

Philippines70.3@ironman.com

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WELCOME MESSAGE

Back with a vengeance! We are thrilled to welcome all athletes — local and foreign. Professional and amateurs — to this year's biggest triathlon race in the country. Many have been waiting for the return of the IRONMAN 70.3 Lapu Lapu presented by Megaworld Mactan Newtown and we are very proud to host it once again. IRONMAN 70.3 Lapu Lapu coincides with our month-long celebration of the 503rd Victory at Mactan, making it more festive and memorable.

In order to ensure the success of IRONMAN 70.3 Lapu Lapu, the City Government of Lapu Lapu had been constantly coordinating with its organizers and event partners as early as the beginning of this year. We have also been working closely with our industry partners hotels, restaurants, resorts and other establishments - to ensure that all IRONMAN 70.3 participants - all 1,500 of them from 58 countries - will only have the most relaxing, unique, and unforgettable stay in our city. Just as our triathletes are ready to swim, bike and run their way to the finish line, our pristine beaches, beautiful islands and historical attractions are just as ready to captivate, mesmerize and inspire them. It is our hope that all participants will not only finish the race strong but also discover and experience the warmth, hospitality, and beauty of the Oponganon people.

Again our warmest welcome to all IRONMAN 70.3 Lapy Lapu participants! Welcome to the historic resort city of Lapu Lapu!



Hon. Ma. Cynthia K. Chan Congresswoman

WELCOME MESSAGE

On behalf of the Municipality of Cordova, it is my great pleasure to extend a warm welcome to all participants of the IRONMAN 70.3 Lapu Lapu race.

As Mayor of Cordova, I am thrilled to have our municipality be a part of this prestigious event once again. We are honored to host athletes, supporters and spectators from around the world as they gather to compete in this exhilarating race.

The IRONMAN 70.3 Lapu Lapu offers not only a challenging course but also a breathtaking journey through the scenic landscapes of Cebu. Our municipality, nestled along the route, is eager to showcase the warmth and hospitalty for which Cordova is known.

As you embark on this remarkable journey, know that the entire community of Cordova stands behind you, cheering you on every step of the way. Your determination, dedication, and sportsmanship serve as an inspiration to us all.

I extend my best wishes to each and every participant for a safe, memorable and successful race. May the spirit of sportsmanship and camaraderie prevail throughout the event.

Once again, welcome to Cordova, and may your IRONMAN 70.3 Lapu Lapu experience to be one filled with unforgettable moments and personal triumphs.



Hon. Cesar E. Suan
Mayor, Municipality of Cordova

WELCOME MESSAGE

On behalf of Megaworld and The Mactan Newtown, I extend my warmest welcome and heartfelt greetings to each remarkable athlete participating in this year's IronMan 70.3 Lapu-Lapu Cebu.

As the events' host venue, Megaworld takes great pride in being a part of this extraordinary celebration of endurance, resilience, and sporting excellence. Your commitment to pushing boundaries and embracing challenges resonates deeply with our values, and we are honored to be supporting and being a central figure to this grand event.

This race is not just a physical feat; it is a journey of self-discovery and triumph. As you navigate the scenic landscapes of Cebu, draw strength from the camaraderie that surrounds you and let the spirit of the Ironman 70.3 inspire you to push beyond your limits.

Your dedication to this event contributes not only to its success but also serves as a beacon of inspiration for others to adopt a lifestyle of wellness and vitality. Each stroke, pedal, and stride you take represents a testament to the indomitable human spirit.

As we eagerly await the start of this competition, our prayers and best wishes are with the community of athletes. May your journey be marked with unforgettable moments, and may the finish line be a testament to your extraordinary achievements.

Race with passion, compete with heart, and may the spirit of Ironman 70.3 be with you every step of the way. Your journey is our shared celebration, and we look forward to witnessing the triumphs that await each one of you at the finish line at The Mactan Newtown.



Graham M. CoatesFirst Vice President and Head of Megaworld Lifestyle Malls

RACE DIRECTOR MESSAGE

The island of Mactan is deeply ingrained in Philippine history, renowned for the battle that showcased the bravery of its locals, led by the legendary warrior Lapu-Lapu. On April 21, 2024, a different kind of battle will unfold—not against fellow athletes, the elements and the racecourse, but against personal doubts and fears, epitomizing the belief that anything is possible. Congratulations for being here, and a warm welcome to the IRONMAN 70.3 LAPU-LAPU, presented by Megaworld Mactan Newtown. We are thrilled to witness your journey once more.

This year's event introduces exciting new elements while remaining faithful to the spirit of IRONMAN 70.3 racing. Get ready for a different swim course we bid farewell to lane lines as we introduce color-coded buoys guiding swimmers every 100 meters. Navigate with ease - yellow signifies your outward route, orange marks your return, and red indicates crucial turning points. Rest assured, we have increased our water assets and marshals to provide a safe race. The bike course which retains the CCLEX bridge and experience the lightning-fast CSRP route on our bike course. Take note if you receive a penalty in the bike, you need to serve it at the penalty tent positioned one kilometer from the transition area to optimize race flow in the bike.

Finally prepare for a scorching yet exhilarating run course, brimming with festive vibes to elevate your race experience. Find energy boosts at selected aid stations stocked with gels and bananas, while Hype pro and water are available at all stations. Remember, to complete three laps before crossing the finish line for a triumphant end to your unforgettable journey. We are overjoyed to host this event and eagerly anticipate all of you at the starting line. On behalf of all the staff, organizers, marshals, local authorities, and everyone along the racecourse, welcome to this year's IRONMAN 70.3 Lapu-Lapu.



Neville Jay Manaois
Race Director

RACE REFEREE MESSAGE

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 right 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 left of the cyclist in front (never on the right)
- · 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.

Following are the most common rule infringements:

Blue card 5-minute penalties 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 12 metres before re-passing
- Illegal pass passing on the right
- Littering discarding items, e.g. Tyres, bidons, gel wrappers etc., On any part of the course except within designated litter zones near aid stations.

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 card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty box.

Yellow card stop start 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 lefthand side of the bike lane when clear of other athletes.

Yellow card stop start and correct penalties include:

 Helmet – failing to have your chin strap securely fastened when moving with your bike.

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),
- The use of electronic equipment including telephones, including the use of earphones or other communication devices.

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.



Melody Tan
Race Referee

EVENT SCHEDULE

Event Schedule is up to date as March 14, 2024 and is subject to change. View the Event Schedule online for the most up to date version. https://www.ironman.com/im703-cebu-philippines-athletes

MONDAY 15 APRIL 2024			
Time	Event	Location	
		Posted on official Facebook page	
8:00am	Athlete Race Briefing	https://www.ironman.com/im703- cebu-philippines-athletes	

THURSDAY 18 APRIL 2024			
Time	Event	Location	
1:00pm to 6:00pm	Shuttle Service for participants booked through Sunrise Events official hotels	*refer to shuttle schedule for details	
9:00am to 6:00pm	IRONKIDS Swim-Run Athlete Check In	Habagat, The Reef Island Resort	
2:00pm to 6:00pm	IRONMAN 70.3 Lapu-Lapu Athlete Check-In		
	Reyna Bulakna Kit Claiming		
	IRONMAN 70.3 Lapu-Lapu Store Open	The Mactan Newtown	
	IRONMAN 70.3 Lapu-Lapu Athlete Village Expo Open		
	IRONMAN 70.3 Lapu-Lapu Information Booth Open		

FRIDAY 19 APRIL 2024			
Time	Event	Location	
8:00am to 6:00pm	Shuttle Service for participants booked through Sunrise Events official hotels	*refer to shuttle schedule for details	
9:00am to 3:00pm	Reyna Bulakna Kit Claiming The Mactan Newtow		
9:00am to 6:00pm	IRONKIDS Swim-Run Athlete Check In	Habagat, The Reef Island Resort	
	IRONMAN 70.3 Lapu-Lapu Athlete Check-In	The Mactan Newtown	
9:00am to	IRONMAN 70.3 Lapu-Lapu Store Open		
6:00pm	IRONMAN 70.3 Lapu-Lapu Athlete Village Open	The Mactan Newtown	
	IRONMAN 70.3 Lapu-Lapu Information Booth Open		
11:00am	IRONKIDS Swim-Run Media Conference	Habagat, The Reef Island Resorts	
2:00pm	IRONMAN 70.3 Lapu-Lapu Media Conference	The Mactan Newtown	
5:00pm	Reyna Bulakna Run Start	Liberty Shrine (Lapu Lapu Shrine)	

