



# 2024 ATHLETE INFORMATION GUIDE



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**PORT  
MACQUARIE**

# CONTENTS PAGE



Section	Page
Welcome Messages	3-4
Race Director Message	6
Race Referee Message	10
Race Rules	11-12
Event Schedule	15-18
Athlete Check List	21
Race Kit	22
Pre Race Information	26-26
<ul style="list-style-type: none"> <li>Venue</li> <li>Athlete Check-In</li> <li>Timing Chip</li> <li>Massage</li> <li>Bike Mechanic</li> <li>Final Race Briefing</li> <li>Pre Race Training</li> <li>Parking</li> <li>Changed Traffic Conditions</li> </ul>	
Bag Drop / Collection	29-30
<ul style="list-style-type: none"> <li>Street Gear Bag</li> <li>Personal Needs Bags</li> <li>Bike and Run Transition Bags</li> </ul>	
Transition Pre Race	33
<ul style="list-style-type: none"> <li>Transition Tours</li> <li>Bike Racking</li> <li>Timing Chips</li> </ul>	
Transition Race Day	34
<ul style="list-style-type: none"> <li>Helmet Check</li> <li>Bike Pumps</li> </ul>	
Aid Stations	37-40
Race Day Information	42
<ul style="list-style-type: none"> <li>Cut Off Times</li> <li>Contingency Plan</li> <li>Race Day Services</li> <li>Finish Line Photo</li> <li>Finisher Tshirts</li> <li>Recovery Process &amp; Area</li> </ul>	

Section	Page
Race Day Post Race	43
<ul style="list-style-type: none"> <li>Results</li> <li>Medal Engraving</li> <li>Lost &amp; Found Property</li> </ul>	
Swim Course	45-46
Bike Course	48
Run Course	50
Presentations	52
World Championship Qualification (Roll Down)	54
Additional Information	55
<ul style="list-style-type: none"> <li>Volunteers &amp; LOC</li> <li>Official Event App</li> <li>IRONMAN Live</li> <li>Get Social</li> <li>Women For Tri</li> <li>Additional Events</li> </ul>	

# WELCOME MESSAGE



On behalf of the Port Macquarie Hastings community, I'm once again pleased to welcome IRONMAN for its 37<sup>th</sup> year.

We're looking forward to another successful year of competition with this being the second year featuring the revamped IRONMAN Australia bike course. IRONMAN and IRONMAN 70.3 will again be taking part on two separate courses at the same time, an element that sets IRONMAN Australia apart from any other event in the world.

We will also see the ever-popular IRONKIDS back in action and I'd like to express my sincere gratitude to the event organisers who each and every year work tirelessly to make this spectacle work so well.

There is no doubt that we're in for a weekend equally as thrilling as past years, with over 3000 amazing athletes ready to take their mark and challenge themselves physically and mentally.

The preparation these competitors put in just to get to the starting line, let alone compete, is simply inspiring. I hope the stunning scenery along the Hastings River, our gorgeous coastline, and our charming towns encourage you to endure the gruelling challenge.

While you're here, don't forget to enjoy some well-deserved downtime, whether it be at any of our gorgeous beaches, eateries, bars or hinterland areas.

Wishing the very best of luck to all of the fierce and dedicated competitors!



**Peta Pinson**  
*Port Macquarie  
Hastings Mayor*

# WELCOME MESSAGE



Welcome to beautiful Port Macquarie for IRONMAN Australia 2024 and IRONMAN 70.3 Port Macquarie, supported proudly by the NSW Government's tourism and major events agency, Destination NSW.

Hosted in NSW since 1985 and in Port Macquarie since 2006, IRONMAN Australia is celebrating its 37th year running in 2024 and has grown to become one of the most significant drawcards for visitors to Port Macquarie and the NSW Mid North Coast.

Taking place in one of coastal NSW's most-loved holiday spots, the combination of both races taking place in Port Macquarie makes this a world-class event for high-performance multi-discipline athletes and recreational sportspeople alike.

Featuring the beautiful and calm Hastings River for the swim, the bike ride by the Pacific Ocean, and a flat run directly through the heart of Port Macquarie, this festival of fitness offers competitors one of Australia's most spectacular tests of endurance.

Events like this also make a vital social and economic contribution to the region, attracting thousands of participants, spectators and officials who stay in Port Macquarie's hotels, eat in local restaurants and cafés, and experience the area's attractions. Port Macquarie has a diverse offering for visitors, blessed with sparkling beaches and koala-inhabited rainforest, as well as serious gourmet credibility.

Best of luck to all participants and take some time to explore the exciting and diverse visitor experiences on offer in Port Macquarie and the surrounding Mid North Coast waiting to be discovered at [visitnsw.com](http://visitnsw.com).

**- NSW Government**





FEEL  
LOST IN

THE  
MOMENT



[visitnsw.com](http://visitnsw.com)

feel new south wales



# RACE DIRECTOR MESSAGE



Welcome to IRONMAN Australia and to the spectacular Port Macquarie Hastings region, an outstanding event destination and a favorite of the IRONMAN Oceania team.

We thank Destination NSW and the Port Macquarie Hastings Council for their continued support of this great event that allows us to return to this spectacular location again this year.

I would also like to acknowledge the Birpai people, the traditional owners of the land in which we host the event, and pay our respects to Elders past, present and emerging.

Last year we debuted a new bike course for the first time since 2012 capturing the beauty and rolling hills of Pembroke and Redbank. This year we continue to improve the bike course with the removal of Redbank Rd and bringing the course further into town.

The 3.8km ROKA Swim Course will begin at Westport Boat Ramp again following a clockwise direction. IRONMAN Athletes will leave the water to cross the iconic Weir.

The 180km FulGaz bike course delivers the world's only split course with IRONMAN athletes heading out Hastings River Drive to the quiet roads of Pembroke for a two-lap section before returning south. Passing transition, athletes will head past the Iconic Tacking Point Lighthouse down to Lake Cathie before returning for a climb of the iconic Matthew Flinders Drive and back through town.

The 42.2km HOKA run course remains unchanged with four laps of the scenic Port Macquarie foreshore.

Please note that you will need to collect your timing chip as you leave transition on Saturday after checking in your bike as has previously happened. You will also need to book a time slot for checking in and for racking your bike. More details will be emailed to you two weeks out from race day.

Please ensure that you read the entire Athlete Information Guide before the race to ensure you have all the information you need for racing.

We here at IRONMAN Oceania are continuing to take steps forward to be

more sustainable. Working closely with the Port Macquarie Hasting Council we hope to ensure the entire region is kept in pristine condition post event. We ask all Athletes to assist us on this journey and ensure that you are discarding rubbish in the appropriate manner and using the discard areas out on course at the Aid Stations.

We wish all participants the best of luck and hope that you enjoy your time in the Port Macquarie region.

We look forward to seeing you all cross the iconic Finish Line.



**Carl Smith**  
*Race Director*

# IMPORTANT MEDICAL AND HEALTH INFORMATION



## • MEDICAL INFORMATION

- If you have a known medical condition, we highly advise that you take the following steps:
  1. Please stop by the Help Desk at Athlete Check-In to get a special race day wristband on which you should write the details of your medical conditions(s).
  2. Please also write the details of your medical conditions(s) on the back of your athlete bib, which you will receive in your race packet.

The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please stop at the Help Desk at Athlete Check-In.

- Your safety is our primary concern. The medical team will be staffing the medical facilities at Town Square, Port Macquarie. Medical resources will also be available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- **If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.**

### DO NOT BE AFRAID TO ASK FOR HELP

You will not receive a penalty or be disqualified for receiving a medical evaluation.

**If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.**

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling “help.” You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
  - **During the bike:** If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
  - **During the run:** same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
  - **Helping another athlete** – if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

Manage your Health and Safety on Race Day – Race Healthy, Race Smart

Please visit our [Athlete Smart](#) web page for more information regarding your health pre-race and during competition:

<https://www.ironman.com/athlete-smart>

A photograph of a shirtless man carrying a surfboard under his arm, walking along the shoreline at sunset. The sky is a mix of orange and blue, with a lighthouse visible on a hill in the background and several birds flying in the air. The water is calm, reflecting the colors of the sky.

