



RELAY TEAM GUIDE

Some helpful information for
relay teams competing at
IRONMAN 70.3 Westfriesland





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The majority of the information available in the Athlete Guide also applies to relay teams, especially with regards to timing, registration requirements and bike racking. However, please take the time to read this guide and to familiarise yourself with the information that is specific to the 2024 IRONMAN 70.3 Westfriesland Relay event.

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WELCOME MESSAGE

Welcome to the IRONMAN 70.3 Westfriesland! It's an honour to have each and every one of you here, ready to embark on this incredible journey of endurance, strength, and determination. As you stand on the cusp of this challenge, know that your dedication and perseverance have brought you to this moment. Finally all the work and hours of training pay off.

We will provide you with a super fast course, in a beautiful and typical Dutch setting. An awesome swim in the harbour of Hoorn, bike over typical Dutch dikes including windmills and fields, and a run in the historical centre of Hoorn and some awesome views at the lake. Together with my team and colleagues, we worked on some improvements both on the courses as venues, to make your experience even better than last year.

To the city of Hoorn, the region of Westfriesland, and the province of Noord-Holland, we extend our deepest gratitude. Your support and hospitality have paved the way for this event to flourish, providing a backdrop of scenic beauty and warmth that enhances the spirit of IRONMAN racing. A heartfelt thank you also goes out to our IRONMAN team, volunteers, and staff. The tireless efforts behind the scenes ensure that this event runs smoothly, offering our athletes an unforgettable experience from start to finish.

And to our athletes, as you dive into the waters, pedal through the kilometres, and conquer every step of the way to the finish line, remember that you're not alone. Draw strength from the camaraderie around you, and let the cheers of encouragement fuel your determination. Wishing each of you the best of luck. Hope to see all and each of you at the finish line. Let's make this IRONMAN 70.3 Westfriesland an extraordinary journey, together.

Race strong and enjoy the race in all possible ways.



Race Director
Loek Schreurs

HEAD REFEREE'S MESSAGE

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.

It is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION 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 Competition Rules and the particularities of the race in the IRONMAN 70.3 Westfriesland athlete guide.

Blue	1 Blue Card: 5-minute time penalty. 2 Blue Cards: ten-minute time penalty 3 Blue Cards: DSQ
	Penalty to be performed in the dedicated tent. E.g. Drafting.
	30 second stop and go time penalty served next to the referee. e.g. Blocking the progress of another athlete.
Yellow	Disqualification (DSQ). e.g. Non-compliant material or littering

REGISTRATION

Relay information

The majority of the information in the Athlete Guide applies to relay teams, however there are some subtle differences. Please carefully read the information in this guide to ensure that you are prepared and ready for race day.

Registration

Registration for all athletes will take place on Friday and Saturday. 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 photo ID and race licence. All members of your team will need to have signed their waiver on Active prior to registration.

If you do not have an annual race licence, you will be able to purchase a one-day race pass at registration.

At registration, teams will need to confirm the details of their athletes. If there are any changes that need to be made, these will be completed at the Help Desk in registration.

**Please note that you will not be able to change team members at registration. You will only be able to make changes to a team members personal details. Please make changes at the help desk BEFORE collecting your race pack.*

Registration opening times

Friday 21st June 10:00 - 17:00 (Stadsstrand)

Saturday 22nd June 10:00 - 16:00 (Stadsstrand)

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



Athletes must wear the official race items given to them during registration.

These items will include: official swim cap, wristband, stickers, bib number, and timing chip.

Failure to wear these items will result in DSQ.



YOUR RACE PACKAGE INCLUDES

2 bibs: The cyclist must wear the bib on their back during the BIKE course. The runner must wear the bib on their front during the RUN course. You may use safety pins or a running belt if you wish.

1 swim cap: The swimmer must wear the swim cap provided during the SWIM. Swimmers are permitted to wear 2 swim caps but the IRONMAN 70.3 Westfriesland swim cap must be worn on the outside.

Stickers: At registration you will be provided with a sticker sheet. You must place a sticker on your helmet, bike, transition bags, and your street wear bag. IRONMAN Volunteers will help you attach a sticker to your wristband.

