GOOD LUCK FROM IRONMAN

On behalf of the IRONMAN New Zealand team, welcome to IRONMAN 70.3 Taupō 2019. The Tongariro Northern Domain will come alive with a range of activities, we hope you and your family will join us. Check-In will be available Thursday and Friday, once you have checked in, experience the Event Merchandise & Expo, and the Kids Fun Run Friday afternoon.

We have made some changes to all 3 courses this year to enable us to test some of the proposed courses we may be using for the IRONMAN 70.3 World Championship in November 2020.

On event day the Tri Club Village will be located on the domain, with the best seat in the house to cheer on fellow athletes. Following the event, there will be the Awards presentation on stage along with the IRONMAN 70.3 World Championship slots that will be allocated at the Roll Down Ceremony, we’ll have entertainment so be sure you plan to stay on and enjoy the atmosphere.

If your sights are set on stepping up to an IRONMAN event, we have a First Timer’s Workshop on the Sunday morning following the event.

The Taupō community and volunteers are ready and waiting to support you during your IRONMAN 70.3 journey. The town is well known for its hospitality and are eagerly awaiting your arrival and event day.

Please continue to read the rest of the Athlete Information Guide for more details.

We wish you all the best for your time in Taupō and look forward to seeing you soon.

Wayne Reardon
Race Director

MAYOR DAVID TREWAVAS WELCOMES YOU to Taupō

Nau mai haere mai.

It is a pleasure to welcome you to the Taupō District for this year’s edition of IRONMAN 70.3 Taupō. It’s always an exciting time when our IRONMAN whanau comes to town. We love having you - the athletes - your supporters and our local community out and about soaking up the atmosphere. The vibe is always electric, and this is one of the reasons we love living here and our visitors keep coming back. We host over 400 events annually and the people of the Taupō District give thousands of hours to make visitors and competitors alike feel welcome.

A huge chunk of our population - around 15,000 people - volunteer their time to support events such as IRONMAN 70.3 each year.

I would like to thank the many organisers, sponsors, volunteers and participants for making this event happen and for supporting our local economy. Our cafes, bars and restaurants are great places to spend time before or after the race and we have an accommodation option to suit every budget.

Enjoy the beautiful fresh water of Lake Taupō, views of the mountains, hopefully your fair share of sunshine, and the support of our residents.

We take great pride in being the home of IRONMAN in New Zealand and look forward to welcoming some of you back for the race in March and would love to see you at the 2020 World Championship event. Remember there are 100 qualifying slots on offer in this event and another 25 Women For Tri spots too.

On behalf of people right across the Taupō District, good luck and all the best for achieving your IRONMAN goals.

Kia kaha.

David Trewavas
Mayor
Taupō District
IRONMAN and IRONMAN 70.3 races are run under the IRONMAN competition rules.

Please note that rules may vary slightly to other races that are raced under National Federation rules. Be sure to familiarise yourself with the rules published here.

Of particular note for New Zealand events are the rules relating to penalties for Yellow and Blue cards.

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.

The following are the most common rule infringements:

Blue Card 5-minute Penalties to be served at the next penalty Box 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 out of the 12-metre draft zone.
- Illegal Pass – Passing on the left
- Littering - Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except in a discard zone at Aid Stations

Yellow Card 30 Second 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.
- Once Overtaken, Immediate Re-Passaging after being passed before dropping out of the draft zone.

Yellow Card Stop for 30 Seconds to Correct Penalties include:
- Helmet – Failing to have your chin strap securely fastened when moving with your bike.

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 or YELLOW Card. It will then be your responsibility to serve the 5-minute or 30 Second time Penalty(s) at the NEXT Penalty Box.

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),
- Athletes may not use communication devices of any types including headphone(s), headset(s) or technical earplug(s) which are inserted or covering the ears.

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.

Technical Delegate Cathi Davey
Head Referee Phil Dally
Triathlon New Zealand
Great Lake Taupō at a glance
The Great Lake Taupō region is undoubtedly one of the world’s most unique and picturesque areas. It truly is ‘Nature’s Ultimate Playground’, for kiwis and visitors alike who enjoy getting out in the great outdoors, whether it be in the lake enjoying water sports and fishing for trout; or enjoying the many parks, walking tracks and mountain biking trails around the region. In the winter, the region becomes a winter playground with visitors heading up to the three ski fields on Mt Ruapehu, which incidentally hosts the largest commercial ski field, as well as the highest café, in New Zealand.

On the Water
Home to the largest lake in Australasia, it is no wonder then that the Great Lake Taupō region offers plenty of activities in, on and around water. Those who enjoy fishing should not pass up the opportunity to experience unbeatable trout fishing in Taupō or along the world famous Tongariro River in Turangi, the ‘Trout Fishing Capital of New Zealand’. The rivers and lakes also offer great play experiences, whether it be rafting or kayaking, parasailing or jet skiing, sailing or wakeboarding.

There are scenic cruises operating on the lake that will take you to see magnificent Maori Rock Carvings etched into sheer cliff faces, and a choice of a scenic river cruise or thrilling jet boat ride on the river that will take you to the base of the mighty 11 meter high Huka Falls, the most visited and photographed natural attraction in New Zealand.

Action and Adventure
Adventure experiences abound, from bungy jumping at New Zealand’s highest water touch bungy to skydiving from 15,000ft above the land, over New Zealand’s largest commercial drop zone. For more thrills, try jet boating, white water rafting or parasailing.

There are over 200km of single track mountain bike trails around the region, catering to all ability levels, and amazing hiking tracks over diverse landscapes including alpine and volcanic terrain. There really is no excuse for not getting out and enjoying the range of activities available in this region.

Shopping and Dining
Taupō town centre is well known as a great destination for boutique shopping, whether it be designer clothes and footwear, interior design and furnishings or art galleries. There is a plethora of fantastic cafes and restaurants to choose from, including Indian, Japanese, Thai, Italian and great contemporary Kiwi flavours. There are no shopping malls in Taupō, the experience is boutique and personal.

Explore Great Lake Taupō
Get out and explore the wider Great Lake Taupō region. The town of Turangi is a short drive south around the lake, and is base camp for fly fishing, hiking, white water rafting and mountain biking. Turangi is an entry point for activity in the Tongariro National Park, especially for those wanting to do the Tongariro Alpine Crossing.