# WORK BETWEEN THE BREAKS

## PORT MACQUARIE

where time does  
wonders

Here's a cracking idea. Since you've come for the IRONMAN series, come back to our stunning region and mix up your time with some remote-working between the breaks of doing awesome holiday stuff.

Just think, it'll be like you live here - you're welcome! Find what our food, drink, experiences and stays will do wonders for you at [portmacquarieinfo.com.au](http://portmacquarieinfo.com.au)



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[DrinkAG1.com](http://DrinkAG1.com)

# RACE REFEREE MESSAGE



To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty tent, please observe the following:

- Ride on the left side of the bike lane
- Crossing the Centreline – do not cross the centreline at any time during the Cycle leg
- 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.

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 - Please watch this [Drafting Video](#) for a further explanation
- Illegal pass – passing on the left
- Littering – discarding items, e.g. tyres, bottles, gel wrappers etc., this applies on any part of the course, except within designated litter zones near aid stations
- Passing more than one athlete - the athlete who is making the pass can only 'drop in' between other athletes if the distance between the athletes is more than the legal draft zone.

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 tent.

## **Yellow card penalties to be served at the next penalty tent 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
- Helmet – failing to have your chin strap securely fastened when moving with your bike, this penalty will be served in transition

**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)
- Use of a device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However during the race the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets

## **Disqualification Process**

- A technical official will advise you of your disqualification by blowing a whistle, calling your number, advising you of the nature of the infringement and showing you a red card
- Having been disqualified you have the option to continue in the race and protest the disqualification to the Head Referee after you finish the race. Note that you must signal your intention to protest within 15 minutes of finishing and complete the protest paperwork within 30 minutes of finishing

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

We sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

**David Schutz**

*Race Referee*

# RACE RULES



The event is sanctioned by AusTriathlon and raced under IRONMAN Race Rules.

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

## RACE FINISH, TIMING, AND RESULTS

### Section 2.05

**(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.

## 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)

### Section 4.02 Wetsuit Rules

**(c)** A wetsuit may cover any part of the body except the face, hands, or feet;

**(e)** 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) and

### 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)

### 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); and

## 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)

### 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)

*Continued over page..*



# RACE RULES



## 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. (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). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

## 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 Rules. (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 IRONMAN.



**MATES  
RATES**  
---  
for IRONMAN  
Athletes

IRONMAN ATHLETES RECEIVE

**20%  
OFF**

THE STANDARD  
RATE OF  
STORAGE

**BOOK NOW**

Ts and Cs apply.







# GOOD LUCK TRICLUBBER

## 3P TRI TEAM

Adelaide Triathlon Club  
AGMT  
Albury Wodonga Triathlon Club  
Allie Performance Coaching  
Arhata  
Armidale Triathlon Club  
Atlas Multisports  
Australian Defence Triathlon Club  
AZK - ASCENDERE  
Balance Tri Club  
Ballarat Triathlon Club  
Ballina Triathlon Club  
Balmoral Triathlon Club  
Bathurst Wallabies Triathlon Club  
Bayside Multisport  
Bayside Triathlon Club  
Beckworth Racing  
Beijing Long Yuan Triathlon Club  
Bendigo Triathlon Club  
Bondi Running & Triathlon Club Inc (B.R.A.T)  
Bondi Running and Triathlon  
Boost Coaching  
BOSS Multisport  
BRAT - Bondi Running And Triathlon  
Break Your Limits Triathlon Club  
Brighton Baths Athletic Club  
Brisbane Triathlon Club  
Busselton Triathlon Club  
Byron Tri Club  
Cairns Crocs Triathlon Club  
California Triathlon

Caloundra Triathlon Club Inc  
Canberra Bilbys Triathlon Club  
Canterbury Triathlon Club  
Cardiff Triathletes  
Carina Leagues Triathlon Club  
CCCTri  
Central Coast Triathlon Club  
Central Florida Tri Club  
Cercle des Triathlètes de Nouvelle-Calédonie (C.T.N.C)  
City Tri Club (Inc)  
Clarence Valley Triathlon Club  
Coffs Harbour Triathlon Club  
Complete Per4mance Coaching  
Concord Triathlon Club  
Coogee Triathlon Club  
Cornell Triathlon Team  
Cowra Triathlon Club  
Cradle Coast Triathlon & Multisport  
Cronulla Triathlon Club  
Darwin Triathlon Club  
DGC Tweed Coast Multisport  
Dubbo Triathlon Club  
Dunedin Triathlon & Multisport Club  
East Coast Cycos  
Eastern Suburbs Triathlon Club  
Echuca Moama Triathlon Club  
Elevate Tri Club  
Elite Triathlon Performance Australia  
Eltham Tri And Open

Water Club  
Enco Multisport  
Endurance Nation  
enDuRo team  
Energy Lab Triathlon  
Engadine Triathlon Club Inc  
Exceed Triathlon Club Inc  
Females In Training  
FilOz Triathlon Club  
Fitter Radio Coffee Club  
Fitzroy Frogs Triathlon Club  
FLOWITRI  
Forster Triathlon Club Inc.  
Galway Triathlon Club  
Goondiwindi Triathlon Club Inc.  
GPC Squad  
Greensborough Triathlon Club  
Guangxi Triathlon Sports Club  
Hat Head Triathlon Club  
Hawthorn Triathlon Club  
Hervey Bay Triathlon Club Inc.  
High Performance Training (HPT)  
Highlands Triathlon Club  
Hill Top Coaching  
Hills Triathlon Club  
Hurt Locker Tri  
i4 Coaching  
Illawarra Triathlon Club  
Imaniacz  
Intraining Running And Triathlon Club  
Ipswich Triathlon Club - AU  
IRONRYAN  
Jervis Bay Triathlon Club

Inc  
JET Coaching  
JT Multisport  
Kempsey Runners And Triathlon Club Inc  
Kiama Triathlon club  
Knox Triathlon Club Inc.  
Koa Sports  
Lakers Triathlon Club  
Leichhardt & Parramatta Drummoyne Triathlon Club Inc (Lapd)  
Lion Island Multisport  
Lockyer Lightning Multisport Club Inc.  
Logan Triathlon Club  
M5 Triathlon  
Macarthur Triathlon Club  
Mach Apparel  
Mackay Triathlon Club  
Maitland Triathlon Club Inc  
Mavericks Coaching Alliance  
Melbourne Triathlon Club Inc  
Meteors Triathlon Club  
Moore Performance  
Moree Services Cycle and Triathlon Club  
Mornington Peninsula Triathlon Club  
Mudgee Tri Club  
Multisport Gold  
MX Endurance  
MyProCoach  
NEWBIE Triathletes SG  
Newcastle Triathlon Club  
Noosa Tri Club  
North Coast Triathlon Club

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# GOOD LUCK TRICLUBBER

Northern Suburbs  
Triathlon Club  
Nunawading Triathlon  
Club  
Orange Cycle And  
Triathlon Club  
OSJ TEAM ZAIMOKUZA  
OSK TRI Team Thailand  
Panthers Triathlon Club  
Peddlar  
Performance Triathlon  
Coaching  
Perth Triathlon Club  
(Aus)  
Port Macquarie  
Triathlon Club  
Pro Endurance  
Academy  
Pursue Multisport  
Pursue Multisports  
Pursuit Triathlon  
Ratpack Multisport Inc  
ReadyToTri  
Red Dog Triathlon  
Training  
Redcliffe Tri Club  
Redlands Cycling and  
Multisport Club  
Redline Tri Club  
Reed Performance  
Group  
RF Triathlon  
Ringwood Triathlon  
Club  
Rockingham Triathlon  
Club  
Rocky Mountain Tri  
Club  
Royal Marines  
Triathlon