3 athlete wristbands: One for each team member. You will be provided with a wristband displaying a personalised QR code. This wristband will be used to identify you as an official athlete, and it must be worn at all times during race weekend. The wristband will allow you to access the transition and all athlete-only areas before the race. You will not be permitted to collect your bike and bags after the race if your wristband is not attached to your wrist.

3 athlete backpacks: one for each team member. The athlete backpacks must 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).

3 Athlete t-shirts: one for each team member, to be collected at the time of registration.

TRANSITION BAGS

You will receive transition bags during registration. For relay teams, transition bags are optional - they are on hand should you choose to use them but their use is not mandatory.

Blue bag / Bike bag

May contain gear that the cyclist will need for the bike course, including your helmet with stickers on the front, your bib number to be displayed on your back, shoes if they are not clipped on the bike, your cycling clothing, nutrition, sunglasses etc.

This bag can also be used to contain post-race clothes for the swimmer.

Red bag / Run bag

May contain gear that the runner needs for the run course: running shoes, socks, nutrition etc.

This bag can also be used to contain post-race clothes for the cyclist.

Drop Off: Transition
Julianapark
Saturday 10:00 - 17:00

White bag / Street wear bag

This is your street wear bag, it can be used to put any additional clothing that a team member wears before the race, or may require directly after the race.

Drop off: race day morning at SWIM start

Please remember to label your transition bags with your bib number stickers.





CHECK IN & TRANSITION

Similarly to individual athletes, relay teams must also rack their bikes on Saturday 22nd June from 10:00 - 17:00.

We advise that you attend bike check in and red bag drop off as a team so that you can familiarise yourselves with the location of the relay meeting points.

Timing chip:

The athlete who checks in the bike will receive the timing chip as they exit bike check-in. This athlete is responsible for ensuring that the relay member who will be completing the swim receives this **before the race starts**.

If the swimmer is not wearing the timing chip at the SWIM start, they will not be permitted to start the race. Please note that each relay team will only receive **one timing chip**, there will not be 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. It will record your swim, bike, run and finish time, transition splits and relay ranking.

When and where to collect your team's timing chip?

The cyclist must collect your team chip at the exit to the transition zone after racking their bike on Saturday 22nd June.

The cyclist is responsible for ensuring that the timing chip is given to the swimmer in their team prior to SWIM start.

When and where to wear the timing chip?

The chip must be worn on the left ankle of each team member during each discipline. The chip can be passed between athletes at the relay meeting point in transition. Please keep wearing your chip, even if you drop out of the race.

Your timing chip is on loan to you. You **MUST** return your chip at the finish line, or you will be billed for its replacement.

What if I loose my timing chip?

If you loose your chip, please let a member of the IRONMAN team know and we will provide you with a replacement so that you can continue with the race.

RACE DAY

SWIM start

Relay athletes will join individual athletes in a self-seeded rolling SWIM start. There will not be a relay only wave, relay athletes will start at the same time as individual age group athletes.

Transition meet point

In transition, there will be a dedicated meeting area for relay teams marked by purple flags and barriers.

Please make sure that all team members are aware of the location of this area prior to the SWIM start.

Each relay team will be issued only one timing chip during registration. You therefore must exchange your timing chip with your team member at the end of each discipline at the relay meeting point located in transition.

Please remember that you are responsible for managing your own transition bags.

Finish line

You have all worked together to finish IRONMAN 70.3 Westfriesland, so we think that you should all get the opportunity to run down the finish line together as a team.

You will be able to join the runner approximately 100 metres from the finish line at the designated relay meet point (marked with a relay flag).

Don't forget that it is still a race, so make sure that you are at the meeting point in time to meet your runner!

All team members will receive a finisher medal and will have access to the Athlete Garden and refreshments.

Please make sure to return your timing chip at the finish line.

Bike collection

Bike collection will be available from 13:00 - 18:00 on Sunday 23rd June.



ENJOY YOUR TEAM RACE !

IRONMAN
70.3  **WESTFRIESLAND**
THE NETHERLANDS