On the western side of the region is Mangakino, a hidden paradise of traditional kiwi baches, beautiful flat lakes perfect for wakeboarding, stunning forest parks and lakeside tracks built for walking and mountain biking.

When you’re in the Great Lake Taupō region, visit the Taupō and Turangi i-SITEs for all you need to know about where to stay and what to do.

Taupō i-SITE Visitor Centre is located on Tongariro Street, next to the traffic lights, and the Turangi i-SITE Visitor Centre is on Ngawaka Place, Turangi. For more information about Great Lake Taupō, visit www.GreatLakeTaupō.com.

WELCOME TO GREAT LAKE TAUPŌ
Great Lake Taupō is the jewel of the North Island in New Zealand. Located in the centre of the island, Lake Taupō is the largest freshwater lake in the Southern Hemisphere, created by one of the largest volcanic eruptions ever seen by man – the ash clouds were seen as far away as China. At the southern end of Lake Taupō lies the Tongariro National Park, a dual World Heritage Park, home to three volcanoes and the famous Tongariro Alpine Crossing. The Great Lake Taupō region was awarded ‘Best New Zealand Destination 2015’ in TNT’s annual Golden Backpack Awards. This is the second year in a row that the region has taken out the top spot in these awards, beating out several other ‘Best NZ Destination’ finalists, including Rotorua, Queenstown, Bay of Plenty, Waitomo and Bay of Islands.

The Great Lake Taupō region sits on the Volcanic Ring of Fire, stretching across the central North Island. This results in an active geothermal system, where hot thermal water flows from the earth into bathing pools or has, over time, created massive areas of thermal activity, bubbling mud pools, geysers and stunning silica terraces.

Ironman 70.3 Taupō
Whether you are returning or it is your first time at IRONMAN 70.3 Taupō, we have provided the below checklist for convenience to make sure you are prepared to have a great event.

- Read this Athlete Information Guide in its entirety
- Familiarise yourself with the event schedule
- Ensure you have received your email confirmation - check all personal details are correct, print and bring along with you to Athlete Check-In
- Book flights and accommodation ensuring you arrive in time for Athlete Check-In from 4pm – 7pm on Thursday and 10am – 9pm Friday 6 December
- The athlete list will be available online on Monday 11th November. Please check it and ensure your name, country and details are correct (if incorrect please contact taupo70.3@ironman.com)
- Ensure you have photo identification and bring to Athlete Check-In
- Tri NZ (TRIBE) Membership Card (if you have one)
- Confirm that your Emergency Contact person will be contactable on event day and ensure that the full number including area / country code is provided
- Check the weather forecast to ensure you bring all relevant clothing and equipment
- Familiarise yourself with the venue and event day road closures
- Familiarise yourself with the course – it is your responsibility to know this
- If you are looking to qualify for a 2020 IRONMAN 70.3 World Championship slot to Taupō, New Zealand on the 28th & 29th November:
  - Bring photo identification
  - Bring valid credit card (Visa & MasterCard). AMEX and Diners Club are not accepted for payments.
- Tick off all items in the Event Day Check List (located at the end of this booklet)
## EVENT SCHEDULE

### Thursday 5th December

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>4pm-7pm</td>
<td>Athlete Check-In &amp; Event Information Centre</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>4pm-7pm</td>
<td>Wetsuit Check (Compulsory)</td>
<td>Northern Domain</td>
</tr>
<tr>
<td>4pm-7pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, Northern Domain</td>
</tr>
</tbody>
</table>

### Friday 6th December

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10am - 9pm</td>
<td>Event Information Centre</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>2pm - 7pm</td>
<td>Pre-Event Massage Service</td>
<td>Massage Marquee, Northern Domain</td>
</tr>
<tr>
<td>10am - 3.45pm</td>
<td>Kids Fun Run Check-In</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>10am - 9pm</td>
<td>Athlete Check-In</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>10am - 9pm</td>
<td>Bike Check-In</td>
<td>Transition, Northern Domain</td>
</tr>
<tr>
<td>10am - 7pm</td>
<td>Sports and Lifestyle Expo</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>10am - 7pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, Northern Domain</td>
</tr>
<tr>
<td>10am - 9pm</td>
<td>Wetsuit Check (Compulsory)</td>
<td>Northern Domain</td>
</tr>
<tr>
<td>11:00am</td>
<td>Race Briefing Q &amp; A followed by Transition Tour</td>
<td>Stage, Northern Domain</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Race Briefing Q &amp; A followed by Transition Tour</td>
<td>Stage, Northern Domain</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Professional Athlete Briefing</td>
<td>Rimu Room, Great Lake Centre</td>
</tr>
<tr>
<td>3.45pm</td>
<td>Kids Fun Run Warm Up</td>
<td>Northern Domain</td>
</tr>
<tr>
<td>4pm</td>
<td>Kids Fun Run Event Start</td>
<td>Northern Domain</td>
</tr>
</tbody>
</table>

### Saturday 7th December

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>5am – 6:15am</td>
<td>Transition Opens</td>
<td>Transition, Northern Domain</td>
</tr>
<tr>
<td>5am - 4pm</td>
<td>Event Information Centre</td>
<td>Northern Domain</td>
</tr>
<tr>
<td>6.15am</td>
<td>Male Professional Athlete Start</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td>6.18am</td>
<td>Female Professional Athlete Start</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td>6.24am</td>
<td>Age Group Start</td>
<td>Lake Taupō, Opposite Taupō Yacht Club</td>
</tr>
<tr>
<td>7am - 4pm</td>
<td>Sports and Lifestyle Expo</td>
<td>Northern Domain</td>
</tr>
<tr>
<td>8am - 3pm</td>
<td>IRONMAN Merchandise Store</td>
<td>Merchandise Marquee, Northern Domain</td>
</tr>
<tr>
<td>8.40am</td>
<td>Swim Course Closes</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Bike Course Closes</td>
<td></td>
</tr>
<tr>
<td>12:30pm</td>
<td>Bike Collection opens</td>
<td>Transition, Northern Domain</td>
</tr>
<tr>
<td>1pm</td>
<td>After Party - BBQ Begins</td>
<td>Northern Domain</td>
</tr>
<tr>
<td>3:30pm</td>
<td>Run Course Closes/Event Finish</td>
<td></td>
</tr>
<tr>
<td>10am - 4pm</td>
<td>Post Event Massage</td>
<td>Recovery Tent</td>
</tr>
<tr>
<td>4pm</td>
<td>Awards Presentation</td>
<td>Stage, Northern Domain</td>
</tr>
<tr>
<td>5pm</td>
<td>IRONMAN 70.3 World Championship Roll Down Ceremony</td>
<td>Stage, Northern Domain</td>
</tr>
</tbody>
</table>

### Sunday 8th December

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>9am</td>
<td>First Timers Workshop – So you want to step up to IRONMAN New Zealand?</td>
<td>Theatre, Great Lake Centre</td>
</tr>
</tbody>
</table>

*Event Schedule is up to date as at November 2019. Please check the event schedule on the website www.ironmantaupo.com or event app, as times are subject to change.*
CRUSH IT
FEEL FULLER WITH PROTEIN*

*Increasing protein intake increases feelings of fullness as part of a healthy varied diet. Nutri-Grain® To Go Protein Squeezers contain at least 5.6g protein per 140g serve.