Sadler Coaching  
SBRG Performance  
Coaching  
Scone Triathlon Club  
Sharks Triathlon Club  
Sheldon Triathlon Club  
Shellharbour Tri Club  
Shepparton Tri Club  
Simon Knowles  
Singleton Triathlon  
Club  
Somerset Spartans  
Triathlon Club  
South Bank Triathlon  
Club  
Southern Stars  
Triathlon Club  
Southport Triathlon  
Club Inc  
SSG MultiSports  
Stadium Triathlon Club  
Standing Start  
Triathlon  
STURLA  
PERFORMANCE  
Sunshine Coast  
Triathlon Academy  
SCTA  
Surfers Paradise  
Triathlon Club  
Sutherland Shire  
Triathlon Club  
Swiftmultisport  
Sydney Triathlon Group  
Synergy Racing  
Development  
T:Zero Multisport  
Tamworth Triathlon  
Club Inc  
Team Elite SBR

Triathlon Team  
Team Next Stage  
Team NRGY LLC  
Team T Rex  
TEAM Tri Coaching  
Team XTR  
TEAM Y  
Team Z  
Tempo Systems  
Ten-Point BlackFish  
The Aspen Triathlon  
Club  
The Cupcake Cartel  
TITAN  
To The Start Line  
Tomaree Triathlon Club  
Toowoomba Triathlon  
Club Inc  
TRG Triathlon and  
Multisport  
Tri Alliance  
Tri Fitness - Australia  
Tri Nation  
Tri-ActiV8 Triathlon  
Squad  
Trianorte  
Triathlon Club of  
Oklahoma City  
Triathlon Club of San  
Diego  
Triathlon Grosseto  
Triathlon Hawke's Bay  
Triathlon South  
Triathlon Tauranga  
Triatlon Klub Zadar  
Tridents Triathlon Club  
TriDot Triathlon  
Training

TriEdge Coaching  
Triings Triathlon Club  
TriMob  
Trimosphere  
TriMotivate  
Performance Coaching  
TriSpecific  
TriSpecify  
TriVelo Coaching  
Tuggeranong Vikings  
Triathlon Club  
Tweed Valley  
Triathletes Inc  
Twin Towns Triathlon  
Club  
UQ TRIADS  
Victor Harbor Triathlon  
Club  
Vietnam Triathlon Club  
Vikings Triathlon Club  
Vipers Triathlon Club  
VO2 Performance  
Wagga Triathlon Club  
Warringah Triathlon  
Club  
Warrnambool Tri Club  
We Tri - Training and  
Coaching  
Western Suburbs  
Triathlon Club (WSTC)  
Westside Triathlon  
Club  
Whistler Triathlon Club  
Wicklow triathlon club  
Wild Dog Tri Club  
Wyn Republic  
YPO Gold/YPO  
TRIATHLETES

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# EVENT SCHEDULE



Event Schedule is up to date as of April 2024 and is subject to change.  
View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

THURSDAY 2 MAY 2024		
Time	Event	Location
10:00am – 4:00pm	Event Information Open	Town Square, Horton Street
10:00am – 4:00pm	Official IRONMAN Merchandise Store Open	Town Square, Horton Street
10:00am – 4:00pm	Sport & Lifestyle Expo Open	Town Square, Horton Street
<b>10:00am – 4:00pm</b>	<b>Athlete Check-In Open (Must be pre-booked)</b>	<b>Mezzanine Floor, Glasshouse, Port Macquarie</b>
10:00am – 4:00pm	IRONKIDS Port Macquarie Check-In Open	Event Information, Town Square, Horton Street

FRIDAY 3 MAY 2024		
Time	Event	Location
6:30am – 8:30am	Practice Swim	Westport Park Boat Ramp, Hastings River
10:00am – 6:00pm	Event Information Open	Town Square, Horton Street
10:00am – 6:00pm	Official IRONMAN Merchandise Store Open	Town Square, Horton Street
10:00am – 6:00pm	Sport & Lifestyle Expo Open	Town Square, Horton Street
10:00am – 6:00pm	Athlete Check-In Open (Must be pre-booked)	Mezzanine Floor, Glasshouse, Port Macquarie
10:00am – 6:00pm	IRONKIDS Port Macquarie Check-In Open	Event Information, Town Square, Horton Street
2:00pm – 3:30pm	Legends Function *Invite Only*	Northpoint Apartments
2:45pm	Pro Athlete Briefing (Professional Athletes Only)	Rydges Hotel Port Macquarie
4:30pm	IRONMAN Australia Official Opening & Live Race Briefing	IRONMAN Finish Line, Town Green

# EVENT SCHEDULE



## SATURDAY 4 MAY 2024

Time	Event	Location
6:30am – 8:30am	Practice Swim	Westport Park Boat Ramp, Hastings River
8:00am – 8:45am	IRONKIDS Port Macquarie Check-In Open	Event Information, Town Square, Horton Street
9:00am	IRONKIDS Port Macquarie Race Start	Town Square, Horton Street
9:00am – 4:00pm	Event Information Open	Town Square, Horton Street
9:00am – 4:00pm	Official IRONMAN Merchandise Store Open	Town Square, Horton Street
9:00am – 4:00pm	Sport & Lifestyle Expo Open	Town Square, Horton Street
9:30am	IRONKIDS Random Prize Draw	IRONMAN Finish Line, Town Green
10:00am – 3:00pm	Athlete Check-In Open (Must be pre-booked Note: Last chance to Check-In – you must Check-In by 3:00pm TODAY)	Mezzanine Floor, Glasshouse, Port Macquarie
10:00am – 4:00pm	Compulsory Bike Racking & Gear Bag Drop Off IRONMAN Australia Athletes (Must be pre-booked)	Transition, Westport Park
10:00am – 4:00pm	Event Information Open	Transition, Westport Park
11:00am	IRONMAN Australia Transition Tour	Transition, Westport Park
1:00pm	IRONMAN Australia Transition Tour	Transition, Westport Park
3:00pm	IRONMAN Australia Transition Tour	Transition, Westport Park

# EVENT SCHEDULE



SUNDAY 5 MAY 2024		
Time	Event	Location
4:45am – 7:00am	Transition Open & Compulsory Helmet Check – IRONMAN Australia Athletes	Transition, Westport Park
4:45am – 7:00am	Personal Needs Bag Drop Off – IRONMAN Australia Athletes	Northern End of Transition
4:45am – 7:00am	Street Gear Bag Drop Off – IRONMAN Australia Athletes	Northern End of Transition
4:45am – 5:30pm	Transition Event Information Open	Transition, Westport Park
7:15am	IRONMAN Australia Pro Male Race Start	Westport Park Boat Ramp, Hastings River
7:16am	IRONMAN Australia Pro Female Race Start	Westport Park Boat Ramp, Hastings River
7:17am	IRONMAN Australia Physically Challenged/ Intellectual Disability Open Race Start	Westport Park Boat Ramp, Hastings River
7:18am	IRONMAN Australia Age Group Rolling Start	Westport Park Boat Ramp, Hastings River
9:00am – 11:00pm	Town Square Event Information Open	Town Square, Horton Street
9:00am – 5:00pm	Official IRONMAN Merchandise Store Open	Town Square, Horton Street
9:00am – 5:00pm	Sport & Lifestyle Expo Open	Town Square, Horton Street
9:00am – 12:35am	Street Gear Bag Area Open	IRONMAN Finish Line, Town Green
Approx: 3:19pm	First IRONMAN Australia Male Finisher Expected	IRONMAN Finish Line, Town Green
Approx: 4:25pm	First IRONMAN Australia Female Finisher Expected	IRONMAN Finish Line, Town Green
5:30pm – 10:30pm	Bike Collection – IRONMAN Australia Athletes	Transition, Westport Park
5:30pm – 10:30pm	Bike & Run Transition Gear Bag Collection – IRONMAN Australia Athletes (Note: Personal Needs bags will only be available Monday for collection)	Transition, Westport Park



# EVENT SCHEDULE



## MONDAY 6 MAY 2024

Time	Event	Location
12:35am	Expected Last Finisher/ Race Closes	IRONMAN Finish Line, Town Green
8:00am – 2:00pm	Official IRONMAN Merchandise Store Open	Town Square, Horton Street
8:00am – 11:00am	Compulsory Bike, Run & Personal Needs Bag Collection IRONMAN Australia Athletes	Transition, Westport Park
8:00am – 11:00am	Compulsory Bike Collection IRONMAN Australia Athletes	Transition, Westport Park
8:00am – 12:00pm	Event Information Open	Town Square, Horton Street
11:00am	Official Results & 2024 VinFast IRONMAN World Championship Qualifying Slots Posting	IRONMAN Finish Line, Town Green
11:30am – 5:00pm	IRONMAN Australia Post Event Celebration	IRONMAN Finish Line, Town Green
12:00pm – 1:30pm	2024 VinFast IRONMAN World Championship Roll Down Ceremony	IRONMAN Finish Line, Town Green
1:30pm – 2:30pm	IRONMAN Australia Athlete Presentations	IRONMAN Finish Line, Town Green



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# ATHLETE CHECK LIST



## PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with Event Schedule (know all check- in/drop off times).
- Pre-book [massage](#)
- Pack photo ID in your luggage.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- Check athlete list on event app. **Note:** Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via [Australia@ironman.com](mailto:Australia@ironman.com).

## ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
- Familiarise yourself with [road closures](#).
- Check-In and collect race kit.
- Rack bike and drop off transition bags (see page 29 for suggested items in your transition bags).
- Attend official practice swim during designated times.
- Pack items for race day.

## 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).
- Drop off street gear bag (if relevant).
- Drop off personal needs bags (if relevant).
- Start the race - be at the start line at least 15 minutes prior.
- Finish the race.
- Receive your medal.
- Grab your finisher towel.
- Collect your finisher shirt.
- Recover.
- Collect your items – transition bags, personal needs bags (available Monday only), street gear bag, bike pump, bike.

## POST RACE

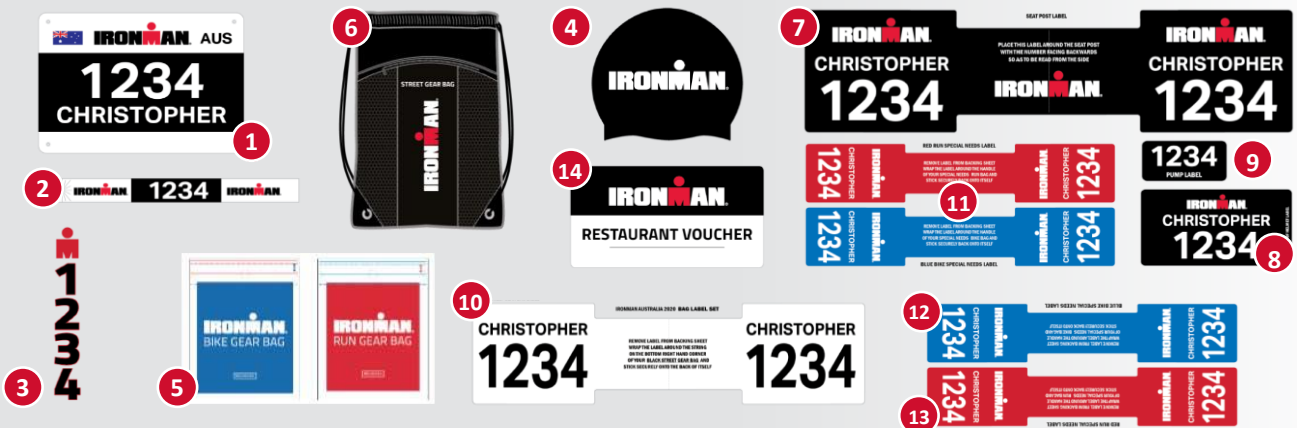
- Have your medal engraved at the Official IRONMAN Merchandise Tent.
- Attend World Championship Roll Down, presentations & after party.
- Upload your #medalmonday photo on your social media.

## WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- Bring photo ID.
- Bring your physical credit card (no apple pay etc accepted). See page 54
- Bring friends and family to celebrate.



# RACE KIT



## RACE KIT COLOURS

- Black - Professional male
- Silver - Professional female
- Gold - Legends
- Black with White - Age group athletes

### 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.

**Note:** Timing Chips are to be collected during bike racking. For more information see page 33

### 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 - Right bicep or forearm if tri-suit has sleeves.

#### 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 on with a permanent marker.*

### 4. SWIM CAP

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 – please contact event team if you have a latex allergy.

### 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 racking.

### 6. STREET GEAR BAG

Place items required for post race (collected in the recovery area at finish line). 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 racking.

### 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. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your street gear bag and stick securely onto the back of itself.

### 11. PERSONAL NEEDS STICKERS

Remove sticker from backing sheet wrap the label around the handle of your personal needs bag and stick securely back onto itself. Place corresponding coloured sticker to personal needs bag.

### 12. BIKE TRANSITION BAG

Remove sticker from backing sheet and place on handles of bike bag.

### 13. RUN TRANSITION BAG

Remove sticker from backing sheet and place on handles of run bag.

### 14. RESTAURANT VOUCHER

\$35 voucher can be used at participating restaurants outlined on the [event website](#).

JESSE THOMAS  
2x IRONMAN CHAMPION

RŌKA

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# PRE RACE INFORMATION



## VENUE



### ATHLETE CHECK-IN

See pages 15-18 for time and location.

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

### What you will need to bring:

- Photo ID (driver's licence or passport).

### 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 your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

### Athlete Gift Collection

You will be able to pick up your Athlete Gift (Backpack), Street Gear Bag, Transition Bags, and Personal Needs Bags from the Athlete Gift tent at Town Square, across the road from the Glasshouse. Please note you will need to have checked in first and be wearing your wristband before collecting your Athlete Gift and other items.

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# PRE RACE INFORMATION



## MASSAGE

Massage will be available for athletes post event in recovery.

For any pre or post race massage, please refer to our Massage Services Directory to find and book in with a local massage therapist, on our [website here](#).

## BIKE MECHANICS

From Thursday May 2<sup>nd</sup> to Saturday May 4<sup>th</sup> bike mechanics from Hunter Valley Bicycle Centre will be available to offer minor mechanic services. This is a paid service.

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

See Bike Course information on page 48 for on course support.

## FINAL LIVE RACE BRIEFING

The Final Race Briefing will be held live and in-person on Friday afternoon when the Official Event Opening is on. This is your opportunity to ask any last-minute questions, find out more about the course, event history and hear from our team. It's a great opportunity for both seasoned triathletes or first timers.

View the Event Schedule (pages 15-18) for times and location.

## PRE RACE TRAINING

Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore we ask you to be cautious at all times and courteous to the local community.

**Swim:** Always swim in safe conditions and be mindful of vessels if swimming in the Hastings River.

**Bike:** Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

**Run:** Run on footpaths where possible and do not run more than two abreast.

## PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and [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.



## Take your racing experience to the next level with Enhanced Athlete Event Experiences powered by NIRVANA

Curated to meet the needs of IRONMAN athletes, enjoy a range of enhanced services such as priority check-in, dedicated bike maintenance, bike and bag return to your hotel post-race and much more.

- Dedicated line for bib package collection
- Low bib number
- Priority bike racking
- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim
- Start Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

### CONTACT US


To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

[contactus@nirvanasportstravel.com](mailto:contactus@nirvanasportstravel.com)

[nirvanasportstravel.com](http://nirvanasportstravel.com)







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LEARN MORE



# BAG DROP / COLLECTION



## STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at recovery.

**You must use the IRONMAN drawstring bag provided to you during athlete check-in as your street gear bag. No other bag will be accepted.**

Please ensure that you have the gear bag sticker (provided in your race kit) clearly stuck to the bottom of the handle.

Bag drop will be open race morning between transition and the swim start, it will then be transported to the finish line, to be collected from the recovery tent.

### Examples of items to Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear
- *Please refrain from placing any valuables in your bag where possible.*

## PERSONAL NEEDS BAGS

**Bag contents:** Personal needs bags are used for special items required during the race, either nutritional or clothing items (eg extra pair of socks or light weight jacket). Please note the items will need to be able to fit within the bag dimensions. **No valuable items** should be placed within the personal needs bags.

