



SCHEDULE



LOCATIONS



ATHLETE GUIDE



Before travelling:

- Check the schedule and make your plans accordingly.
- Read the Athlete Guide.
- Check the startlist (you are in and your age group, country and information are correct - if not send an email to duisburg70.3@ironman.com).



Travel to Duisburg

Before going to registration (Friday from 12 to 7 pm or Saturday from 10 am to 5 pm):

- Take your ID.
- Prepare your QR code (you can find it in the race week or confirmation email).
- Annual license or cash (if you don't have annual license and you didn't purchase the one day license online 25€ needs to be paid on site in cash).

In registration you will pass the license control at the entrance. Then you have to go to one of our desks to collect your racepack.

Our staff will give you:

- Bib number.
- Wristband.
- Stickers (more instructions on the sticker sheet backside).
- Swimcap.
- Backpack (in the Merch tent)
- Blue, red and white bags.

Next step will be going to the hotel to prepare everything for the bike check-in:

You need to leave everything listed below in transition on Saturday from 2 to 6 pm.

- Put the stickers on your bike, helmet and bags (read the instructions on the backside).
- Prepare the blue bag with your bike clothes.
- Prepare the red bag with your run clothes.
- Check your bike.

- Attend the briefing! (see schedule)

It's time to go to transition!

(Saturday from 2 to 6 pm, Transition)

At the entrance, the referees will check:

- Your helmet with the sticker (put your helmet on).
- The bike has also the sticker (under the seat).
- You have your **blue** and **red** bag (with clothes in).

And then:

- Leave your bike in your rack number.
- Leave your **blue** and **red** bag at your hanger

Please don't leave your GPS device on the bike or other valuable objects. Place everything in the bags.

Nutrition: you can leave it on your bike now or on race day in the timeframe that the transition is open.

- At the transition exit you will receive your timing chip

Sleep well

It's your Race Day! Before leaving, don't forget your:

- Timing chip (put it on your left ankle).
- White bag.
- Wetsuit (if allowed)

Before your swim start:

(Transition will be open from 6:30 to 8:00 am)

- Go to transition to check your bike, fill your bottles... (optional)
- Put your wetsuit (if allowed)
- Put your street clothes in your white bag and drop it at the exit of Transition

- Go to the **swim start** area and **sort yourself according your estimated swim time**
- **Enjoy your race!**

Congratulations for your amazing race!

- Collect your medal.
- Collect your finisher t-shirt.
- Collect your white bag.
- Check your results (if you need to appeal you should ask for the head referee at the finishline before 6:00 pm).
- Go to transition to checkout your bike, collect your **blue** and **red** bag and give back the timing chip.

- **Awards and Slot Allocation** (see schedule)