FIND IT IN THE BREAKFAST AISLE
CHECK-IN

When
Thursday 5th December 4pm-7pm
Friday 6th December 10am-9pm

It is compulsory for all athletes (including all Relay Team members) to Check-In during these times. No athlete will be able to Check-In after 9pm on Friday 6 December. Please allow time for delays when making travel arrangements.

Where
Great Lake Centre, Taupō. Please do NOT bring your bike or wear your bike cleats into the Great Lake Centre. Bike racks will be located on the Northern Domain.

What you will need
Photo Identification (Driver’s Licence or Passport). You will not be able to pick up your race pack without ID. Also bring your Triathlon NZ annual membership or ODM card or receipt.

Only the person registered can pick up their Race Kit at Check-In. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else’s name. This will result in suspension from TRI NZ and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

RELAY TEAMS CHECK-IN

Same Check-In and location will apply to Relay Teams.

All Relay Team members will be required to Check-In during Check-In hours. Its preferable that all members check-in at once, however if unable can check-in separately.

For more information please view our Relay Teams Page under the Athletes tab on the website.

It is important that all Relay Team information is amended and up-to-date at completion of Check-In. Please note: whilst changes to Relay Team members are allowed, there must be at least one existing Relay Team member from the time of registration.

INDIVIDUAL RACE KIT

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number</td>
<td></td>
</tr>
<tr>
<td>Sticker Sheet</td>
<td></td>
</tr>
<tr>
<td>Bike Seat Post Number Sticker</td>
<td></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td></td>
</tr>
<tr>
<td>Street Gear Bag Sticker</td>
<td></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td></td>
</tr>
<tr>
<td>Tattoos</td>
<td></td>
</tr>
<tr>
<td>Race Number Tattoo</td>
<td></td>
</tr>
<tr>
<td>(right arm), Category Tattoo</td>
<td></td>
</tr>
<tr>
<td>(left leg)</td>
<td></td>
</tr>
<tr>
<td>ID Wristband</td>
<td></td>
</tr>
<tr>
<td>Bike Collection Card</td>
<td></td>
</tr>
<tr>
<td>Coloured Swim Cap</td>
<td></td>
</tr>
<tr>
<td>Street Gear Bag (39cmw x 49cmL)</td>
<td></td>
</tr>
<tr>
<td>Athlete Finisher T-Shirt, Medal and Towel</td>
<td>We didn’t want to ruin your surprise. Collected at the finish line.</td>
</tr>
</tbody>
</table>
## RELAY TEAM RACE KIT

<table>
<thead>
<tr>
<th>Item</th>
<th>Image</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race Bib Number x 1 (Runner only)</td>
<td><img src="image1" alt="Image" /></td>
</tr>
<tr>
<td>Sticker Sheet x 1 (One sticker sheet for team)</td>
<td><img src="image2" alt="Image" /></td>
</tr>
<tr>
<td>Bike Seat Post Number Sticker</td>
<td><img src="image3" alt="Image" /></td>
</tr>
<tr>
<td>Bike Pump Sticker</td>
<td><img src="image4" alt="Image" /></td>
</tr>
<tr>
<td>Street Gear Bag Sticker</td>
<td><img src="image5" alt="Image" /></td>
</tr>
<tr>
<td>Helmet Sticker</td>
<td><img src="image6" alt="Image" /></td>
</tr>
<tr>
<td>Tattoos</td>
<td><img src="image7" alt="Image" /></td>
</tr>
<tr>
<td>Race Number Tattoo (right arm), Category Tattoo (left leg) (runner to wear tattoos)</td>
<td><img src="image8" alt="Image" /></td>
</tr>
<tr>
<td>ID Wristband x 3 (one per team member)</td>
<td><img src="image9" alt="Image" /></td>
</tr>
<tr>
<td>Bike Collection Card x 1 (for cyclist only)</td>
<td><img src="image10" alt="Image" /></td>
</tr>
<tr>
<td>Coloured Swim Cap x 1 (for swimmer only)</td>
<td><img src="image11" alt="Image" /></td>
</tr>
<tr>
<td>Street Gear Bag x 3 (one per team member)</td>
<td><img src="image12" alt="Image" /></td>
</tr>
<tr>
<td>Athlete T-Shirt, medal and towel x 3 (one per team member)</td>
<td><img src="image13" alt="Image" /></td>
</tr>
</tbody>
</table>

### ID WRISTBAND

Your ID wristband must be worn at all times as this will be your entry to ‘athlete only restricted areas.’ This is your only means of entry to Transition to rack your bike pre-race and to collect your gear and bike after the race. IRONMAN will not allow access into these areas without athletes wearing their wristband.

### WETSUIT CLEANING – COMPULSORY CHECK CLEAN DRY (CCD)

You are required to decontaminate your wetsuit before entry into Lake Taupō. This prevents the spread of invasive species such as didymo & hornwort.

Make sure you see the biosecurity team at the exit of athlete check-in to have your wetsuit checked.

Please CCD your own gear if entering Lake Taupō prior to athlete check-in. For instructions see IRONMAN website or www.biosecurity.govt.nz/cleaning

### BIKE COLLECTION CARD

The Bike Collection Card is located within your race pack. This card can be used for a friend or family member to collect your Bike and Gear Bags from Transition during Bike/Bag collection times, should you not want to do so yourself. Please ensure you sign the card prior.