### How to purchase Personal Needs Bags:

IRONMAN branded bags can be pre-purchased online through your [Active Portal](#) or onsite at Athlete Check-In. Collection of the pre-purchased bags will be at Athlete Check-In. *Alternatively, you can bring your own reusable bag (no larger than 20cm x 20cm).*

**Bag dimensions:** 15cm (H) x 19cm (W) x 15cm (D)

**Drop off/collection:** View page 30 for times and location. Any uncollected bags, the contents of the bag will be discarded & the bag will be reused/donated.

### On course locations:

**Bike:** on the 1<sup>st</sup> and 2<sup>nd</sup> Lap on Telegraph Point Rd (57.5km/120.1km)

**Run:** on all Laps at Westport Park (0.2km/11.2km/21.4km/31.6km/41.8km)

## BIKE AND RUN TRANSITION BAGS

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

Your transition bags will be located within the change tent located in transition and are able to be accessed during the transition process. See pages 29-30 for transition process.

**Drop off/collection:** Dropped off during bike racking, collected with bike. Refer to page 30 for more details

**Note:** No access to transition bags on race morning.

**Handy tip:** Remember **blue bike** (blue bike transition Bag) and **red run** (red run transition bag).

### Suggested Transition Bag Items Include:

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

# BAG DROP / COLLECTION



## DROP OFF BEFORE RACE DAY

<b>BIKE TRANSITION BAG</b>  <i>Swim to Bike</i>	<b>Drop off at transition change tent (Westport Park)</b> Saturday 4 May, 10:00am – 4:00pm
	<b>During race</b> Collect your bag from your numbered hook in T1. Remove your bike gear and place all swim gear into Blue Bike Transition Bag inside changing tent. Hand to volunteers on exit.
	<b>Collect from Westport Park</b> Sunday 5 May, 5:30pm – 10:30pm Monday 6 May, 8:00am – 11:00am
<b>RUN TRANSITION BAG</b>  <i>Bike to Run</i>	<b>Drop off at transition change tent (Westport Park)</b> Saturday 4 May, 10:00am – 4:00pm
	<b>During race</b> Collect your bag from your numbered hook in T2 Remove your run gear and place all bike gear into Red Run Transition Bag inside the change tent. Hand to volunteers on exit.
	<b>Collect from Westport Park</b> Sunday 5 May, 5:30pm – 10:30pm Monday 6 May, 8:00am – 11:00am

## DROP OFF RACE MORNING

<b>STREET GEAR BAG</b>	<b>Drop into street gear bag truck (Westport Park)</b> Sunday 5 May, 4:45am – 7:00am
	Street gear bag will meet you at the finish line in recovery.
	<b>Collect immediately post-race from recovery area</b> <i>There is no access after exiting recovery.</i>
<b>PERSONAL NEEDS BAGS (if required)</b>	<b>Drop at personal needs bag truck (Westport Park)</b> Sunday 5 May, 4:45am – 7:00am
	<b>Blue: Bike Personal Needs</b> – Telegraph Pt Rd Turnaround, 57.5KM & 120.1KM available lap 1 & 2
	<b>Red: Run Personal Needs</b> - Westport Park, 0.2KM, 11.2KM, 21.4KM, 31.6KM & 41.8KM
<b>BIKE PUMPS</b>	<b>Collect from transition</b> - <i>Note: All uncollected bags will be donated or discarded</i> Monday 6 May, 8:00am – 11:00am
	<b>Drop at bike pump area in transition after pumping tyres before race start</b> Sunday 5 May, 4:45am – 7:00am
	<b>Collect from Westport Park</b> – <i>No access during transition</i> Sunday 5 May, 5:30pm – 10:30pm Monday 6 May, 8:00am – 11:00am

*Note: When you collect your bike post race, all transition bags and bike pumps should be collected at the same time. Personal needs bags\* to be collected Monday 8am – 11am.*

# BREW WITHOUT COMPROMISE™

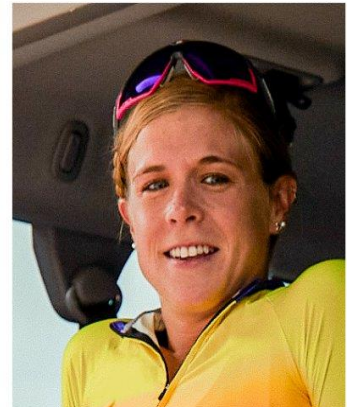


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# PRE RACE INFORMATION



## PRE-RACE

### TRANSITION TOURS

Tours will be held by Toby Coote take approximately 30 minutes. The tour will include:

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

View the Event Schedule (pages 15-18) for times and location.

### BIKE RACKING

View the Event Schedule (pages 15-18) for times and location.

Prior to entry:

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

#### **Bike checks:**

- Conducted by AusTriathlon 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.

#### **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).

**Note:** No helmets are to be left overnight as

*a compulsory Helmet Check is conducted on Race Morning.*

### Timing chips

**Pick up:** Upon exit during bike racking/on exit of Athlete Check-In.

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

**Drop off:** Timing chips will be collected after the finish arch and prior to entering recovery.

**Lost during race:** If you lose your timing chip during the race, inform Event Staff within transition, so that timing providers can do their best to replace the chip.

**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 Information or if unable to reach this location to an Event Staff 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 \$150AUD for a replacement.

# TRANSITION



## RACE DAY

### HELMET CHECK

AusTriathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

You will need to place your helmet on your bike as you will have no access to your Bike Transition Bag on race morning.

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 PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. 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 last-minute 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.

## POST RACE

### BIKE COLLECTION

View the Event Schedule on pages 15-18 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure all transition bags, personal needs bags and bike pumps are collected at the same time.





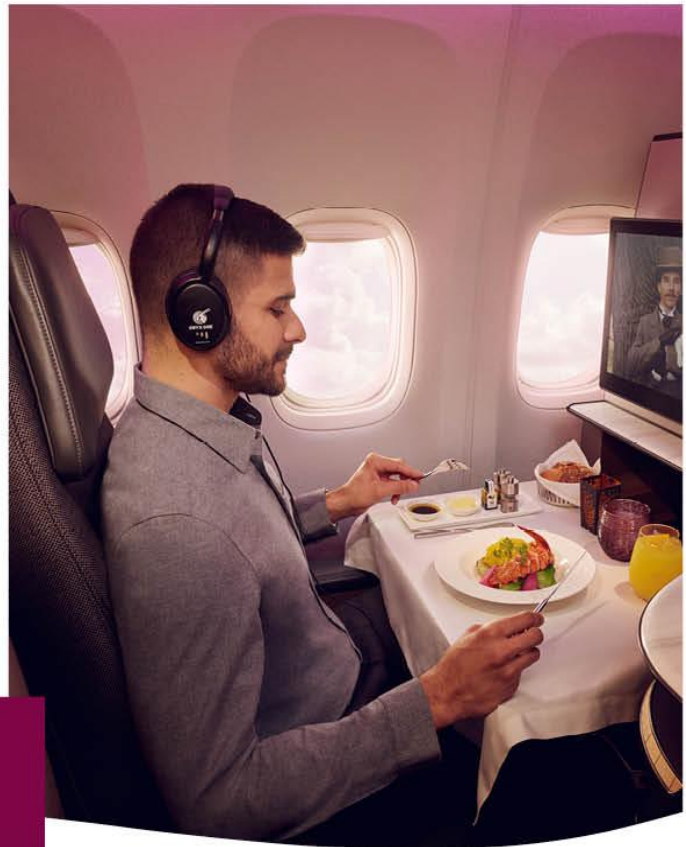


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GOING PLACES TOGETHER



# AID STATIONS



## PRE SWIM

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

## • TRANSITION AID STATION

### (Swim to Bike & Bike to Run)

#### Will Offer:

- Water
- PURE Electrolyte Hydration – Superfruits flavour
- Vaseline
- Sunblock
- Toilets

## BIKE AID STATIONS

In Australia we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

#### Aid Station Locations:

The Bike Course has 5 aid stations located approximately 20km apart.