EVENT SCHEDULE

SATURDAY APRIL 20, 2024			
Time	Event	Location	
4:00am to 6:00pm	Shuttle Service for participants booked through Sunrise Events official hotels	*refer to shuttle schedule for details	
5:00am to 9:00am	IRONKIDS (Swim-Run)	The Reef Island Resort	
9:00am to 3:00pm	IRONMAN 70.3 Lapu-Lapu Athlete Check-In		
	IRONMAN 70.3 Lapu-Lapu Store Open	The Mactan Newtown	
9:00am to 6:00pm	IRONMAN 70.3 Lapu-Lapu Village Expo Open		
	IRONMAN 70.3 Lapu-Lapu Information Booth Open		
9:00 am to 3:00 pm	Weather report (available on FB account)	Posted on official Facebook page https://www.facebook.com/im703lapulapu	
11:00 am to 5:30 pm	Transition Tours (every 45 minutes)		
10:30 pm to 12:00 pm	IRONMAN 70.3 Lapu-Lapu Bike Check-in Athlete no. ending 1 and 2		
12:00 pm to 1:30 pm	IRONMAN 70.3 Lapu-Lapu Bike Check-in Athlete no. ending 3 and 4	Transition Area, The Mactan Newtown	
1:30 pm to 3:00 pm	IRONMAN 70.3 Lapu-Lapu Bike Check-in Athlete no. ending 5 and 6	· ·	
3:00 pm to 4:30 pm	IRONMAN 70.3 Lapu-Lapu Bike Check-in Athlete no. ending 7 and 8		
4:30 pm to 6:00 pm	IRONMAN 70.3 Lapu-Lapu Bike Check-in Athlete no. ending 9 and 0		
4:00 pm	Catholic Mass	Sto. Nino Mactan Parish	
4:00pm tp 4:30pm	Race Briefing Q&A with Race Director	Tent, The Mactan Newtown	

EVENT SCHEDULE

	SUNDAY 21 APRIL 2024		
Time	Event	Location	
4:00 am to 6:00 pm	Shuttle Service for participants booked through Sunrise Events official hotels	*refer to shuttle schedule for details	
4:30 am to	Transition Open and Helmet Check	Transition, The Mactan	
6:00 am	Street Gear Bag Drop off	Newtown	
6:20 am	Swim Start – Male Pro		
6:22 am	Swim Start – Female Pro	The Mactan Newtown Beach	
6:30 am			
7:50 am	IRONMAN 70.3 Lapu-Lapu SWIM CUT OFF: Each participant is given 70 minutes to finish the 1.9K swim based on a rolling start		
	IRONMAN 70.3 Lapu-Lapu Store Open		
9:00 am to 6:00 pm IRONMAN 70.3 Lapu-Lapu Athlete Village Expo O		The Mactan Newtown	
	IRONMAN 70.3 Lapu-Lapu Information Booth Open		
10:10am (*approx.)	IRONMAN 70.3 Lapu-Lapu First Finisher	Finish Line, Savoy Hotel	
11:00 am to 4:00 pm	IRONMAN 70.3 Lapu-Lapu Post Race Celebratory Lunch	Mactan Newtown	
12:00 pm to 5:00 pm	IRONMAN 70.3 Lapu-Lapu Bike & Gear Bag Check-Out	Transition, The Mactan Newtown	
12:10 pm	IRONMAN 70.3 Lapu Lapu BIKE CUT OFF: 5 hours and 30 minutes from the last rolling start release	The Mactan Newtown Beach	
	IRONMAN 70.3 Lapu-Lapu Last Finisher & Finish Line Closes		
3:10 pm	IRONMAN 70.3 Lapu Lapu RUN CUT OFF: 8 hours and 30 minutes to finish the entire course from the last rolling start release	The Mactan Newtown	
4:00 pm	IRONMAN 70.3 Lapu-Lapu Awards Presentation		
5:00 pm	IRONMAN 70.3 Lapu-Lapu Roll Down Ceremony		



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ATHLETE CHECK LIST

PRE-EVENT	☐ Drop off street gear bag (if relevant).
□ Book/confirm accommodation & flights (if applicable).	Start the race - be at the start line at least 15 minutes prior.
☐ Ensure event registration is confirmed (check for confirmation email).	☐ Finish the race.☐ Receive your medal.
☐ Familiarize yourself with Event Schedule (know all check- in/drop off times).	Grab your finisher towel.Collect your finisher shirt.
☐ Pack photo ID in your luggage.	☐ Recover.
☐ Familiarize yourself with the course - it is your responsibility to know this on race day.	Collect your items – transition bags, street gear bag, bike pump, bike.
☐ Check Registration Confirmation. If any details are wrong, contact us via email	
Philippines70.3@ironman.com	POST RACE
	Attend World Championship Roll Down & award presentations.
ONCE I ARRIVE (PRE-RACE)	☐ Upload your #medalmonday photo on your
☐ Familiarize yourself with the event venue a nd key areas (Check-In, transition, swim start, finish line, presentations & WC Roll Down).	social media.
☐ Familiarize yourself with road closures.	WORLD CHAMPIONSHIP
☐ Check-In and collect race kit.	QUALIFYING ROLL DOWN
☐ Bike Check in and drop off transition bags	☐ Bring photo ID.
(see page 24 for suggested items in your transition bags).	□ Bring your physical credit card (no apple pay etc accepted). See page 55.
□ Pack items for race day.	☐ Bring friends and family to celebrate.
RACE DAY	
 Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit. 	
☐ Enter Transition for last minute checks & drop off bike pump (if relevant).	





MICRO GAINS, MACRO RESULTS.







THERMO-REGULATION





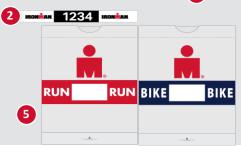
REFLECTIVE LOGO



RACE KIT













IRON AN.
CHRISTOPHER
1234









RACE KIT COLOURS

Gold - AWA

Silver - PROs

Black-Age Group Athletes

Green - Relay

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.



NO WRISTBAND = NO ACCESS.

3. TATTOOS

Number Tattoo: Place on right bicep. Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper..

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

Provided Roka swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

AWA - Pearl Gold

PROs Male and Female - Silver

Zone 1 - Under 30 minutes - Blue

Zone 2 - 31 - 35 minutes - Pink

Zone 3 – 35 – 40 minutes - Purple

Zone 4 - 41 - 45 minutes - Yellow

Zone 5 - Over 46 minutes - Neon Green

Needs special attention-White

5. TRANSITION BAGS

Use bag supplied and attach relevant sticker. Includes equipment and items required for the race. Must be handed in on Saturday during bike check in.

6. STREET GEAR BAG

Place items required for post race (collected in the recovery area). Drop off race morning. Must use bag supplied.

7. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike check in.

8. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

9. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

10. GEAR BAG STICKERS

Remove sticker from backing sheet and place on front of bike, run or street gear bag, where indicated.

Note: Timing Chips are to be collected during bike check-in.



2023 OFFICIAL BICYCLE HELMET



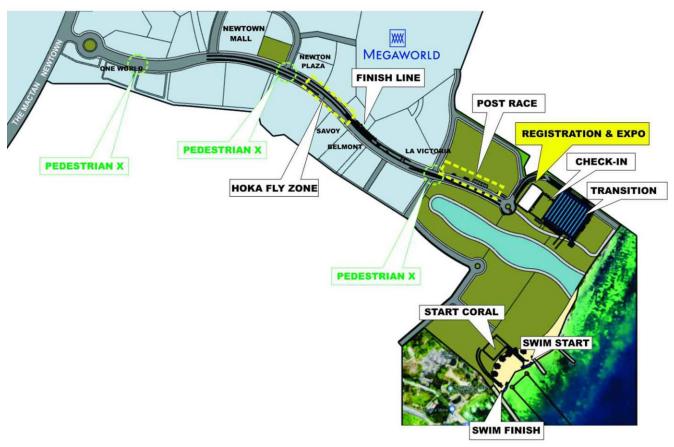
FIND US AT EVERY IRONMAN EVENT OR ONLINE

VENUE MAP

Venue map is up to date as March 19, 2024, and is subject to change. View the venue map online for the most up to date version. https://www.ironman.com/im703-cebu-philippines-athletes



RACE CENTRAL MAP



2024



ATHLETE CHECK-IN

See page 8 to 10 for time and location.

All packs will need to be collected during Athlete Check-In opening hours. If you do not check-in during the designated Athlete check-in hours you will not be permitted to race. Please note, no packs will be posted out prior to the event.

ALL RACE PACKS MUST BE PICKED UP BY 3:00pm on April 20, 2024 – Saturday.

WHERE:

The Mactan Newtown, Brgy. Mactan, Lapu Lapu, Cebu City.

What you will need to bring:

- · Photo ID (driver's licence or passport).
- Active.com Confirmation email with QR Code

Emergency Contact

Athletes are required to check-in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-In will not be available outside the posted times.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below. +63 960 905 9142

Philippines70.3@ironman.com

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from IRONMAN and banning both parties from future IRONMAN Asia Triathlon Races.

TIMING CHIP

Pick Up: Upon exit during bike check in. When collecting your timing chip, you will verify that your name matches your number.

Hot Tip: Place the timing chip somewhere safe after collection, eg with your helmet.

During Race: Your chip must be worn on your left ankle during the race. If you do not start the race, you are responsible for returning the chip to an IRONMAN staff member or timing team member. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition or at the finish line, so that timing providers can do their best to replace the chip.