### INDIVIDUAL & RELAY TEAM CHANGES

All changes to Individual’s registrations will need to be made prior to 5pm, 29th November. Please ensure that when the athlete list becomes available online several weeks prior, if any details are incorrect to contact the race office taupo70.3@ironman.com or 09 601 9590. After this time all changes can be made onsite at the Help Desk located within Athlete Check-In.

### BIKE RACKING

**When:** Friday 6th December 2019  
**Time:** 10am – 9pm  
**Where:** Transition, Northern Domain.

You must have already Checked-In and picked up your Race Kit prior to racking your bike.

No bikes will be able to be Checked-In after 9.00pm on Friday 6th December. Please ensure you plan your travel to pick up your Race Kit prior to 9pm.
Join the Program

www.ironman.com/triclubs
What you will need

**Bike Racking**

You must have your bike seat post sticker attached to your bike and be wearing corresponding numbered ID wristband to enter Transition. Your bike seat post sticker will be found in your Race Kit.

Competitors are responsible for ensuring that their bike is in a safe working order, prior to presenting the bike at Bike Check-In.

On Friday you must rack your bike by the handlebars. On Saturday morning you may change your bike to be racked by the seat, front wheel facing outward from the rack. When returning from the bike course, if you rack your bike by the seat, the front wheel must be facing outwards from the rack.

When you rack your bike please allow plenty of time to walk through the routes that you will take through the Transition area.

Volunteers will be available for event specific questions and Technical Officials will be available for any queries surrounding rules and regulations.

**PRE-EVENT BIKE CHECKS**

Your bike will be visually inspected by a Triathlon New Zealand Official and allowed into Transition upon passing this inspection. This is not a guarantee of safety. Athletes are responsible for their bikes being in safe working order. You should ensure your bike, as well as your helmet, is in safe working order before presenting it at Transition to avoid rejection. Inspectors will be checking for such thing as:

- End plugs on handlebars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with Triathlon New Zealand

**Competition Rules**

If in doubt of passing this visual inspection please visit our official bike mechanics prior to Bike Check-in. Performance Bicycle Tuning will be available on the Northern Domain.

**TIMING INFO**

You will collect your Timing Chip and confirm your identity with the timing personnel after you rack your bike. At this stage you will confirm your personal information and ensure that your race number matches your timing chip. Please ensure you put it in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle

- On race morning, your timing chip must be on to enter Transition. Officials will be checking this
- If you do not start the event or pull out for any reason, you are to return the Timing Chip to the Event Information Centre
- If your Timing Chip is not returned or is lost you will be charged for $150 NZD for a replacement
- Timing results will include swim split, bike split, run split and finish time—overall and category results.

If timing chips are not worn throughout the duration of the race, race results will not be available to that athlete.

If a timing chip is lost during the race, the athlete needs to inform an official in Transition, so that officials can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the timing chip, using an alternative puts you at risk of losing the chip during the race.

**WITHDRAWAL & TIMING CHIP RETURN**

If you withdraw from the event at any time (pre or during), please inform IRONMAN at the Event Information Centre or phone 09 601 9590. It is athlete’s responsibility to return their timing chip. If you fail to return your timing chip, a replacement charge applies.

It is extremely important for all timing chips to be returned to ensure all athletes are accounted for across the event.

**TRANSITION TOURS**

**When:** Friday 6th December
**Where:** Stage, Northern Domain
**Time:**
- Transition Tour 1: 11am
- Transition Tour 2: 2pm

Following the Race briefing Q&A, transition tours will take approximately 30 minutes and will cover the flow of Transition including the start and finish points of the swim/bike and run functionality. These tours are also a great opportunity to clarify any Transition specific questions.

**ONE DAY MEMBERSHIP**

If you have not purchased a one-day membership (ODM) for this race please remember to bring your Tri NZ, or International, membership card with you to registration. More information on ODMs and Tri NZ membership can be found [here](#).
TRANSITION AREA

Time:
Transition will be open from 5.00am – 6.15am.

Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6.15am.

RELAY TEAM TRANSITION

All Relay Team members must exit Transition by 6.15am. At the discretion of the Transition Manager, cyclists will be able to re-enter Transition (approx. 6.30am) via the Team Entry.

Relay Team Members (cyclist and runner) will be required to stand in the team tag area and await for their team member. Your timing chip is your relay baton which you will be required to take off and pass onto your team member prior to starting their designated relay leg.

RACE DAY HELMET CHECKS

Triathlon New Zealand officials will be conducting your compulsory helmet and bike checks as you enter the Transition area, please ensure you have your helmet on (with your helmet sticker on the front of your helmet) prior to entering Transition.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition Opening (Saturday).

Your helmet must be approved by a recognised testing authority (e.g. New Zealand Standards Certified).

- Alterations to any part of the helmet are not allowed. This includes, but is not limited to, any alteration to the manufacturer’s chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.

BIKE PUMPS

Bike Pump Drop Off will be available on Race Morning within Transition and can be collected post event during Bike Check-Out.

All bike pumps which aren’t collected during Bike Check-Out times will be donated.

STREET GEAR BAG DROP

Location: Gear Bag Tent on the Northern Domain, or Swim start prior to entering the water.
Time: 5am-7:30am

What to include in your Street Gear Bag?
Your Street Gear Bag will consist of any clothes you require post-race.

Important: Only the Street Gear Bag provided will be accepted. No bike pumps will be accepted in the Street Gear Truck. Please leave bike pumps at T1 pump drop.

Please ensure that you have the gear bag sticker (located in your Race Kit) clearly stuck to the bottom of the handle.

RACE DAY SERVICES

Medical

Your safety is of utmost importance to us. If you are unsure about your ability to complete the race or are not feeling physically fit in the lead up to the event, IRONMAN highly recommends you seek medical advice from your doctor.

Basic first aid is available throughout the event. If you require medical attention we recommend that you visit our Information Desk or seek the assistance of event personnel.

Medical staff will be situated in a variety of positions on race day. These locations are as follows:
- Swim Start/Swim Exit
- Transition
- Roaming Bike & Run Course
- Finish & Recovery

Basic first aid support can also be obtained at the Bike and Run Aid Stations.

It is strongly advised that you have adequate personal insurance regardless of whether you are a New Zealand resident or from overseas.

Recovery vehicle

A Recovery 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 to the closest Aid Station or back to Transition/Finish Line.

Should you require a recovery vehicle at any time, please wave down an official and they will contact a vehicle for you. Alternatively advise volunteers at the nearest Aid Station.