- B1 – 20.8/85.9km, Telegraph Point Rd - Outbound
- B2 – 41/102km, Pembroke Rd - Inbound
- B3 – 57.1/119.7km, Telegraph Point Rd - Inbound
- B4 – 146.1km, Port Macquarie Golf Course – Outbound
- B5 – 170.5km, Matthew Flinders Drive - Inbound

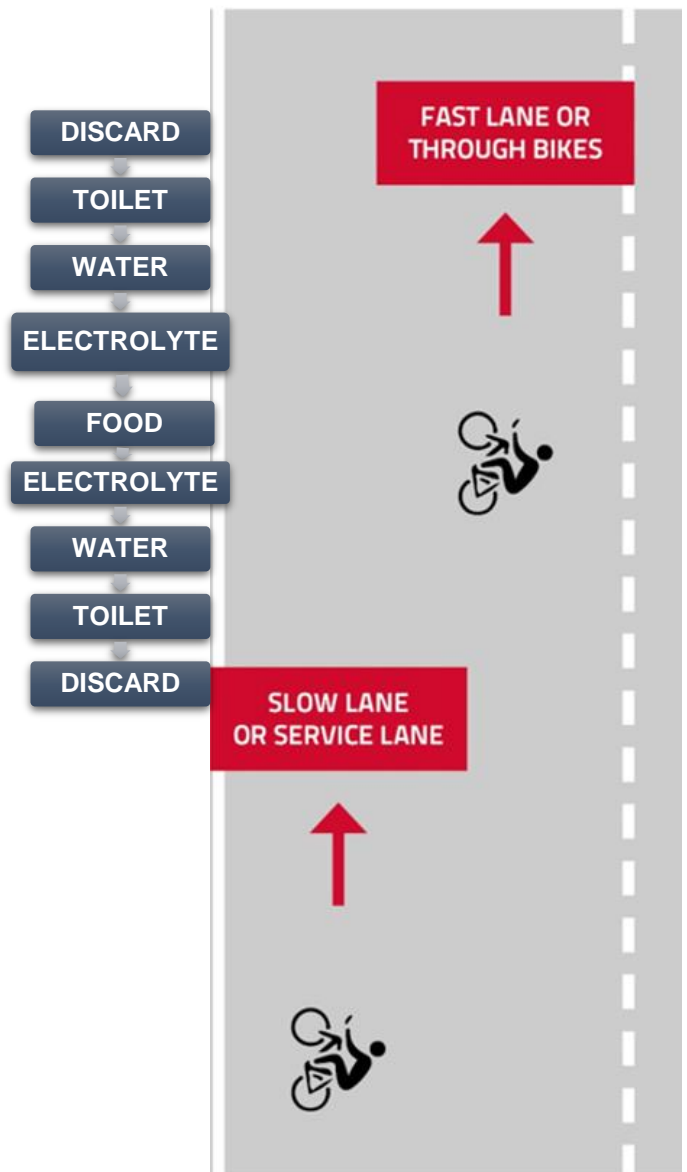
#### Will offer:

- Water
- PURE Electrolyte Hydration – Superfruits flavour
- Maurten Energy 100 Gels – Caffeinated & Non-Caffeinated
- Maurten Solid 160 Bars
- Vaseline
- Sunscreen
- Insect repellent
- 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 by calling out as per your needs.

## AID STATION LAYOUT





[wahoofitness.com/rival](http://wahoofitness.com/rival)



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\* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

[maurten.com/ironman](http://maurten.com/ironman)

# AID STATIONS



## RUN AID STATIONS

The Run Course has 4 aid stations located approximately 2km apart.

- R1 – 0.8/4.6/11/14.8/21.2/25/31.4/35.2/41.6km, Short St Carpark – Double Sided
- R2 – 3.1/13.3/23.5/33.7km, Town Beach
- R3 – 5.3/15.5/25.7/35.9km, Kooloonbung Creek
- R4 – 7.8/9.2/18/19.4/28.2/29.6/38.4/39.8km, Park Street – Double Sided

### R1 & R4 Will offer:

- Water
- PURE Electrolyte Hydration – Lemon flavour
- Maurten Energy 100 Gels – Caffeinated & Non-Caffeinated
- Maurten Solid 160 Bars
- Cola
- Bananas
- Lollies
- Anzac Biscuits
- Pretzels
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Toilets

### R2 & R3 Will offer:

- Water
- PURE Electrolyte Hydration – Lemon flavour
- Maurten Energy 100 Gels – Caffeinated & Non-Caffeinated
- Maurten Solid 160 Bars
- Cola
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Toilets

## Process:

Keep left 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 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 by calling out as per your needs.

## DISCARD DROP ZONES

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

## AID STATION LAYOUT





V 4 . 0



S O C K S



R A C I N G



P R O



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# 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 – 2 hours 20mins** from athlete's individuals start time

- 2hrs 20min, Swim Finish timing point – 3.8km

**Bike – 10 hours** from athlete's individual start time

- 2hrs 30min, Bike Start timing point – 0km
- 2hrs 43min, The Big Oyster (Start Lap 1 on Western Course) – Outbound (Hastings River Drive) – 5.1km
- 5hrs 19min, The Big Oyster U-Turn (Start Lap 2 on Western Course) – Outbound (Hastings River Drive) – 67.7km
- 6hrs 42min – Pembroke Rd/Redbank Rd U-Turn (Lap 2) – 100.7km
- 7hrs 56min, The Big Oyster (End Lap 2 on Western Course) – Inbound (Hastings River Drive) – 130.2km
- 9hrs 4min, Southern U-Turn, Abel Tasman Drive – 157.4km
- 10hrs 00min, Bike Finish timing point – 180km

**Run – 17 hours** from athlete's individual start time

- 10hrs 10min, Run Start timing point – 0km
- 13hrs 41min, Passing Finish Line (Start Lap 3) – Outbound – 21.7km
- 15hrs 20min, Passing Finish Line (Start Lap 4) – Outbound – 31.9km
- 15hrs 59min, Kooloonbung Creek, Run Aid Station 3 on Lap 4 – 35.9km
- 16hrs 30min, Northern U-Turn, The Anchorage on Lap 4 – 39.1km
- 17hrs 00min, Finish Line – 42.2km

Should an athlete fail to meet their individual race leg cut off time, they will be listed as not classified (NC) and not be ineligible for any awards or world championship slots.

Should an athlete fail to meet the course closure times (based on the final athlete in the water), they will be listed as a DNF.

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

## CONTINGENCY 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

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. 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 personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have 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 wagon

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

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

# RACE DAY INFORMATION



## FINISH LINE PHOTO

Sportograf is the official event photographer.

### 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.
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery

Your personal race photos will be available within 24-48hrs after the race at

[www.sportograf.com/en/event/10318](http://www.sportograf.com/en/event/10318)

## FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

## 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
- Street gear bag collection
- Finisher t-shirt collection
- Recovery food/drink
- Massage
- Medical support (if required)
- Male & female change tents
- Official finisher photo by Sportograf

**Important:** Before exiting to see your family and friends, please ensure all relevant nutrition and personal items have been collected. There is a NO RE-ENTRY policy so make sure you are comfortable before you exit.

## THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- PURE – Superfruits flavour
- Soft drinks
- Ice cream & fruit salad
- Banana and watermelon
- Variety of hot foods

## POST RACE

### RESULTS

Results can be viewed at the following locations:

- [IRONMAN Oceania App](#)
- [Event website](#)
- Finishers Certificate – [www.multisportaustralia.com.au](http://www.multisportaustralia.com.au)

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

### MEDAL ENGRAVING

Medal engraving is available at the Official IRONMAN Merchandise store. View the Event Schedule (pages 15-18) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the Official IRONMAN Merchandise Store. No medals will be posted.

### LOST PROPERTY

Any Lost Property that is handed in will be taken to Event Information. You can lodge your own lost items here:

Alternatively, view the Event Schedule (pages 15-18) for times and location. **Please note:** No responsibility or liability is taken by IRONMAN for lost items.

After the conclusion of the event, please contact [australia@ironman.com](mailto:australia@ironman.com) to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed Lost Property items will be donated or disposed of after 40 days.





**ALWAYS REMEMBER YOUR RACE**  
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**S P O R T O G R A F . C O M**  
**F L A T**

# ROKA

## SWIM COURSE 3.8km



**Cut off – 2 hours 20mins** from athlete's individuals start time

### WARM UP SWIM

**Professional:** Athletes are to enter the water via the middle boat ramp and follow the instructions of Water Safety personnel at all times.