Drop Off: Timing chips will be collected after the finish arch and prior to entering Recovery.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member or timing team member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$100USD for a replacement. After the race, if you realize you still have your chip, please mail it within 5 business days to: Sunrise Events Inc., 2F Alegria Alta Building, 2294 Pasong Tamo Extension Brgy. Magallanes, Makati City.

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

PRE-RACE

TRANSITION TOURS

Tours will take approximately 45 minutes. The tour will include:

- · Flow of Transition
- · Change Tent Functionality
- · Entry/Exit points
- Suggested Setup
- · Opportunity for Q&A

View the Event Schedule page 8 for times and location.

BIKE CHECK-IN/RACKING

View the Event Schedule on page 9 for times and location.

Prior to entry:

- · Attend Athlete Check-In
- Secure Bike Seat Post Sticker

Bike checks:

- Conducted by Race Technical Officials upon entry.
- You, the athlete are responsible for your bike being in safe working order.
- Inspectors will be checking for such thing as:
 - End plugs on handle bars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules and Regulations.

How to rack your bike:

Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers:

No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Information (lost & found).

You will have access to your bicycle from 4:30am to 6:00am on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

HELMET CHECK

Technical officials will conduct compulsory helmet checks as you enter Transition on race day morning April 21, 2024. You must wear your helmets (with helmet sticker on the front of your helmet) upon entry to transition. Inspectors will check the integrity and fit of the helmets. Helmets can be placed and set up on the bike or placed in the transition bags.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. See IRONMAN Rules.

BIKE MECHANICS

From April 18 to 20 bike mechanics will be available at the IRONMAN Expo at The Mactan Newtown to offer minor mechanic services. This is a paid service.

- April 18: 2:00pm to 6:00pm
- April 19: 9:00am to 6:00pm
- April 20: 9:00am to 6:00pm

A limited 'emergency service' will be available on race morning at Transition area for all athletes.

See Bike Course information on page 39 for on course support.

RACE BRIEFING

The Race Briefing video is uploaded in the official Facebook account. The briefings will cover important information pertaining to any peculiarities of the course, rules, cut-off times and course closures for the disciplines and most importantly any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts.

View the Event Schedule on page 8-10 for times and location.

SHUTTLE BUSES

Shuttle buses are available for all athletes who booked their hotel accommodation through IRONMAN 70.3 Lapu-Lapu website. If you haven't booked your hotel yet, here's the link where you can access our partner hotels. here

There will be an information booth at the lobby area of all hotel partners, don't forget to present your wristband before your ride. Please take note that bikes are not allowed on these shuttles.

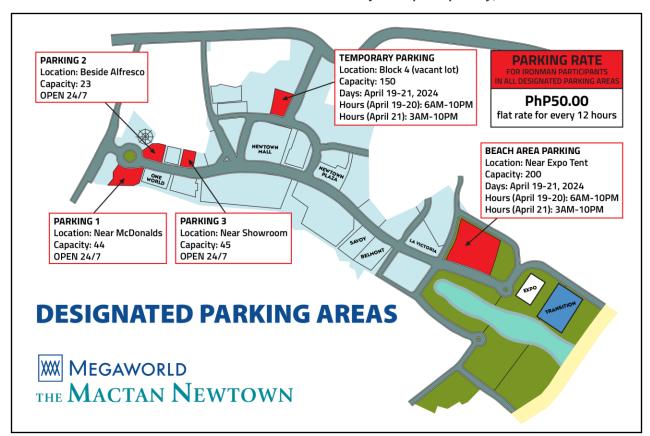
Shuttle schedule is available below.

April 18, 2024 (Thursday)			
HOTEL	The Mactan Newtown		
1:00PM	2:30PM		
3:00PM	4:00PM		
5:00PM	6:00PM		
	6:30PM		
April 19	, 2024 (Friday)		
HOTEL	The Mactan Newtown		
8:00AM	10:00AM		
9:00AM	12:00NN		
11:00AM	2:00PM		
1:00PM	4:00PM		
3:00PM	6:00PM		
5:00PM	6:30PM		
April 20, 2	2024 (Saturday)		
HOTEL	The Mactan Newtown		
5:00AM (Ironkids)	10:00AM		
8:00AM	12:00NN		
9:00AM	2:00PM		
11:00AM	4:00PM		
1:00PM	6:00PM		
3:00PM	6:30PM		
5:00PM			
April 21 , 2024 (Sunday) RaceDay			
HOTEL	The Mactan Newtown		
4:00AM	3:00PM		
5:00AM	4:00PM		
	5:00PM		
	6:00PM		

PARKING

PUBLIC TRANSPORT

There will be motorcycle, taxi, grab and PUVs available in the vicinity of Lapu-Lapu City, Cebu.



FREE PARKING AT THE SEAGROVE





BAG DROP / COLLECTION

STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at Recovery. The bag provided to you during Athlete Check-In must be used as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:

- · Change of clothes
- Different footwear
- Please refrain from placing any valuables in your bag where possible.

View page 8-10 for times and locations.

Bags will be transported from Transition to be collected from the Gear Tent in Recovery.

BIKE AND RUN TRANSITION BAGS

Bike and run transition bags contain items an athlete requires during the race. Any items required for the race that cannot be attached to your bike must be placed within the relevant bag.

Your bike transition bag will be located within the change tent (Transition) as you exit the swim and is able to be accessed during the transition process. See page 25 for transition process.

Your run transition bag will be located within the

changing tent at Transition and available after you rack your bike.

No personal bags should be left in transition for safety of other athletes.

Handy Tip: Remember **blue bike** (blue bike transition Bag) and **red run** (red run transition Bag)

Example of Items athletes should consider:

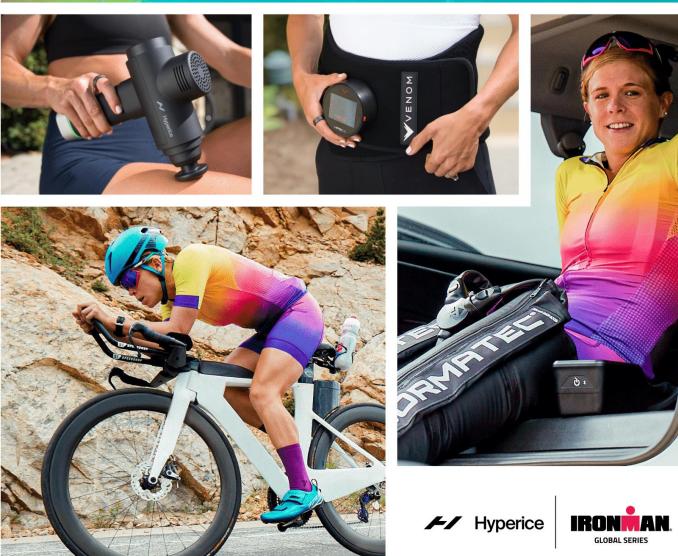
Bike Transition Bag	Run Transition Bag
Bike shoes (or attached	Runningshoes
to bike pedals)	(compulsory)
Sunglasses	Race bib number
	(compulsory)
Socks	Sunglasses
Change of clothes	Hat/visor
Nutrition and fluids (or on bike)	Socks
Towel	Change of clothes
Sunscreen	Nutrition and fluids

BAG DROP / COLLECTION

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
BIKE TRANSITION BAG Swim to Bike	When: Sunday, April 21 - 4:30am - 6:00am Location: Transition, The Mactan Newtown	Collect your bag from your numbered hook in Transition. Remove your bike gear and place all your swim gear into BLUE bag. Return	When: Post Race Day, 12:00pm – 5:00pm (April 21) Location: Transition, The Mactan Newtown
RUN TRANSITION BAG Bike to Run	When: Sunday, April 21 - 4:30am - 6:00am Location: Transition, The Mactan Newtown	bag to numbered hook. Collect your bag from your numbered hook in Transition. Remove all your run gear and place all your bike gear into the RED bag. Return bag to numbered hook.	When: Post Race Day, 12:00pm – 5:00pm (April 21) Location: Transition, The Mactan Newtown
STREET GEAR BAG	When: Sunday, April 21 - 4:30am - 6:00am Location: Transition, The Mactan Newtown	No Use	When: Post Race Day, 10:00am – 5:00pm (April 21) Location: Finish Line, Recovery Area
BIKE PUMPS	When: Sunday, April 21 - 4:30am - 6:00am Location: Transition, The Mactan Newtown	You will need to leave your bike pumps at the designated bike pump drop off in Transition (please ensure you have attached your race number sticker to your pump).	When: Post Race Day, 12:00pm – 5:00pm (April 21) Location: Transition, The Mactan Newtown

Note: When you collect your bike post race, all transition bags and bike pumps should be collected at the same time.





OFFICIAL RECOVERY TECHNOLOGY

TRANSITION

RACE DAY

Transition will be open from 4:30am to 6:00am on race morning, April 21, 2024. Please ensure you leave yourself enough time on race morning as all athletes will need to be out of Transition by 6:00am.