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

There will be a large number of water safety personnel and craft on the water before and during the swim. The water safety team is 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. Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification.

Should at any point an athlete decide to abandon the swim, they will be taken to one of the swim extraction points. From here they will be required to confirm their athlete number and be checked over by medical. It is then the athlete’s responsibility to walk back to Transition and hand in their timing chip to the Event Information Centre.

**BIKE MECHANICS**

The Official Bike Mechanics are from Performance Bicycle Tuning and will be set up on the Northern Domain Friday for any mechanical repairs you should require. A limited ‘emergency service’ will be available inside Transition on event morning.

During the event, bike support mechanics will be circulating around the bike course. They will provide basic tools and spares. Mechanics are able to assist with repairs. Athletes should still carry spare tubes etc. Be aware that spare wheels will not be available from mechanics.

*Bike support is provided thanks to Performance Bicycle Tuning.*

**ATHLETE RACE BIB NUMBER**

Wearing your race number bib is compulsory for the Run Leg only. Your number must be clearly visible.

Upon entering the finish line, turn your bib to the front. This will ensure manual timers at the Finish Line can clearly see your number. You must not fold, cut or manipulate your race number in any way.

**ATHLETE TATTOOS**

**Race Number Tattoo**

Wearing your race number tattoo is **compulsory**.

- **Where:** Your race number must be displayed on your **right bicep** with the MDot logo at the top.
- If you are wearing a long sleeve or short sleeve Tri-Suit, place the race number tattoo on your right forearm.

**Category Letter Tattoo**

Your category letter tattoo must be displayed on your left calf.

**Best way to apply your tattoos**

The tattoos can be easily applied by peeling the clear film off, placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

**RELAY TEAM TATTOOS**

Relay Teams will receive one Race Number Tattoo and one Category Tattoo. The Run Leg athlete will be required to wear the Tattoos. Other Relay Team Members can write the Race Number and Category Letter on with a permanent marker if they wish or see one of our Information staff as we will have permanent markers available.

**CUT OFF TIMES**

- **Swim** – At Swim Exit; 1 Hours 10 Minutes from Athlete’s Individual Start Time
- **Bike** – At Bike Exit; 5 Hours from Athlete’s Individual Start Time
- **Run** – Finish Line; 8 Hours from Athlete’s Individual Start Time

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via Sag Wagons.

All cut off times for the rolling start are measured off each individual’s starting time. All times listed here are measured from the last swimmer in the water.

**CONTINGENCY PLAN**

For more information on the contingency plan please visit the event website www.ironmantaupo.com.

**FINISH LINE POLICY**

Friends and family members, including children 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 athlete’s Finish Line experience.

As you cross the line, volunteers will be there to escort you to the recovery area. You will be presented with your Finishers Medal and Towel and your timing chip will be removed. Volunteers will endeavour to briefly assess you as you proceed and may need to
MX3 Diagnostics has developed a new system that can perform rapid, lab-quality hydration testing using only saliva.

The MX3 Hydration Testing System can measure hydration status in seconds with only a small saliva sample from the tip of the tongue. Designed for elite athletes and sports teams, the handheld LAB, test strips and intelligent App work together, allowing users the ability to assess and track hydration status quickly, accurately, and easily.

The MX3 Pro Edition is now available for preorder.

**Dispenser**
Lightweight and portable, the dispenser stores strips and provides a hygienic, hands-free way to load the LAB.

**Test Strips (Qty: 120)**
These disposable test strips utilize a micro-sample of saliva from the tip of the tongue. Strips are discarded after each use.

**MX3 LAB**
This lightweight, handheld device can go anywhere. Simply insert a test strip into the device for an immediate, lab-quality reading of hydration status. Data automatically pushes to the App.

**MX3 Pro Dashboard & App**
The comprehensive hydration management portal and App provides hydration tracking over time, with data analytics to help personalize your hydration strategy and improve performance.

The customizable user profiles suit the needs of all users including sports organizations, coaches, trainers, and athletes.
take you directly to the Medical team for treatment. If you do not require any treatment you will be able to proceed to the other post finish facilities. Food, fruit and drinks will be served within the designated area in Recovery. Adjacent to recovery you will have access to your Gear Bag, finisher t-shirt and have the option of a massage if desirable (there is a small charge for this service).

Volunteers and the medical team are there to help you at any time should you require.

FINISH LINE PHOTO
FinisherPix is proud to be selected as the Official Photo Service of The Event. FinisherPix will have photographers working at the swim exit, on the bike course, on the run course and of course, at the Finish Line!

So what do you need to do?

• Register your email address at www.finisherpix.com to be notified as soon as photos are online
• Please be sure you have your helmet sticker visible on the FRONT of your bike helmet so we can identify your biking photos
• Please be sure to keep your bib number visible on the FRONT of your body during the run and at the Finish Line so we can identify your photos 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
• Visit www.finisherpix.com within 24-48 hours after the event to view, order, and share your photos from your event!

POST FINISH

RECOVERY & MEDICAL
After you have finished, you will be escorted into the Post Finish area to take advantage of the post finish facilities available. This area is an athlete’s only area. Located within the post finish area will be;

• The Post Finish Recovery Area
• Athlete Finisher T-shirt collection
• Gear Bag Tent
• Medical support
• Massage

The Post Finish Recovery area will offer:
• Water
• PURE Electrolyte Hydration – Lemon & Superfruits
• Red Bull
• Coca Cola
• Pretzels & Potato Chips
• Fruit
• Cookies

MASSAGE
Massage will be provided during event weekend for a small fee at the massage tent located in the Northern Domain. Athletes may schedule appointments on site and walk-ins will be accepted if they are available. On race day, the massage team will offer post-race massage for a small fee.

BIKE CHECK-OUT
Date: Saturday 7th December
Location: Northern Domain
Time: 12:30pm – 5:30pm

It is the responsibility of the athlete to collect, hand in and pick up their bike and bike pump from the appropriate locations and times, as well as ensure they are marked correctly.

STREET GEAR CHECK-OUT
Black Street Gear Bags will be available from the Gear Bag Tent adjacent to the finish line on the Northern Domain on Saturday till 5pm. In the case that you are unable to collect your Street Gear Bag on Saturday, it will be available for collection on Sunday 9-10am at Information.