**Age Group Athletes:** There is no warm-up swim for Age Group Athletes.

### PROFESSIONAL SWIM START

Professional athletes will start their race in a wave start format from a deep- water start.

View the Event Schedule (pages 15-18) for start times.

### PHYSICALLY

### CHALLENGED/INTELLECTUALLY DISABLED OPEN SWIM START

PC/ID Open athletes will be communicated to by the Race Director of their start time and process.

If you are a PC/ID athlete and require support, please contact us at [Australia@ironman.com](mailto:Australia@ironman.com)

### ROLLING START

View the Event Schedule (pages 15-18) for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

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

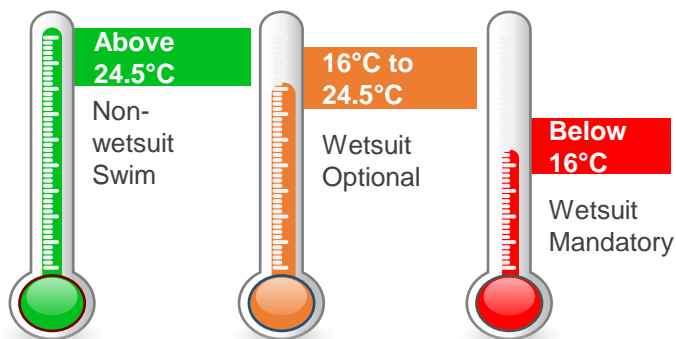
- Zone 1. Under 1hr 05 minutes
- Zone 2. 1hr 05 minutes < 1hr 16 minutes
- Zone 3. 1hr 16 minutes < 1hr 25 minutes
- Zone 4. Over 1hr 25 minutes

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 4 until all athletes have crossed the timing mat and begun the race.

### WETSUIT RULING



Wetsuits will be optional if the water temperature is up to and including 24.5 degrees Celsius and mandatory if the water temperature is below 16 degrees Celsius. See Race Rules on pages 8-9 for more information. A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 10am. The official wetsuit ruling will be announced race morning by the commentary team. As was the case at last year's event, there is a chance that cooler air & water temperatures could mean a lower adjusted water temperature resulting in a Wetsuit Mandatory swim.

Please be prepared for a mandatory wetsuit swim ruling. This is a safety measure; if you are not in a wetsuit on Race Day, you cannot start your race. A final water temperature reading will be taken on race morning and the wetsuit ruling will be communicated on social media, app notification, at transition and at swim start.

It is recommended you travel prepared and bring a wetsuit just in case. You can buy one from a local retailer or from our onsite IRONMAN merchandise store.

Professional athlete wetsuit ruling will vary – see [IRONMAN Race Rules](#).

### GLASSES DROP/COLLECTION

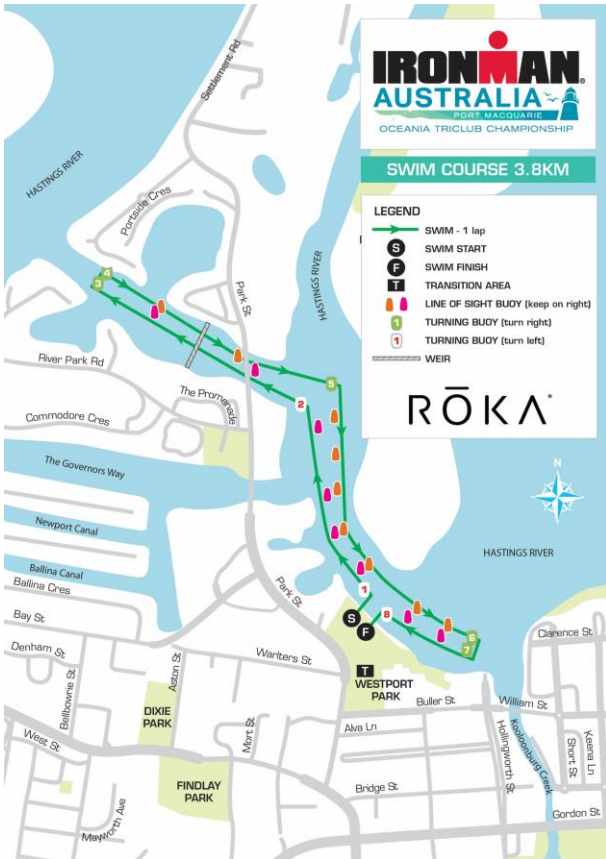
A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.



# ROKA SWIM COURSE 3.8km



## COURSE MAP



The first leg of your IRONMAN Australia journey will take place in the calm and protected waters of the Hastings River as you tackle a very unique 3.8km ROKA swim. This single lap course will start at Westport Park and head North. Around 1km in, you will pass under the Park Street bridge before you get to the famous weir crossing. You will then turn around, head back over the weir, turn South down the Hastings River and complete one last turnaround before heading back into Westport Park towards T1.

## SWIM SAFETY

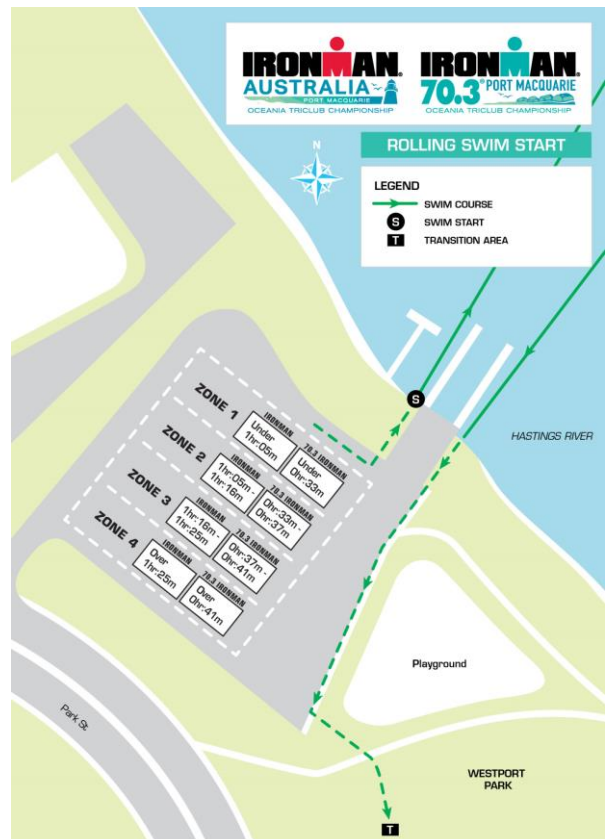
Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

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.

## SWIM CAPS

All ROKA swim caps provided will be latex based. If you have a latex allergy, please contact us at [australia@ironman.com](mailto:australia@ironman.com)

[Click here](#) to view Age Group swim cap colours.







ROKA

MAVERICK X2

# THE WORLD'S FASTEST 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

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LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET

# FULGAZ BIKE COURSE 180km



## COURSE MAP



After exiting transition, you will head West onto the bike course via Hastings River Drive before turning left onto Winery Drive for a short out and back to Cassegrain Wines. You will then get back on Hastings River Drive heading North, riding over the Pacific Highway and through Blackmans Point interchange. Taking a left onto Telegraph Point Road and then onto Pembroke Road through the scenic townships and rolling hills of Pembroke, you will then turn around at the intersection of Redbank Road. Riding back into town you will connect with Hastings River Drive where you will begin your second lap in front of The Big Oyster.

Once your second lap is complete at approximately 135km, you will continue through Hastings River Drive, passing tantalisingly close to transition as you begin your one lap of the southern course. You will hit a few more rolling hills along Ocean Drive while taking in the sweeping ocean views, including a stunning loop down to the Tacking Point Lighthouse before continuing South towards the turnaround in Lake Cathie. Your return to Port Macquarie will be where you meet the infamous Matthew Flinders Drive climb before heading back into transition at Westport Park.