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection at Transition. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

You will have the opportunity to make any lastminute tweaks/adjustments to your bike. Ensure all items are either attached to your bike, or transition rack. No items will be allowed on the ground next to your bike. This includes any tubs, bags etc.

DURING RACE

SWIM TO BIKE TRANSITION

After the swim you will be directed through the swim finish chute through the changing tents to the bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line.

BIKE TO RUN TRANSITION

After the bike, you will dismount and rack your bike in your assigned rack in Transition.. You may leave your bike shoes and helmet by your bike. You will head to the gear tent and head out to the run course.

POST RACE

BIKE CHECK-OUT

Bike check-out is from April 21, Sunday – 12:00pm to 6:00pm at transition, The Mactan Newtown. Ensure you are aware of the closing time as, after this time Transition will become unsecure. You must have your athlete wristband on to claim your gear.

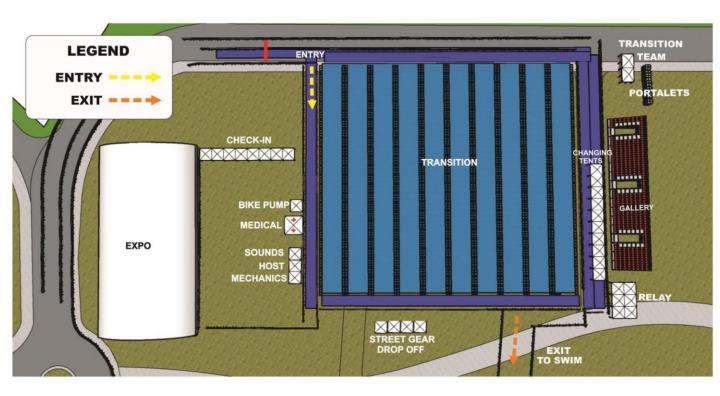
When collecting your bike, please ensure Bike and Run transition bags, and bike pumps are collected at the same time.

If your bags are not reclaimed by April 21, Sunday – 6:00pm, IRONMAN 70.3 Lapu-Lapu Presented by Megaworld Mactan Newtown, will not be responsible for any items left unsecure.

TRANSITION

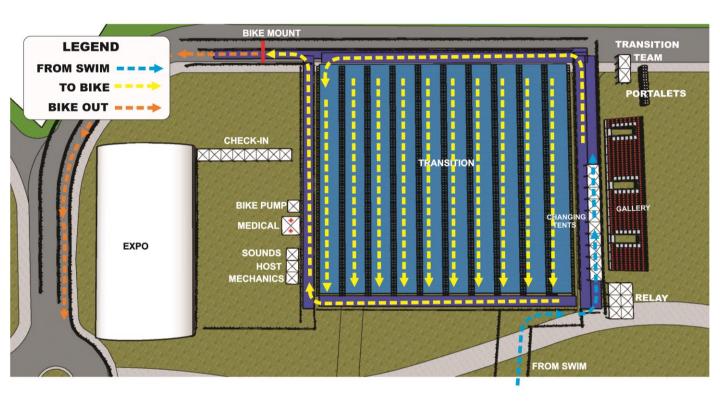


2024

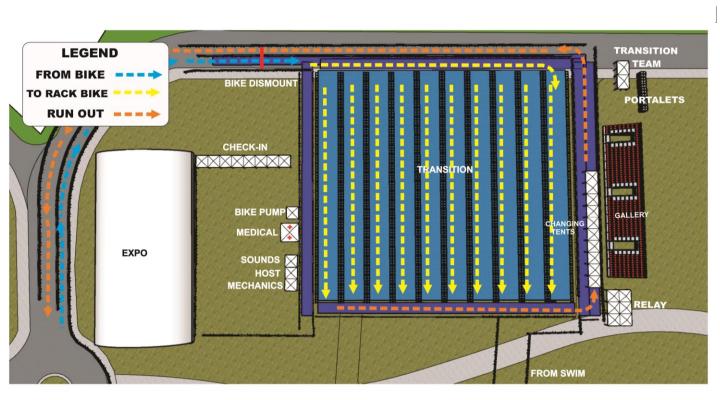


TRANSITION: RACE DAY MORNING

TRANSITION



TRANSITION: SWIM TO BIKE



TRANSITION: BIKE TO RUN

AID STATIONS

PRE SWIM

- Glasses drop table (collection at swim exit)
- Water

TRANSITION AID STATION (Swim to Bike & Bike to Run)

Will Offer:

- Water
- Hype Pro (Electrolyte)
- · Toilets

BIKE AID STATIONS

Aid stations will normally be positioned on the right hand side of the course.

Aid Station Locations:

The Bike Course has 3 aid stations with a total of 7 passes with each aid station approximately 14-20 km apart.

- B1 KM 14/ KM 34/ KM55
- B2 KM 24/ KM 45/KM 66
- B3 KM 77

Will offer:

- Water (Sports Bottle)
- Hype Pro (Electrolyte)
- GU Energy Gels Tri Berry available at B2 only.
- Toilets

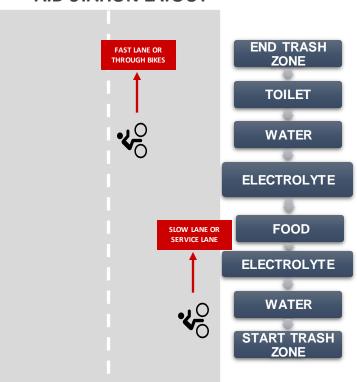
Process:

Slow down when entering a bike aid station, 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 be also calling out what they are offering. Please politely advise the volunteer by calling out your needs.

BIDON/RUBBISH DISCARD

Please ensure bidons and any trash are only discarded in Aid Station Rubbish Zones. Don't discard anywhere else on course. Strict time penalties will apply.

AID STATION LAYOUT



AID STATIONS

RUN AID STATIONS

The Run Course has 6 aid stations accessed 2 times located approximately 1KM-2KM apart.

- R1 KM 1.5
- R2 KM 3/8.7/14.2
- R3 KM 4.5/10/15.5
- R4 KM 6/11.5/17
- R5 KM 7.5/13/18.5
- R6 KM 20

Will offer:

- Splash zone
- Water
- Hype Pro (Electrolyte)
- Cola available at all aid stations
- GU Energy Gels Tri Berry available at R3 and R5 only
- Bananas available at R2 and R4 only.
- Ice
- · Toilets available at all aid stations
- · Salty chips at all aid stations

Process:

Keep right when approaching a run aid station, don't stop! If you do not require any product from a run aid station, please stay to the left of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the by calling out as per your needs.

TRASH DISCARD ZONES

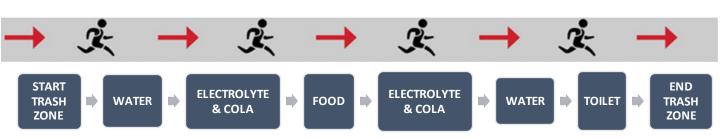
Please discard any unwanted items after the discard zone start sign and before the discard zone finish sign. Anything discarded outside this area will be penalised.

SPLASH ZONES

There will be a splash zone location at all run aid stations where you will be able to cool yourself down with iced water to splash on yourself.

MEDICAL

First Aid will be available at all aid stations on course.





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*Only for athletes.





RACE DAY INFORMATION

CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim: The swim course will close 70 minutes after the last age group athlete starts the swim. Each athlete will get the full 70 minutes to complete the swim course regardless of what time they enter the water. Athletes who take longer than 70 minutes to complete the swim and do not finish before the swim course is closed will be removed from the course and receive a DNF. Athletes who take longer than 70 minutes to complete the swim but are ahead of the final swim course closure and continue to the finish line will receive an NC (Not Classified) in the race results.

Bike: The bike course will close 5 hours and 30 minutes after the final athlete starts the swim, approximately 12:10 PM. Each athlete will have 5 hours and 30 minutes to complete the swim, Transition and bike course regardless of when they start the swim. Any athlete that takes longer than 5 hours and 30 minutes to complete the swim and bike course and does not make the final bike course closure will be removed from the race and receive a DNF Any athlete that takes longer than 5 hours and 30 minutes to complete the swim. Transition and bike course but is ahead of the final bike course closure and continues to the finish line will receive a NC (Not Classified) in the results. Additional intermediate bike course cut-offs are determined by race management and are as follows:

- KM 55 = 10:35 AM (Turnaround 4
- KM 66 = 11:05 AM (Turnaround 5 SRP)
- KM 77 = 11:40 AM (Bike Aid Station

KM 90 = 12:10 PM (Dismount)

athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

Run/Finish: The run course will close 8 hours and 30 minutes after the last athletes starts the swim. Each individual athlete will have 8 hours and 30 minutes to complete the entire course. Any athlete that takes longer than 8 hours and 30 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any individual athlete that takes longer than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) and will not be eligible for age group awards or for World Championship slots. Intermediate cut-off are determined by race management.