LOST AND FOUND
Lost and Found will be at the Event Information Tent during event weekend. After the conclusion of the event, please email taupo70.3@ironman.com to locate any missing items and schedule returns. All unclaimed items will be donated to charity within 10 days. Please note that no responsibility or liability is taken by the Race Organisers for lost property.
The below cut off times are for all athletes across the event. Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to Event Village via Recovery Vehicles. The below information outlines each leg’s cut off policy in further detail.

**SWIM – 1 HOUR 10 MINUTES FROM AN ATHLETE’S INDIVIDUAL START TIME.**
The following intermediate cut off points will also apply to all athletes. Any swimmer unable to reach these cut-offs will be collected by event water safety and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- 7:30am – All athletes must be in the water
- 8.40am – Swim Exit (Athletes must have completed the swim leg)

**BIKE – 5 HOURS FROM AN ATHLETE’S INDIVIDUAL START TIME.**
The following intermediate cut off points will apply to all athletes. Any cyclists unable to reach these cut-offs will be collected by the event Recovery Vehicles and will be classified as a Did Not Finish (DNF). The times below represents the absolute cut off for all athletes regardless of individual time.

- 8.40am – Swim Exit (athletes must have completed the swim leg)
- 10.43am – 47km, Reporoa Turn (athletes must have past the turnaround point and have started their return leg into Taupō)
- 11.04am – 54.8km, B2 Aid Station Broadlands Village
- 11.50am – 73.6km, B3 Aid Station Wairakei Estate
- 12:30pm – 90km, T2 (athletes must have completed the bike leg)

**RUN – 8 HOURS FROM AN ATHLETE’S INDIVIDUAL START TIME.**
All Aid Stations will act as intermediate cut off points and will apply to all athletes. Any runner unable to reach these cut-offs will be collected by the event Recovery Vehicles and will be classified as a Did Not Finish (DNF). The time below represents the absolute cut off for all athletes regardless of individual time.

- 12.30pm – Run Exit (athletes must have completed the bike leg)
- 1:26pm – 10.7km Southern Turnaround (Lap 2)
- 1:56pm – 14km, Tongariro St (Start of Lap 3)
- 2:25pm – 17.4km, Southern Turnaround (Lap 3)
- 3:30pm – 21.1km, Run Finish (athletes must have completed the run course)

In addition to the above cut off times, athletes may be cut off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenario’s the Race Director also reserves the right to announce new cut off times.
TRANSITION

TRANSITION PROCEDURE
Transition opens at 5am and closes at 6:15am pre-event.

TRANSITION 1 (Swim to Bike)
Upon finishing the swim and exiting the water, run up to Story Place via footpath, along the road and then across the North Domain to T1.

At the Swim Exit, you will pass through a timing chute and run approximately 500m before entering the Transition area and find your bike racked in numerical order. Equip yourself for the bike leg at your bike location.

TRANSITION 2 (Bike to Run)
As you dismount your bike in the bike finish chute, you are responsible for taking your bike to your numbered rack within Transition and racking the bike up correctly. Your helmet must remain on and secured until your bike is racked. Failure to do so may result in disqualification.

Equip yourself for the run leg at your allocated bike rack location. Upon exiting Transition, athletes will pass the Transition Aid Station before heading onto the run course.

For more information on Transition Rules, please see the [website](#).

RELAY TEAM TRANSITION

Relay Team Transition will be open from 5am – 6:15am on Saturday morning for the cyclist only. At 6:15am, all Relay Team cyclists must exit the Transition area.

Swimmers will exit the water and meet their cyclist at the designated team tag area, handing their timing chip to the cyclist. The cyclist must wait until they are in possession of the timing chip before heading into transition. The timing chip acts as the relay baton, the swimmer must start with the timing chip and the runner must cross the Finish Line wearing this around their ankle.

Once the swimmer has handed over the timing chip they must leave the team tag area immediately to keep area clear for other teams coming through.

When the cyclist returns, they will rack their bike back in its allocated numbered position and meet the runner in the team tag area handing over their timing chip. The cyclist must then leave the team tag area immediately.

Be sure to familiarise yourself with the flow of Transition including the team tag area entry/exit point. Relay Teams can then cross the Finish Line together.

Relay Teams will receive their finisher towel, t-shirt and medal upon finishing each leg at the finish line.
Cut off time – 1 hour 10 minutes after individual start time.

Click here to view the swim course map

**COURSE SUMMARY**

1.9km swim in the clear, fresh waters of Lake Taupō. Athletes will start on the beach at the closest point to the Waikato River inlet and swim 175m out into the lake before making a left-turn to follow the buoys 775m south. You will then turn left, swim 50m towards the shore then complete the final 775m leg parallel to the shore back towards the Taupō Yacht Club. You will keep all Swim Buoys to your left.

Athletes will exit up the beach then have a 640m run from the Yacht Club up Story Place through to Transition in the North-East corner of the Northern Domain (corner of Spa Rd and Tongariro St).

**IRONMAN 70.3 SWIM SMART**

This year’s event will feature an Age Group Rolling Swim Start for all age group & team athletes. Age Group Rolling Swim Starts will improve the race experience for each athlete by spreading out competitors across the swim, bike & run legs of the event and by also continuing to offer a racing element within the various age groups.

Approximately 10 minutes prior to start time, each wave start group will be called to move to the Swim Start area. Please know your wave start time and listen to all directions in this area as it may be crowded.

**INDICATIVE START TIMES**

Please note, this may change prior to race day.

<table>
<thead>
<tr>
<th>WAVE</th>
<th>DIVISION</th>
<th>GENDER</th>
<th>START TIME</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>PRO</td>
<td>MALE</td>
<td>6:15AM</td>
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<tr>
<td>2</td>
<td>PRO</td>
<td>FEMALE</td>
<td>6:18AM</td>
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<tr>
<td>3</td>
<td>35-39</td>
<td>M &amp; F</td>
<td>6:24AM</td>
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<tr>
<td>4</td>
<td>55+</td>
<td>M &amp; F</td>
<td>6:32AM</td>
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<tr>
<td>5</td>
<td>30-34</td>
<td>M &amp; F</td>
<td>6:41AM</td>
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<tr>
<td>6</td>
<td>50-54</td>
<td>M &amp; F</td>
<td>6:49AM</td>
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<tr>
<td>7</td>
<td>18-24</td>
<td>M &amp; F</td>
<td>6:57AM</td>
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<tr>
<td>8</td>
<td>45-49</td>
<td>M &amp; F</td>
<td>7:02AM</td>
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<tr>
<td>9</td>
<td>25-29</td>
<td>M &amp; F</td>
<td>7:11AM</td>
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<tr>
<td>10</td>
<td>40-44</td>
<td>M &amp; F</td>
<td>7:19AM</td>
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<tr>
<td>11</td>
<td>TEAMS</td>
<td>M &amp; F</td>
<td>7:28AM</td>
</tr>
</tbody>
</table>

**SWIM START ZONES**

There will be 9 Age Group/team waves that will start at the times listed on the swim start schedule.

