use your Transition Bag (athlete packet) to place all your items next to your bike.
- Helmets, cycling shoes and nutrition items can be attached to the bike.
- Running gear can be placed next to your Transition Bag. They don’t need to be inside the bag.
Warm up allowed until 4:45 AM.

SWIM - ROLLING START FORMAT
FROM 5:00 TO 5:20

If for any reason the athlete decide not to start the race, he/she must communicate immediately the Organization.

PLAN B (in case swim portion is cancelled)
Bike Time trail start at 5:30 am.
What is a Rolling Start?
Athletes will line up according to their realistic predicted swim time. At each 8 seconds, 8 athletes will start the swim course at the same time.

How does a rolling start work?
After your final preparations in the transition area you are going to the swim start. There you will have the possibility to warm up. Embark in time for the pre-start demarcated. Go to the start zone/corral according to your estimated swim time. The posted signs and volunteers show you the designated areas. In effect, this will create a “time trial” dynamic for the race and for the determination of the final results.
How does a rolling start results work?

Make sure you are ready to start, positioned at the correct box according to your estimated time, until 5:10 AM. Your time begins to run when you walk over the timing mat. It's directly in front of the water. Whether you start at 5:00 am or at 05:20 am, you always have 1:10 hours for the swimming competition.

Athletes don't have to tell their estimated swimming time in advance. But please note that it is your personal advantage if you file you neither too fast nor too slow as athlete's timing chips will activate once they start the swim course.

Why change to a rolling start?

It allows athletes to swim at their own ability and improves the overall swim experience, it leads to faster swim times and defuses the drafting problem on the bike course.
ROLLING START – ZONES/CORRALS MAP

All athletes, from all age groups, must be ready to start at their start zone until 5:10. Athletes who failed to do that will be disqualified.
RACE DAY

SWIM START

SWIM CAPS
The colors are distributed according to age groups and have no relation to swimming start time.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Colors</th>
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<tbody>
<tr>
<td>MEN 18-24 / 45-49</td>
<td>IRONMAN 45</td>
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<tr>
<td>MEN 25-29 / 50-54</td>
<td>IRONMAN 50</td>
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<td>MEN 30-34</td>
<td>IRONMAN 30</td>
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<tr>
<td>MEN 35-39</td>
<td>IRONMAN 35</td>
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<tr>
<td>MEN 40-44</td>
<td>IRONMAN 40</td>
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<tr>
<td>ALL WOMEN</td>
<td>IRONMAN WOMEN</td>
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< 30 min
31-35 min
36-40 min
41-45 min
> 46 min
**RACE DAY AID STATIONS**

**BIKE**

**EVERY EACH 18 KM APPROXIMATELY**

- Water (500ml)
- Sports Drink (500ml)
- Banana
- Port-o-lets

**RUN**

**EVERY EACH 2 KM APPROXIMATELY**

- Water
- Pedialyte PRO
- Soda
- Cake
- Bread
- Fruits
- Salt Biscuit
- Salt
- Port-o-lets
GENERAL RULES
Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep 6 bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Complete your pass within 25 seconds to avoid a DRAFTING call. Passed athletes must be seen making immediate and constant rear progress out of the drafting zone.

Do not throw ANYTHING outside of aid stations zone.

- Bike station – 100 m before / 300 m after
- Run Station – 30 m before / 50 m after

NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).
**RULES**

**PENALTIES**

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<td>Disqualification</td>
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**PENALTY BOX at the Transition Area**

Read the complete Race Rules available at the oficial website: ironmanbrasil.com.br. It's an athlete duty to have complete knowledge of the race rules.
FINISHER AREA

After getting through the finish portal, athletes will have access to their whit bags, medical assistance, massage, port-o-lets, food, water, soda and Pedyalite PRO.

Friends or family members are not allowed to enter the finish chute and cross the finish line with any athlete.

BIKE Check out – Transition Area

November 10th – from 10:45 am to 02:30 PM

You must have your athlete wristband and timing chip on in order to enter and claim your bike and gear. If you are unable to personally claim your bike and gear bag, a family member or friend should have your Bike Check-Out ticket provided in your race packet and your timing chip.

Your race timing chip is being loaned to you. By picking up your race number and timing chip, you are guaranteeing you will return the chip to timing.

Or you´ll be billed 200 REAL for its replacement before bike check out.
Lost & Found

November 10th – from 10:45 AM to 02:30 PM
Transition

Official Results

November 10th – 04:30 PM
Athlete’s Service - Velodrome

Questions derived from the application or interpretation of the race’s specific regulation will be received from 04:30 to 05:00 PM.

IRONMAN Tracker results are not official.

Awards

November 10th – 06 PM
CEPUSP
Age Groups (Top 5) and Triclubs.
POST RACE
2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

2020 IRONMAN 70.3 World Championship

November 10th – 07 PM
CEPEUSP

40 slots
Taupo - New Zealand
Us$ 500,00 + taxes

The athlete must not leave the room until the end of the Slots Allocation.

If the athlete accepts the slot, it is assumed that he won’t change his/her mind before paying it.
SEE YOU AT
THE FINISH LINE!

#IM703SP