> KM 15.5 = 2:30 PM (Turnaround 5 -Run Aid Station 3)

athlete that does not make the intermediate time cut-offs will not be allowed to continue and will receive a DNF.

The course will officially close at 3:10pm to all athletes, based on the predicted last athlete to start the swim.

Note: IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

RACE DAY INFORMATION

CONTIGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical

philippines-course

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed at https://www.ironman.com/im703-cebu-

Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG Vehicle

The SAG 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 back to the event venue.

Should you require a SAG vehicle at any time, please wave down a motorbike official and they will contact IRONMAN for SAG vehicle deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG vehicle transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG vehicle has been requested as this

could affect their ability to locate and transport you.

WITHDRAWAL AND TIMING CHIP RETURN

If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line or at the race information booth located at the expo area and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.

RELAY TEAM INFORMATION

Please note the below information relates to the Relay Teams and outlines specific team details and differences to the Individual race.

Relay Teams must still read the complete AIG for all relevant information but please note the team specific information below.

RACE KIT

Please refer to page 15 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number worn by the runner.
- Athlete Wristband —each team member will receive their own wristband.
- Street Gear Bag each team member will receive their own Bag.

Tattoos:

· Number Tattoo -worn by runner.

CHECK-IN

All relay members must be present and together during Athlete Check-In to pick up their assigned race packets. Relay members cannot pick up race packets for their teammates and will not be able to check-in if a relay team member is missing. (This is for the safety and legal accountability of all athletes during the event).

Relay teams should look for the Relay Check-In table upon arriving at Athlete Check-In. All relay members must have a photo ID.

At Check-In, each team member will be required to sign their own individual waivers – no waiver, no race. A relay team will be assigned one bib number, but each member will receive their own gift.

TIMING CHIP

Timing chips will be picked up upon Bike Check in. There will only be one timing chip per team.

TRANSITION

The timing chip change over between team members will occur at the Relay tents in transition . Team members will meet at the tent and exchange the timing chip. Your timing chip

is your relay baton.

It is recommended all team members attend Transition either during racking or pre-race to ensure you are aware of the transition flow.

During the race, team members will enter the Relay Tent to meet their racing team member.

Relay Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

Swim to Bike

The swim leg athlete will exit the swim and head to the relay tent in transition to exchange the timing chip before the cyclist can collect their bike and head onto the bike course.

Bike to Run

The cyclist must properly rack their bike before moving to the relay tent to exchange the timing chip with their runner who will then head out onto the run course.

SWIM START

Rolling Start: Team swimmers will sort themselves into the correct start group based on their swim start time and cap colour. There is no different start for team swimmers vs individual swimmers.

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Meeting Point' at the top of the finish line chute.

If the runner only proceeds down the finish line, they will be required to collect the other Team Members towel & medal. Each relay athlete will be given 2 or 3 medals (depending on the size of the team) once finished.

RELAY TEAM CUT-OFFS

If a relay team member drops out of any leg or fails to meet the given the course cut-off time, the relay team will be able to continue the race, but the team will receive a DNF or NC in the official results.

The transition team will communicate with the team members at the relay tent and send them onto course when it is safe with a new timing chip to track their progress.

A STEP AHEAD OF YOUR TRAINING PLAN?





ROKA SWIM COURSE 1.9km

COURSE MAP

https://www.ironman.com/im703-cebu-philippines-course



SWIM COURSE: 1.9km

COURSE

The 1.9 km single loop clockwise swim course will start and end at The Mactan Newtown Beach. It begins with a 150-meter swim, and make a left for 775 meters, then make a right for 50 meters then take another right for the 825 meter and a final right for 150 meters leading to the beach, and end of the swim. Participants will head now to the transition area to begin the bike course.

SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are 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. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the canoes, kayaks, buoys, and aquatic crafts that line the course.

ROKA

SWIM COURSE 1.9km

NO LANE LINES

To align with global IRONMAN racing standards, we will be removing lane lines. The swim course will be clearly marked with buoys every 100m and there will be swim marshals and officials in and out the water to maintain the integrity and safety of the course and provide support for all athletes.

ROLLING START

There will be no swim warm up.

Start Times at The Mactan Newtown Beach.

- 6:20am Professional Male Athlete Start Time
- · 6:22am Professional Female Athlete Start Time
- 6:30am Age Group Rolling Start

The race start will be a Rolling Swim Start. Athletes are to self-seed themselves into their allocated Start Zones prior to race start.

Five different Start Zones are available, depending on an athlete's expected swim time:

- Professional Male and Female Silver
- Zone 1 Under 30 minutes Neon Blue
- Zone 2 31 35 minutes Pink
- Zone 3 35 40 minutes Purple
- Zone 4 41 45 minutes Yellow
- Zone 5 Over 46 minutes Neon Green
- Needs special attention

 White

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff. At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat. As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 5 until all athletes have crossed the timing mat and begun the race.

SWIM CAP

All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at Philippines70.3@ironman.com

SWIM CUT OFF

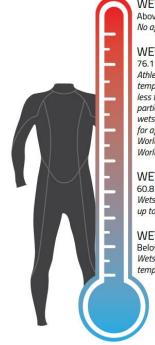
70 minutes from athlete's individuals start time (times below based on last athlete in water)

Expected swim cut-off time is at 7:50am based on last athlete in the water.

WETSUIT RULING

Expected Water Temperature: 29°C (*subject to change based on conditions)

See Race Rules on page 49-50 for more information.



WETSUIT PROHIBITED

Above 83.8° F/28.8° C No age-group athletes can wear a wetsuit

WETSUIT OPTIONAL

76.1°F/24.5°C – 83.8°F/28.8°C
Athletes may wear wetsuits if the water temperature is above 76.1°F/24.5°C, but less than or equal to 83.8°F/28.8°C and participate in a separate non-competitive wetsuit wave/division, but will not be eligible for age-group awards including, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots

WETSUIT LEGAL

60.8°F/16°C – 76.1°F/24.5°C Wetsuits may be worn in water temperatures up to and including 76.1°F/24.5°C

WETSUIT MANDATORY

Below 60.8°F/16°C Wetsuits are mandatory in water temperatures below 60.8°F/16°C

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

Professional athlete wetsuit ruling may vary – see IRONMAN Race Rules.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.

SWIM TO BIKE TRANSITION

After the swim you will be directed through the timing chutes to the swim to bike transition. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike. Personal nutrients are permitted if carried on you or your bike. Athletes are permitted to have their bike shoes on their bike before getting to the mount line.





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.

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.

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.
- For extra guidance, talk to a coach or your local triathlon rach.

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 familiarize 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.

L ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

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.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

7 WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

9 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.

10 BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- 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.
- 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.

FULGAZ BIKE COURSE 90km

COURSE MAP

https://www.ironman.com/im703-cebu-philippines-course



BIKE COURSE: 90km

COURSE SUMMARY

The 90 km 3-loop bike course starts in The Mactan Newtown, participants head towards Mactan Newtown Blvd, and make a right to M.L. Quezon National Highway. The course takes participants to the southern part of Lapu-Lapu City and enter the Municipality of Cordova.

The course takes riaht Gabi Pilipog Circumferential Road and exiting to CCLEX, bridge. Participant exits the bridge in Cebu city and make the first turn around in SRP, at KM 24. Participants head back to CCLEX and head to turn around 2 at KM 34, and head back to SRP for the second loop, making the turn around at KM, 45, and head back to CCLEX for the next turn around at KM 55. The final loop, participants head to SRP, turn around at KM 66, and head back to CCLEX and exit at KM 77. Participants will follow the same route heading back to Mactan Newtown to complete the bike course.

AID STATIONS

Aid stations are approximately 14-20KM apart on the run.

BIKE CUT OFF

5 hours 30mins from athlete's individual start time, the bike course will close at 12:10pm based on last athlete in the water. There will be an intermediate cut-off at KM 55 = 10:35 AM (Turnaround 4), KM 66 = 11:05 AM (Turnaround 5), KM 77 = 11:40 AM (Bike Aid Station 3) and KM 90 = 12:10 PM (Bike Dismount).

TRAFFIC

Event and personnel vehicles/motorbikes will be out on course during the event.

FULGAZ BIKE COURSE 90km

DRAFTING PENALTIES

- · Absolutely NO DRAFTING of another bike or any other vehicle is allowed
- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes must keep this space between bikes clear except when passing. Failure to do so will result in a drafting violation.
- Must pass on the Left-hand side
- Must complete your pass within 25 seconds
- Must be making forward progress at all times
- A started pass must be completed NO Slip Streaming
- After being passed drop 12 metres back
- Cannot pass until 12 metres back
- A competitor passing on the inside (right hand side) of another competitor will receive an Illegal Pass penalty. Must pass on the LEFT.
- A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the right of the cycle lane will receive a Blocking penalty.

You must report to the PENALTY tent (Yellow Tent) 1KM before you reach Transition.