Within each Age Group wave, athletes will self-seed based upon their own projected swim time, by selecting from the following 4 x Start Zones:

1. under 34 mins
2. 33 to 38 mins
3. 38 to 43 mins
4. over 43 mins

The Rolling start for each Age Group wave will continue from Zone 1 to Zone 4. Once all athletes from an Age Group wave have crossed the start line/timing mat and entered the water there will be a gap in the start line flow.

The next Age Group wave will then self-seed into the 4 Start Zones and follow the same start line procedure from their designated time.

Athletes will be released at intervals, in pairs, across the start line/timing mat. Athletes official individual race time will start when they cross the clearly marked start line/timing mat on the beach.

**SWIM COURSE RULES**

For more information visit the [website](#).
TOP 10 CHECKLIST
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.

   • For extra guidance, talk to a coach or your local triathlon club.

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.

   • If you have any concerns about your heart health, we recommend you consult with your GP prior undertaking the event.

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 familiarise 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.

   • 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.

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.

   • Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.

7. Checkout the Course
   • Get comfortable with the course by checking out water conditions, the swim entry and exit layouts along with the turning buoy locations.

   • Identify basic navigation points so that you know what you are swimming towards.

8. 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.

9. Be Alert and Ask For Help
   • In a race setting always stop at the first sign of a medical problem.

   • 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.

10. Seed yourself in the appropriate swim time
    It is important to seed yourself in the correct swim times, there will be four swim seeds to choose from:

    1. under 34 minutes
    2. 33 to 38 minutes
    3. 38 to 43 minutes
    4. over 43 minutes
THE WORLD'S MOST LOVED WETSUIT

“I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it.”

- Paul, Seattle, WA

PATENTED

PROTECTED BY DOMESTIC AND INTERNATIONAL PATENTS WITH ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN SWIMMER ON THE PLANET
Cut off time – 5 hours after individual start time.

Click here to view the bike course map

SUMMARY
90km bike course starts to the cheers of spectators before heading into the natural farmland surrounding Taupō. The course is described as undulating with enough challenging sections to create a fair race.

DISTANCE MARKERS
There are distance markers every 10kms.

PARTS & SERVICE
During the event, bike support mechanics will be circulating around the bike course. They will provide basic tools and spares. Mechanics are able to assist with repairs. Athletes should still carry spare tubes etc. Be aware that spare wheels will not be available from mechanics.

Bike support is provided thanks to Performance Bicycle Tuning.

TRAFFIC
Whilst we implement traffic management infrastructure on course, take caution on the first and last 10km as these roads are closed but there will be local resident access. Broadland’s road is closed to all vehicular traffic (other than residents and official vehicles). Please exercise vigilance and tolerance if traffic is encountered, particularly at all roundabouts and intersections. Normal road rules apply. Police, traffic controllers, course marshals and event crew will be on course to assist.

CAUTION
All athletes must pay caution on all parts of the course. Special caution needed when descending Taharepa Road (fast downhill with hard right turn at bottom), please slow down and refrain from using your aerobars during this section of the bike course.

BIKE AID STATIONS
The Bike Course has 3 Aid Stations.

Bike Aid Stations Locations
• B1 – River Road Outbound (25km)
• B2 – Broadlands School Inbound (55km)
• B3 – Wairakei Estate Inbound (73km)

Bike Aid Stations will offer
• Water
• Pure Electrolyte – Lemon
• IRONMAN Gels
• Bananas
• Vaseline (situated in toilets)
• Ice
• Sunscreen
• Insect repellent
• Toilets

BIKE AID STATION LAYOUT

BIKE AID STATION PROCEDURE
Slow down when entering Aid Stations, 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 also be advising what they are holding. Help the volunteers to help you by communicating politely as per your needs.

Discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will be penalised.
BIKE RULES SUMMARY

- It is the sole responsibility of each athlete to know and follow the prescribed cycling course.
- All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority.
- Athletes must wear a bike helmet number on the front of their helmet.
- The athlete’s bike frame sticker must be securely attached to the bike and must be visible from both sides.
- Headsets or headphones are prohibited during the Race.

If you do receive a penalty, the officials will:

- show you a blue, yellow or red card and advise you of your infringement
- tell you to stop at the next Penalty Tent if applicable
- note your athlete number and other information

FOR MORE INFORMATION VISIT THE WEBSITE.
Own the Official Bike of IRONMAN®

IRONMAN® and Ventum have teamed up to create special editions of the ultimate triathlon racing bicycle. The Ventum One IRONMAN® Editions feature the iconic IRONMAN® logo and are hand painted with designs inspired by IRONMAN® races from around the world.

See the complete collection or design your own at ventumracing.com/IRONMAN
**SUMMARY**

21.1km run course is a three-lap leading athletes through town three times. Athletes can take in the flat lakefront scenery out on the road, back via the Lionwalk path.

**DISTANCE MARKERS**

There are distance markers every 2kms.

**ROAD & PATHWAY TRAFFIC**

There will be vehicular traffic adjacent to the run course so please exercise vigilance and tolerance at all times, especially if you encounter a vehicle. High levels of awareness should be applied at all roundabouts and intersections.

Normal road rules apply at all times. Police, traffic controllers and event crew will be on course to patrol and direct traffic.

Additional awareness should be applied along the lake front pathways. These are not closed and are open to all users including walkers, runners, pram users and bike riders.

**RUN COURSE RULES**

For more information visit the website.

**RUN AID STATIONS**

The Run Course has 3 Aid Stations located approximately 2.5km apart.

**Run Aid Station Locations**

- R1 – Lake Front opposite Northcroft Reserve
- R2 – Run Turn at Manuels Hotel
- R3 – Lake Front path opposite Northcroft Reserve

**Run Aid Stations will offer:**

- Water
- Pure Electrolyte - Lemon
- Cola
- Go Natural IRONMAN Energy bars and gels
- Bananas
- Red Bull will be supplied at the Aid Station on Lake Terrace and served in a diluted formula of 50% Red Bull and 50% water.
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Toilets

**RUN AID STATION LAYOUT**

Run Aid Station Layout

**RUN AID STATION PROCEDURE**

Same conditions as per the Bike Aid Stations apply when entering the Run Aid Stations.