**Cut off – 10 hours** from athlete's individual start time

## TRAFFIC

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

## WHEELCHAIRS & HANDCYCLES

To ensure all athletes are safe and enjoy the event experience, all athletes must follow the below guidelines:

For all athletes

- Keep to the left of the course to allow athletes to pass on the right.
- As this event has a designated wheelchair/handcycle category, please be aware of your surroundings and listen out for handcycles/wheelchairs passing.
- Be courteous to your fellow participants at all times.
- Follow instructions given from race officials, volunteers, Police and traffic management at all times.
- Please familiarise yourself with and follow the race rules, which can be found [here](#)

Additional requirements for athletes participating in a wheelchair/ handcycle

- Only pass other athletes where safe to do so.
- When passing other athletes, notify via bell or verbal warning that you are passing on the right.
- Further information on the handcycle category can be found here: <https://www.ironman.com/policies#Hand>



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*"FulGaz has revolutionized my training approach for IRONMAN bike courses. It allows me to rehearse the entire course, mentally prepare for what's ahead and feel the real course inclines and descents. I'm using the platform for motivation, to build bike strength and to know the courses I'm racing on, such as the IRONMAN World Championships in Nice."*

- Nikki Bartlett, Professional Triathlete

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# HOKA RUN COURSE 42.2km



## COURSE MAP



Your stunning four-lap HOKA run course will start by heading East. You will pass the finish line before heading towards Town Beach and then running back down the iconic breakwall where you will experience the cheers and support from locals, loved ones, and TriClubbers. You will then head South down the brand new path alongside the gently flowing Kooloonbung Creek turning around in the green shady park and passing the giant Goanna. Once you pass across the front of Westport Park, you will start to head North to the turnaround at the start of Settlement Point Road. Make sure you go beyond the IRONMAN 70.3 Port Macquarie run turn which is just short of the IRONMAN Australia turn. Then, head back the way you came to complete your first of four laps. On the fourth lap, get ready to bring it home as you approach the famous red carpet at the Town Green to hear those four famous words “You are an IRONMAN”.

**Cut off – 17 hours** from athlete’s individual start time (times below based on last athlete in water)

## NIGHT VISIBILITY

Athletes who are running post sunset will be required to wear glow sticks or provide a suitable alternative to increase athlete visibility. Glow sticks will be provided at the relevant aid station.

## WHEELCHAIRS & HANDCYCLES

To ensure all athletes are safe and enjoy the event experience, all athletes must follow the below guidelines:

For all athletes

- Keep to the left of the course to allow athletes to pass on the right.
- As this event has a designated wheelchair/handcycle category, please be aware of your surroundings and listen out for handcycles/wheelchairs passing.
- Be courteous to your fellow participants at all times.
- Follow instructions given from race officials, volunteers, Police and traffic management at all times.
- Please familiarise yourself with and follow the race rules, which can be found [here](#)

Additional requirements for athletes participating in a wheelchair/ handcycle

- Only pass other athletes where safe to do so.
- When passing other athletes, notify via bell or verbal warning that you are passing on the right.

## LAPBANDS

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

At this point athletes can collect a lap band based on what number lap they are currently on. This is optional & self-service, and is provided to assist athletes in keeping track of how many laps they have completed.

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**FASTER**  
**OUT.**



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**HOKA**



# ADDITIONAL EVENTS



## RESTAURANT PROGRAM

Participating restaurants have joined with the event in the 2024 Athlete Restaurant Program, opening their doors to athletes from IRONMAN Australia to show what the local community in Port Macquarie, Camden Haven and in between has to offer.

**Important information:** Your Athlete offer is available between Thursday 2 May and Thursday 9 May at the participating restaurants.

It is recommended that athletes make any necessary reservations at the participating restaurants. Offer is valid for all IRONMAN Australia athletes who complete the Check-In process.

View more [information here](#) including list of participating restaurants.

## PRESENTATIONS & AFTER PARTY

View the Event Schedule (pages 15-18) for time and location.

- Professional athletes - will be awarded 1st – 10th place.
- Age Group - each age group will be awarded 1st- 3rd place trophies.
- 5-Time Finisher Awards
- Legend Inductions and Milestone Awards

The awards and after party is open to all athletes, friends and families. Athletes upon entry will receive 6 tokens to be used for food &/or beverages. Please ensure you are wearing your athlete wristband to receive the tokens. NO WRISTBAND = NO TOKENS

2 token = one food item

2 tokens = one beer or wine

1 token = one soft drink

If you run out of tokens, we will have additional food tokens available for purchase onsite at \$35AUD for a set of 6 food tokens. The bar will be accepting cash. Friends and family will be able to purchase tokens also.

## TRICLUB AWARDS

Regional IRONMAN TriClub Championship events are the pinnacle of the program. All clubs registered with IRONMAN have the chance to compete for the ultimate prize – being crowned Oceania's TriClub Champion!

The TriClub Awards combine the efforts of your TriClub members at both IRONMAN 70.3 Port Macquarie and IRONMAN Australia.

Podium results are determined by the top 5 individual athletes with the most Athlete Group Ranking (AGR) points from each club. The top 5 athlete's points will be added together in both IRONMAN 70.3 and IRONMAN to create the club total. Trophies and prize money will be awarded to the top three clubs in each division.

### Oceania TriClub Championship prizes (in each division):

- 1st place: Trophy + \$700 gift card
- 2nd place: Trophy + \$350 gift card
- 3rd place: Trophy + \$150 gift card

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# WORLD CHAMPIONSHIP QUALIFICATION (ROLLDOWN)



## QUALIFYING SLOTS:

This event offers **40 Female Age Group** Qualifying Slots to the 2024 VinFast IRONMAN World Championship in Nice, France on September 22 2024, and **30 Male Age Group** Qualifying Slots to the 2024 VinFast IRONMAN World Championship Kona, Hawai'i on October 26 2024.

Please note, slot allocations are subject to change and may be verified, [here](#)

**To accept a slot to the 2024 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Roll Down 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.**

## PAYMENT:

**Female 2024 IRONMAN World Championship, Nice, France - USD \$1511.48** (inclusive of taxes and processing fees)

**Male 2024 IRONMAN World Championship, Kona, Hawai'i - USD \$1582.68** (inclusive of taxes and processing fees)

- Credit card only (no amex, diners or cash payment).
- Physical card including full card number, expiry date and cvv must be available (no applepay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

## HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

“Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another. Your Age Group is determined by your age as of December 31 of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

## THE SLOT ALLOCATION PROCESS:

*The following Slot Allocation Process will be conducted for each gender separately:*

### 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 distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive

### After the race:

#### • Before Rolldown:

- 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 Rolldown:

- 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 World Triathlon 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 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.

# ADDITIONAL INFORMATION



## VOLUNTEERS & LOC

The 2024 IRONMAN Australia event requires the support of over 1500 Volunteers across nearly 2000 roles to deliver the event. Our team of Volunteers at the event will be there to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Support of our Volunteers we wouldn't be able to run any of our IRONMAN events.

We would also like to thank the Local Organising Committee (LOC) and the special group of Volunteer Directors for the hard work and dedication to the event.

## OFFICIAL EVENT APP

The IRONMAN Oceania 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 the of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- 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 Oceania App now!



## IRONMAN LIVE

A static camera will be available at the finish line from the first finisher to the last.

You can find IRONMAN Live on the top left-hand corner of the webpage > [www.ironman.com](http://www.ironman.com) and the event name will appear. Alternatively, you can visit Event Information onsite if you need assistance.

## GET SOCIAL



[www.facebook.com/IRONMANAUS](http://www.facebook.com/IRONMANAUS)



[www.instagram.com/ironmanoceania](http://www.instagram.com/ironmanoceania)

#IMAUS #AnythingIsPossible

## 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.

## LOST PROPERTY

Any Lost Property that is handed in will be taken to Event Information. You can lodge your own lost items [here](#).

**Please note:** No responsibility or liability is taken by IRONMAN for lost items.

After the conclusion of the event, please contact [Australia@ironman.com](mailto:Australia@ironman.com) to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed Lost Property items will be donated or disposed of after 40 days.

## ADDITIONAL EVENTS

- [IRONKIDS](#)

If you have any further questions, please don't hesitate to contact us at [Australia@ironman.com](mailto:Australia@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 Australia Team



# EVENT PARTNERS