Failure to do will result in DISQUALIFICATION.

If you receive 3 blue card penalties you will be DISQUALIFIED.

Follow this link to IRONMAN Competition Rules.

For safety reasons, the following cycling positions are prohibited:



After the bike, you will dismount and rack your bike in your assigned rack. Run bags can be found at the changing tent. Public nudity is not permitted. You will then head out onto the run course.

BIKE MECHANICS

Roving Bike Mechanics will be available on course to assist with limited mechanical malfunctions, but we strongly suggest ensuring you have spares & a bike repair kit to avoid delays.

SAG VEHICLE

There will be SAG vehicles stationed at turn around points on the bike course if you cannot continue on course.

Should you require a SAG vehicle at any time, please wave down a motorbike official and they will contact IRONMAN for SAG vehicle deployment. Alternatively advise volunteers at the nearest aid station.

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



DRAFTING VIOLATION **BLUE CARD**

Five-minute time penalty served in a Penalty Tent on the bike course



LITTERING VIOLATION **BLUE CARD**

Five-minute time penalty served in a Penalty Tent on the bike course



BLOCKING VIOLATION YELLOW CARD

30 second stop and go time penalty served at the next Penalty Tent



DISQUALIFICATION (DSQ) RED CARD

3 BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION



Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

BEFORE YOU RIDE

1 IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
- Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
- · Keep your bike clean and your chain lubed.
- Use front and rear lights when riding in low light conditions this may be required by law in your area.
- Tires should be inflated to the recommended pressure.

LEARN THE BASICS

- Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
- If you're unfamiliar with shifting gears, practice doing this in a low-traffic area.
- Practice riding a straight line, and cornering (right, left, U-turns).

3 SUIT UP

- Always wear an approved helmet in training and racing.
 Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
- Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
- · Choose clothing that is visible in low-light conditions.

L BE PREPARED TO RIDE

- Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
- Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5 PLAN AHEAD

- Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week
- Always obey all traffic signals and signs.
- Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
- Select a ride distance appropriate to your fitness.

6 INFORM OTHERS

- In the event of an incident, someone should know where you are riding.
- Always carry personal identification with you and emergency contact information.
- Carry a cell phone for emergencies.

DURING THE RIDE

7 STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Don't use your phone while riding pull off the road if you need to make a call or send a text.
- . Don't take photos and selfies while riding.
- Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
- Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
- When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
- Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aerobars.

8 OBEY THE LAW

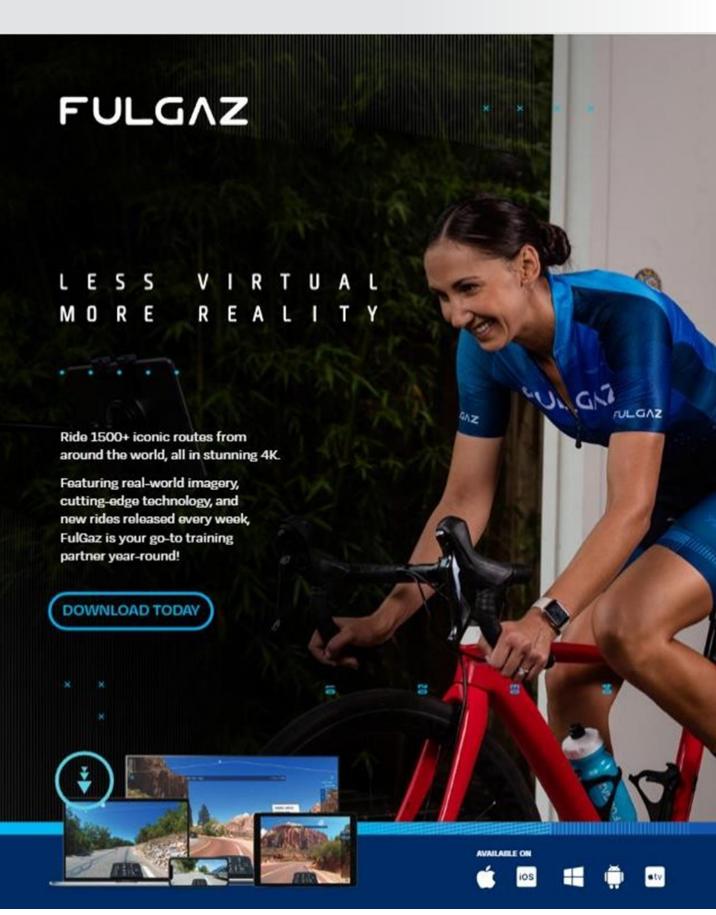
- Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- Know where the vehicles are around you and anticipate that drivers may not see cyclists.
- When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

Q COMMUNICATE

- Use verbal and hand signals so others know if you are stopping or turning.
- Make eye contact with drivers and other cyclists.
- While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
- Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10 SAFETY FIRST

- Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
- If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
- When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
- Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.



HOKA RUN COURSE 21.1km

COURSE MAP

https://www.ironman.com/im703-cebu-philippines-course







RUN COURSE: 21km

COURSE

starts The 21km three-loop run course in The Mactan Newtown heading Punta Engano Road. Participants make the first turn around at KM 4.5 at Amisa Residences, and head back to Punta Engano Road for the second turn around at KM 7.5. Participants continue with the second loop taking the next turn around in Amisa Residences at KM 10, and head back to the next turn around at KM The final loop participants head back to Amisa Residences taking the final turn around at KM 15.5 and head to Punta Engano road, and taking a right at M.L. Quezon National Highway, and making a left at The Mactan Newtown Blvd, heading to the finish line.

AID STATIONS

Aid stations are approximately 1KM-2KM apart on the run.

RUN CUT OFF

8 hours 30 mins from athlete's individual start time.

There will be intermediate cut-offs

• Turn Around 5 – 15.5 KM - 2:30pm.

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 colored lap band based on what number lap they are currently on. The color of lap band you're required to grab will be displayed on a sign.

First lap Turnaround 1 KM 4.5 = Red

Second lap Turnaround 3 - KM 10 = Blue

Third lap Turnaround 4 - KM 15.5 = Yellow

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.



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FINISH LINE AND POST RACE

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 athletes finish line experience. Any athlete who proceeds to bring family members or children onto the finish line will be disqualified.

FINISH LINE PHOTO

Sportograf is our partner for high-quality athlete photography at this race. They will proudly provide you with their "Foto-Flat" to relive the experience of your IRONMAN event. You will get all your personal pictures from several top locations around the course and finish line as well as the beautiful impression shots of the scenery and the race day in general.

How to Get your Best Photos:

- Ensure your helmet sticker visible on the FRONT of your bike helmet.
- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.

Search for your race at here and register your email address to be notified as soon as all photos from your event are online

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal and towel.

You will then follow the recovery process and have the below available to you:

- Timing chip removal
- Recovery food/drink
- Street gear bag & bike transition bag collection
- Medical support (if required)
- · Male & female change tents
- · Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- Food
- Hype Pro

Post race meal will be provided at Post Race Area at the Mactan Newtown.

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Tracker App
- https://www.ironman.com/im703-cebu-philippines-results

No access to online services? Visit our Event Information who can assist.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information.

Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30days post

event. After this time all left over items will be donated to charity. For any enquiries after the event please contact

IRONMAN Philippines70.3@ironman.com

RACE RULES

We are using the 2024 IRONMAN Competition Rules in alignment with the special IRONMAN rules and this is a NON-drafting Event.

All Athletes should read and understand the complete <u>IRONMAN Competition Rules</u> prior to race day. Below highlights some of the IRONMAN Competition Rules.

Conduct of Athletes

Section 2.01 General Behaviour

- (a) Practice good sportsmanship at all times;
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes in accordance with Section 2.02). Receiving assistance (other than in accordance with Section 2.02) will result in disqualification;
 - (i) Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

SWIM

Section 4.01 General

- (c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)
- **(g)** Individual paddlers or escorts are prohibited; (DSQ)
- (h) Any assistance during the swim will result in disqualification if forward progress was made. Athletes are permitted to use the on course kayaks, boats or any stationary floating rafts/docks as aid, as long as no forward progress is made. Race Officials and medical personnel reserve the right to remove athletes from the course if such removal is determined medically necessary;

Section 4.02 Wetsuit Rules

- (a) For age-group athletes, relay team athletes and Open Division athletes, wetsuits may be worn in water temperature up to and including 24.5 degrees C/76.1 degrees F (DSQ)
- (d) A wetsuit may cover any part of the body except the face, hands, or feet;
- **(f)** The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ)

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

- (a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)
- (c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- (h) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)
- (i) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly)
- (I) Athletes shall not dispose of trash or equipment (including, but not limited to, water bottles, gel/bar wrappers, broken bike parts, clothing items, etc.) on the course except at aid stations or other designated trash-disposal points. Intentional or careless littering will result in a 5:00 Minute Time Penalty or disqualification.

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly).

Continued over page..