Slow down when entering Aid Stations, but don’t stop! If you do not require any product from a Run 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 also be advising what they are holding. Please help the Volunteers, help you by communicating politely as per your needs.

Please discard any unwanted items post the Discard Zone Start sign and pre-Discard Zone Finish sign. Anything discarded outside this area will result in a penalty.

**DISCARDS / DROP ZONES**

Each Aid Station will have drop zones clearly marked either side of the station (zone is approx. 200m on bike and 100m on run). This is the area to discard bottles, gel wrappers, banana skins etc.
Discarding items on any other part of the course except at designated drop zones may result in a littering infringement or disqualification.

**LAPBANDS**

On each lap of the run course, athletes will be required to go through a “lap band collection point”.

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. First lap = Yellow, Second lap = Pink and Third lap = Lime Green.

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

**RUN RULES SUMMARY**

If an athlete is shown a Yellow Card they may be directed by the Technical Official to perform a stop/start penalty.

3 infringements = DQ

If you receive a Red Card from a Technical Official, you must report to the Race Referee once you have completed your race. Avoid all infringements by being fair and safe.
RINCON
THE ULTRA-LIGHT, UBER-CUSHIONED SPEEDSTER
CHASE YOUR AMAZING

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AFTER PARTY BBQ & AWARDS PRESENTATION

An after-party BBQ for all athletes will begin from 1pm. Your BBQ voucher can be found in your athlete race pack, so please bring that along.

Presentations will be held prior to the Roll Down Ceremony at 4pm on the Stage in the Northern Domain, adjacent to the Finish Line.

Awards will be presented to the top 3 finishers in each Age Group, Team Category and to the top 6 Male and Female Pro Athletes.

TriClub Awards will be held in conjunction with Age Group Presentations.

If you are a place getter but are unable to collect your trophy, please contact IRONMAN after the event on 09 601 9590 or email taupo70.3@ironman.com to arrange collection.

ROLL DOWN CEREMONY – 2020 IRONMAN 70.3 WORLD CHAMPIONSHIP

One-hundred (100) Age Group qualifying slots and 25 Women For Tri Slots for the 2020 IRONMAN 70.3 World Championship (28th & 29th November 2020 Taupō, New Zealand) will be awarded to the top Age Group & Female finishers.

Qualified athletes are required to claim their slot in-person on Saturday 7 December at 5pm on the Northern Domain Stage. Please bring a valid form of Photo ID with you and be prepared to pay the full entry fee ($500 USD inc. tax and Active fee) with Credit Card only. No cheque or cash payments will be accepted.

Final Slot Allocation will be determined on race day based on the number of official starters.

This race has been selected as one of 20 races around the world awarding an additional 25 slots to female athletes to race the 2020 IRONMAN 70.3 World Championships in Taupō, New Zealand. These slots will be awarded after the Age Group qualifying slots, so, stay for the whole slot allocation ceremony if you are planning to claim one. These slots will go to the next most qualified women proportional by age group.
High quality natural sports nutrition, made in New Zealand.
Real ingredients // Nothing artificial // puresportsnutrition.com
IRONMAN OFFICIAL MERCHANDISE & EXPO
Come and grab your IRONMAN Merchandise and take home a keepsake from your IRONMAN experience.

Merchandise Trading Hours:
Thursday 5th December 4pm – 7pm
Friday 6th December 10am - 7pm
Saturday 7th December 8am – 3pm

Expo Trading Hours:
Friday 6th December 10am- 7pm
Saturday 7th December 8am -3pm

EVENT APP
IRONMAN 70.3 Taupō is available on the Oceania App and has everything you need to know about the event as an Athlete or a spectator:

Live athlete tracking, race leaderboard, race results, course maps and event schedule and info.

- Track the athletes live throughout the course, including their time splits.
- Live leaderboards keep you updated with who’s in the lead and you can filter by age group.
- Easy, intuitive searching to find and create your own list of your favourite athletes to follow.
- Check out the post-race final results.
- Always know where you are and where you want to be with interactive maps.
- Event info and clear schedules ensure you know what’s going on, where and when.

IRONMAN Oceania App is available for Apple and Android. Search for ‘IRONMAN Oceania’ in the Apple App or Google Play Stores.

GET SOCIAL
See, like and share all the excitement of IRONMAN 70.3 Taupo.
Facebook: @IM703Taupo
Instagram: @ironmannz

Don’t forget to tag us in your photos!
#IM703Taupo #AnythingIsPossible

PARKING
Parking will be on surrounding local streets (please ensure that you are aware of the changed traffic conditions).

CHANGED TRAFFIC CONDITIONS
Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day. Refer to the website.
There will be an Event Information Centre located at the Great Lake Centre Expo and the Northern Domain.

**Opening hours:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Thursday 5th Dec.</td>
<td>4pm-7pm</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>Friday 6 Dec.</td>
<td>10am-9pm</td>
<td>Great Lake Centre</td>
</tr>
<tr>
<td>Saturday 7 Dec.</td>
<td>5am-4pm</td>
<td>Northern Domain</td>
</tr>
</tbody>
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Our friendly staff will do their best to help you with any questions you may have. The Event Information Centre will have maps of the event and surrounding areas, as well internet and a phone if required.

**GENERAL EVENT ENQUIRES**
Additional information can be found via our following details:

Website: http://www.ironmantaupo.com  
Phone: 09 601 9590  
E-mail: taup670.3@ironman.com

**EMERGENCY SERVICES**

**Police**  
Taupō Police Station  
21 Story Place, Taupō Central  
Phone: (07) 378 6060

**Medical**  
Taupō Medical Centre  
Corner of Kaimanawa & Heu Heu Streets  
Phone: (07) 378 4080

**LOCAL SERVICES**

**Rescue & Road Services**  
AA Roadside & Breakdown Service (24 Hours)  
0800 500 222

Taupō Blue Bubble Taxi  
(07) 378 5100

**GENERAL CONTACTS**

**Tourist Information**  
Taupō i-Site Visitor Information Centre  
30 Tongariro Street  
(07) 376 0027
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