



Operational Guidelines for a Bike / Run Format

PRE-EVENT COMMUNICATION

- *On Friday, 23 April 2021 a mailer was sent to all registered athletes with a link to the EasyReg site. When athletes click on this link, they will be directed to a selection tab giving them the option to select the Bike / Run format. You will have until midnight 23 May 2021 (2 weeks prior to Race Day) to make this decision.*
- *When selecting the Bike / Run option, you are giving your written understanding that by removing the swim portion of the race, you will no longer be eligible for Awards or IRONMAN 70.3 World Championship slots. Should the Swim be cancelled for all athletes then normal awards and slots will take place for all on a Bike / Run format.*
- *Athletes who opt out of the swim portion of the race, may not opt back in on race day. If you swim after you have selected not to swim, you will be disqualified.*
- *Athlete Race Bib Numbers will have a bright sticker placed on the bib number.*

ATHLETE CHECK IN: Saturday

- All athletes who are not swimming will still be required to check a bike and bag into Transition 1 on Saturday during the check in process. This should be done according to your relevant age group wave check in & wristband colour, see table below.
- You must check all your bike gear in with your bike, however you may leave with your helmet and shoes, returning wearing them on Sunday morning.
- Your Transition 2, run gear should be checked in as per normal.

Group 1 : YELLOW BAND 13:00- 13:20	Group 1 : YELLOW BAND 13:40- 14:05
T2 Screening & Run Bag	T1 Bike and Bike Bag
Men 25-29	Men 25-29
Women 35-39	Women 35-39
Group 2 : GREEN BAND 13:20- 13:40	Group 2 : GREEN BAND 14:05- 14:30
T2 Screening & Run Bag	T1 Bike and Bike Bag
Men 30-34	Men 30-34
Men 18-24	Men 18-24
Group 3 : WHITE BAND 13:40- 14:00	Group 3 : WHITE BAND 14:30- 14:55
T2 Screening & Run Bag	T1 Bike and Bike Bag
Men 35-39	Men 35-39
Group 4 : BLUE BAND 14:00- 14:20	Group 4 : BLUE BAND 14:55- 15:20
T2 Screening & Run Bag	T1 Bike and Bike Bag
Women 25-29	Women 25-29
Women 30-34	Women 30-34
Women 18-24	Women 18-24
Women 50-54	Women 50-54
Group 5 : PINK BAND 14:20- 14:40	Group 5 : PINK BAND 15:20- 15:55
T2 Screening & Run Bag	T1 Bike and Bike Bag
Men 40-44	Men 40-44
Men 60-64	Men 60-64
Group 6 : PURPLE BAND 14:40- 15:00	Group 6 : PURPLE BAND 15:55- 16:20
T2 Screening & Run Bag	T1 Bike and Bike Bag
Men 45-49	Men 45-49
Women 55-59	Women 55-59
Group 7 : AQUA BAND 15:00- 15:20	Group 7 : AQUA BAND 16:20- 16:55
T2 Screening & Run Bag	T1 Bike and Bike Bag
Men 50-54	Men 50-54
Women 40-44	Women 40-44
Women 60-64	Women 60-64
Group 8 : ORANGE BAND 15:20- 15:40	Group 8 ORANGE BAND 16:55- 17:20
T2 Screening & Run Bag	T1 Bike and Bike Bag
Women 45-49	Women 45-49
Men 55-59	Men 55-59
Women 65+	Women 65+
Men 65+	Men 65+
Relay Teams	Relay Teams

RACE DAY PROCEDURE

- On race morning, athletes must arrive at T1 according to their relevant wave start times, see below table. You will not be given access to Transition nor your holding area should you arrive outside your dedicated time slot:

Group 1 : YELLOW BAND	06:00- 06:45
SWIM Roll Start:	06:45
Men 25-29	
Women 35-39	
BIKE Roll Start:	07:25

Group 5 : PINK BAND	07:45- 08:05
SWIM Roll Start:	08:05
Men 40-44	
Men 60-64	
BIKE Roll Start:	08:45

Group 2 : GREEN BAND	06:45- 07:05
SWIM Roll Start:	07:05
Men 30-34	
Men 18-24	
BIKE Roll Start:	07:45

Group 6 : PURPLE BAND	08:05- 08:25
SWIM Roll Start:	08:25
Men 45-49	
Women 55-59	
BIKE Roll Start:	09:05

Group 3 : WHITE BAND	07:05- 07:25
SWIM Roll Start:	07:25
Men 35-39	
BIKE Roll Start:	08:05

Group 7 ; AQUA BAND	08:25- 08:45
SWIM Roll Start:	08:45
Men 50-54	
Women 40-44	
Women 60-64	
BIKE Roll Start:	09:25

Group 4 : BLUE BAND	07:25- 07:45
SWIM Roll Start:	07:45
Women 25-29	
Women 30-34	
Women 18-24	
Women 50-54	
BIKE Roll Start:	08:25

Group 8 : ORANGE BAND	08:45- 09:05
SWIM Roll Start:	09:05
Women 45-49	
Men 55-59	
Women 65+	
Men 65+	
Relay Teams	
BIKE Roll Start:	09:45

- At check in, you will need to hand in your Streetwear bag and have your helmet and cycling shoes with you. If you can mount your bike with your shoes clipped in, then you can place your shoes on your bike before the start. Alternatively, you should have your shoes on your feet when standing in the Bike / Run holding area.
- All Bike / Run athletes will start rolling into transition 40 minutes after the start of their relevant Swim Start waves. Roll start of all non-swimmers will be 1 athlete every 15 seconds, following the same path through transition as the swimming athletes.

- The holding area for Bike / Run athletes will be outside transition, at the Team Holding area. Athletes will line up 1.5m apart in the chute in the direction of swim start. Entrance to the area will be strictly controlled by wristband colour / wave start times.



- There will be a timing mat at the Mount line, outside transition for the start of the Bike leg of the race and the start of the Bike / Run portion.
- Cut off times will change for athletes who only race the Bike & Run portion to exclude the total swim time allowed.