RACE RULES

RUN

Section 6.01 General

- (a) Athletes may run, walk, or crawl;
- (b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);
- (d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)
- (e) Uniforms with a front zipper may be unzipped to any length, provided, that (i) the zipper should be connected at the bottom of the uniform at all times, and (ii) the top of the uniform should cover the shoulders at all times; (30 or 60 Second Time Penalty (as applicable), DSQ if not remedied promptly). The uniform should be fully zipped when crossing the finish line:

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

FINISH LINE

Section 6.03 Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (DSQ) (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators).

RACE FINISH, TIMING, AND RESULTS

- **(e)** An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:
- (i) Did not start ("DNS") Enters an Event but fails to start;
- (ii) Disqualified ("DSQ") Starts an Event and was disqualified;
- (iii) Did not finish ("DNF") Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and
- (iv) Not classified ("NC") Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.
- (f) Results will include athletes who do not

finish the Race ("DNF"), athletes designated as not classified ("NC") and those who are disqualified ("DSQ"). All available splits will be listed for DNF and NC athletes.

PROTESTS

Section 3.06 Right of Protest or Appeal

(a) The athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body, and/or the competition rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the to the process set forth by the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Kules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by ÎRONMAN.

TRANSFERRING REGISTRATION

IRONMAN does not allow the transfer of an athlete's registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.

RACE CATEGORIES

OPEN DIVISION

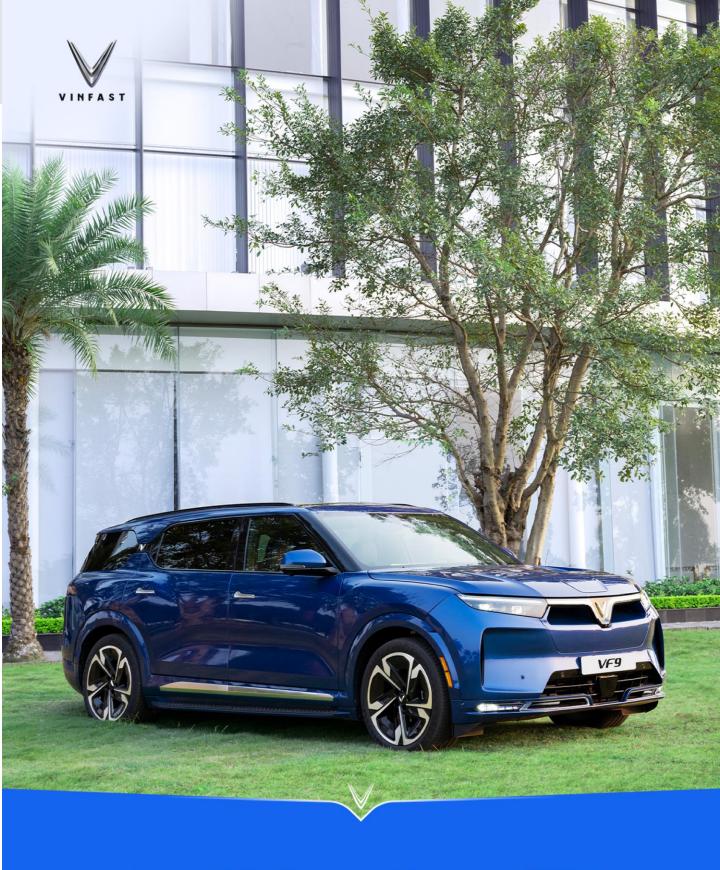
The Open Division is a non-competitive, participatory division which is open to any ablebodied athlete who cannot or do not wish to race in a competitive age or gender group

There is no approval process required for participation in the Open Division. Athletes can self-select to participate in the Open Division when registering for the event

Any athlete who wants to change to the Open Division during race week can do so during the onsite athlete check-in process. Please visit the solutions desk inside the Athlete Check-in area to change divisions

Athletes in the Open Division are not eligible for awards or World Championship slots

Athletes in the Open Division are subject to the IRONMAN Competition Rules as set forth in Article I – VII, and Article XI. Please refer to the IRONMAN Policies for additional information.



A sophisticated 3 row eSUV with a sustainable soul

AWARDS

PRESENTATIONS

View the Event Schedule on page 7-8 for time and location.

- Age Group each age group will be awarded 1st-3rd place trophies.
- Special awards Best Club team, Fastest cumulative time of Top 5 Individual members regardless of age and gender will receive a trophy.
- Special award Top Relay for All Male, All Female and Mixed Relay will receive a trophy.
- Special award Top Filipino Male Age Group -Winner will receive a gift certificate for two nights stay at Belmont with breakfast for two
- Special award Top Filipino Female Age Group -Winner will receive a gift certificate for two nights stay at Belmont with breakfast for two

If you are a place getter and unable to collect your trophy, please contact IRONMAN after the event on +63 960 905 9142 or

Philippines70.3@ironman.com to arrange collection.





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WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)

The Roll Down will happen at 5:00pm to 6:00pm April 21 – The Mactan Newtown.

Qualifying Slots: This event offers 45 Age Group and 15 Women for Tri Qualifying Slots to the 2024 VinFast IRONMAN 70.3 World Championship in Taupo, New Zealand on December 14-15, 2024. Please note, slot allocations are subject to change and may be verified here.

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location, as detailed in the event guide. Photo ID is required to be presented and payment must be made at this point in time.

Cost: USD \$780 (including all taxes and fees). Please note, all non-TriNZ athletes will need to purchase a TriNZ One Day Membership (ODM) \$10 USD.

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and CVV must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

Final slot allocation will be determined on the race day based on the number of official starters per age group.

How does the Age Group Slot Allocation Work?

First, a quick note to clarify what we mean below by an "Age Group". An Age Group is a particular age group within a particular gender. For example, "Male 25-29" is one Age Group, and "Female 25-29" is a different Age Group.

The Allocation Process:

Before Race Day:

- Each Age Group with registered athletes is tentatively allocated one slot (each, an "Initially Allocated Slot").
- All other slots available for the race (the "Proportionally Allocated Slots") are not allocated until race day.

On Race Day:

- If there are no starters in an Age Group, then that Age Group's Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot.
- The Proportionally Allocated Slots are then allocated among all Age Groups (i.e. those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

· After the Race:

· Before Roll Down:

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

· During Roll Down:

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

Other Information

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC's Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have they qualified for, hold Professional or Elite status.

Any change in an athlete's status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

VOLUNTEERS

We encourage you to say THANK YOU to the Volunteers whenever possible!

OFFICIAL EVENT APP

The IRONMAN Tracker app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- · Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Tracker App now!

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WOMENFORTRI

WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

SIDE EVENT 2GO REYNA BULAKNA

COURSE MAP

https://www.ironman.com/im703-cebu-philippines-register



COURSE

- •Runners will start the 2 loops run inside the Liberty Shrine (Lapu Lapu Shrine)
- •After exiting the shrine runners will make a right on Punta Engano Road and left on Lapu Lapu Shrine Road towards Spanish Loop
- •Runners will then make a right on Spanish Loop and a left on Peninsula Drive towards Newtown Blvd.
- •Runners will turn right on Newtown Blvd. and make a U-turn on the roundabout (TA 1) and take Newtown Blvd. heading towards the beach
- •Runners will make another U-turn at roundabout (TA 2) near the beach and take Newtown Blvd. heading towards Spanish Loop
- •Runners will make a right on Spanish Loop and another right on Lapu Lapu Shrine Road
- •Runners will make another U-turn (TA 3) just before the end of Lapu Lapu Shrine Road to start the 2nd loop follow the same route going to TA4 and TA5 and back to TA3

•After completing 2nd loop, runner will make a right on the Punta Engano Road then a left towards the entrance on the Liberty Shrine (Lapu Lapu Shrine) to the finish line.

The 2Go Reyna Bulakna claiming will take place at The Mactan Newtown from April 18 (Thursday) 2:00pm to 6:00pm and April 19 (Friday) 9:00am to 3:00pm. The Run day for all the Reynas is on April 19 (Friday) 5:00pm at Liberty Shrine (Lapu Lapu Shrine).

Registration is still open, <u>click here</u> for more information about Reyna Bulakna.

SIDE EVENT RLC IRONKIDS LAPU-LAPU

Media Conference

RLC IRONKIDS SWIM-RUN LAPU LAPU

11:00am

For further IRONKIDS information - https://ironkidsphil.com/race/lapu-lapu-cebu-rlc-ironkids-swim-run-ii-2024/

THURSDAY 18 APRIL 2024			
Time	Event	Location	
9:00am to 6:00pm	IRONKIDS Athlete Checkin	Habagat, The Reef Island Resort, Mactan Cebu	
9			
Time	Event	Location	
9:00am to 6:00pm	IRONKIDS Athlete Checkin	Habagat The Boofieland Boogst Master Cohu	

Habagat, The Reef island Resort Mactan Cebu

SATURDAY 20 APRIL 2024			
Time	Event	Location	
5:00am to 5:45am	Transition Open		
5:50am	13-15 years old Assembly & Briefing		
6:00am	13-15 years old Wave Start		
6:20am	11-12 years and Relay Category 1 (11-15 yrs old) Assembly & Briefing		
6:30am	11-12 years and Relay Category 1 (11-15 yrs old) Wave Start	Beach, The Reef Island Resort Mactan Cebu	
6:40am	9-10 years old Assembly & Briefing		
6:50am	9-10 years old Wave Start		
7:00am	6-8 years and Relay Category 2 (6 - 10 yrs old) Assembly & Briefing		
7:100am	6-8 years and Relay Category 2 (6 - 10 yrs old) Wave Start		









TRICLUB PROGRAM

The IRONMAN TriClub Championship Series is the pinnacle of the IRONMAN TriClub Program competition. Globally, all clubs registered with IRONMAN can compete for the ultimate prize – being crowned an IRONMAN Tri Club Champion. Championship events feature localized experiences customized for TriClub members, in addition to highlighting and supporting the local community of athletes.

The IRONMAN 70.3 Puerto Princesa will host the Asia TriClub & Relay Championship on November 12, 2023. Benefits from being an affiliated IRONMAN TriClub can go from access to exclusive events, discounts, welcome gifts and race weekend activations.

This year, the IRONMAN Group and Sunrise Events are drawing up free perks to IRONMAN and 5150 races leading up to the IRONMAN 70.3 Asia TriClub Championship in Puerto Princesa – from freebies, exclusive access to TriClub members facilities, bike out and breakfast, celebratory campaigns, cash prizes and much more.

To be an affiliated IRONMAN TriClub, the team's leader registers the club and its members for free at IRONMAN.com. The points of a TriClub are a sum of its member's individual race finish time behind the first finisher in his/her age group. As race time increases, points decrease until the point floor which is 700, depending on what event the athlete is racing. The faster an athlete is, the more points he/she gets. The more members a TriClub has, the more points team gets.

Register your tri club today at https://www.ironman.com/triclubs.

If you have any further questions, please don't hesitate to contact us at Philippines70.3@ironman.com

Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN 70.3 Lapu Lapu Presented by Megaworld Mactan Newtown Team



ASSEMBLE YOUR TEAM!



Get ready to elevate your IRONMAN experience to new heights at Desaru Coast!

We are inviting you and your TriClub members to the much-anticipated

2024 IRONMAN 70.3 Asia TriClub Championship Desaru Coast

WHAT'S IN IT FOR YOU & YOUR TRICLUB?

Triclub Awards (A Total Of USD 3,000 & Trophy To Be Won)

TriClub Logo Photo Wall

Official TriClub Photo at Finish Arch

TriClub Race Slot Incentives (FREE Race Slots)

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For more info, email us at : malaysia@ironman.com

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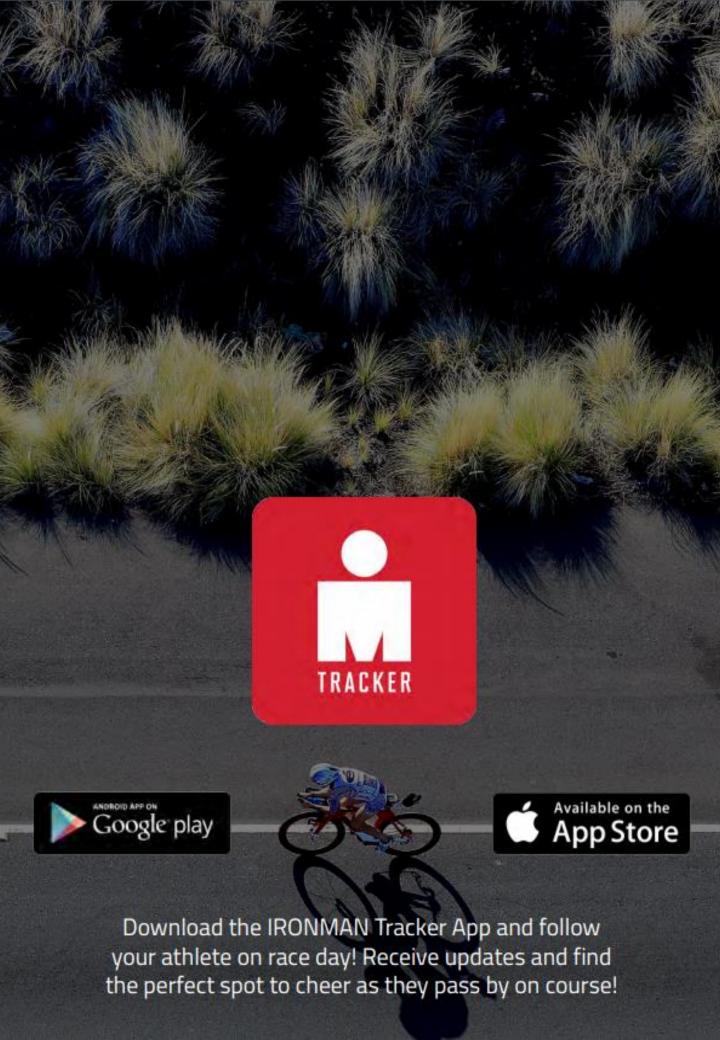


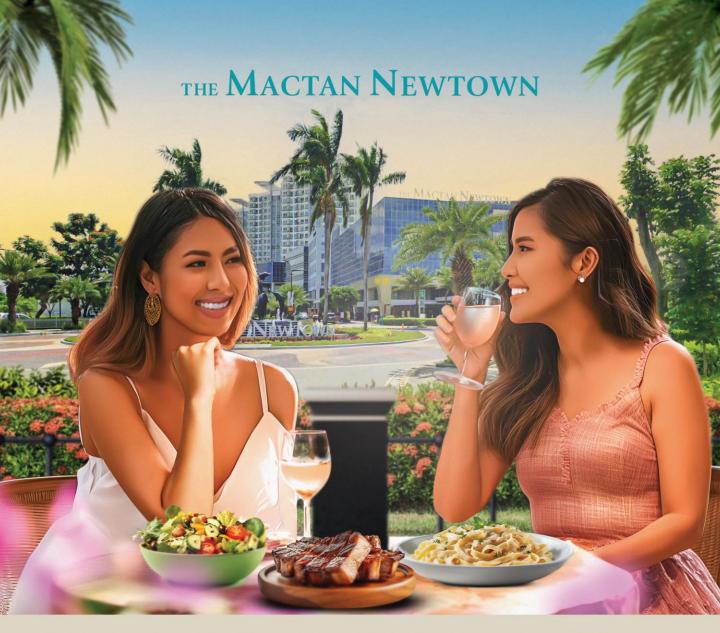












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MACTAN ALFRESCO

Ayer's Lechon
Boy Meets Grill
Charcoal Boy Grilled & Oysters
Dancing Plates
Dapogan Restaurant
Hukad Kafé
Kusina ni Master
Lolo Pinoy Grill
Manang Sayong

Mers Paluto
Orange Brutus
Pickup Coffee
Ramen Sagé
Sir Tseff Restaurant
The Lemon Co.
Thirsty
Tiktilaok

ONE WORLD CENTER

TWO WORLD CENTER

7 Eleven McDonald's

ONE PACIFIC RESIDENCE

Alishan Chicken & Beer Restobar

TOWER ONE PLAZA MAGELLAN

Civet Coffee 7 Eleven

8 NEWTOWN BOULEVARD

Bluemart
Chatime
Choobi Choobi & Kogi-Q
Club Lux
Dunkin'
Robinsons Easymart
Shikisai Japanese Restaurant
Starbucks

ROAD 4 (FOOD TRUCKS WITH DINING)

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BCD - Bacolod

CBO - Cotabato CRK - Clark MPH - Caticlan CYP - Calbayog

DPL - Dipolog ENI - El Nido

ILO - Iloilo LAO - Laoag

LGP - Legaspi **GES** - General Santos

OZC - Ozamis

WNP - Naga

PAG - Pagadian

PPS - Puerto Princesa

TAC - Tacloban IAO - Siargao

SUG - Surigao

ZAM - Zamboanga

INTERNATIONAL - 13 Destinations

BKK - Bangkok **DXB** - Dubai

HKG - Hong Kong

ICN - Seoul

KUL - Kuala Lumpur

NRT - Narita PVG - Shanghai PUS - Busan

SIN - Singapore

TAE - Daegu

TPE - Taiwan

DOH - Doha

IST - Istanbul







Touted as the longest and tallest bridge in the Philippines, the 8.9-kilometer Cebu-Cordova Link Expressway (CCLEX) is Cebu's new icon and landmark.

CCLEX, the first toll road outside of Luzon, is a project of Cebu Cordova Link Expressway Corporation (CCLEC), a wholly owned subsidiary of Metro Pacific Tollways Corporation (MPTC), in partnership with Cebu City and the Municipality of Cordova.

MPTC is the largest toll road developer and operator in the Philippines, with significant investments in tollway companies in Indonesia and Vietnam.



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