

IRONMAN[®]
70.3[®]  **ABERTAWE**
CYMRU WALES
SWANSEA

RELAY
TEAM
GUIDE

Some helpful information for
relay teams competing at
IRONMAN 70.3 Swansea





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The majority of the information available in the Athlete Guide also applies to relay teams, especially with regards to timing, registration requirements and bike racking. However, please take the time to read this guide and to familiarise yourself with the information that is specific to the 2024 IRONMAN 70.3 Swansea Relay event.

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WELCOME MESSAGE

Well done on making it through all the hours of training to Your IRONMAN 70.3 Swansea start line.

The city of Swansea and everyone here at IRONMAN is ready and looking forward to welcoming you to the event.

We're sure that your journey this far has not been without its challenges and it probably won't be any different on the day of the race. There may be many hills you think you can't climb, or miles you think you can't cover, but we're with you and will be willing you all the way to the finish line as you complete the course.

And maybe that finish line will spur you on to become one of the many who said 'never again', but go on to join us at more IRONMAN start lines!



Race Director
Rebecca Sutherland

HEAD REFEREE'S MESSAGE

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2024 IRONMAN Rules.

It is your responsibility to fully understand the rules and avoid penalties. The referee's ruling is final in the case of POSITION violations, and there are no protests or appeals.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is unsportsmanlike conduct and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.

All the rules can be found in the IRONMAN 2024 Competition Rules and the particularities of the race in the IRONMAN 70.3 Swansea athlete guide.

Blue	<p>1 Blue Card 5-minute time penalty. 2 Blue Cards: ten-minute time penalty 3 Blue Cards: DSQ</p> <p>Penalty to be performed in the dedicated tent.</p> <p>E.g. Drafting.</p>
Yellow	<p>30 second stop and go time penalty served next to the referee.</p> <p>e.g. Blocking the progress of another athlete.</p>
Red	<p>Disqualification (DSQ).</p> <p>e.g. Non-compliant material or littering</p>

REGISTRATION

Relay information

The majority of the information in the Athlete Guide applies to relay teams, however there are some subtle differences. Please carefully read the information in this guide to ensure that you are prepared and ready for race day.

Registration

Registration for all athletes will take place on Friday and Saturday. It is compulsory for all relay members to attend site together to collect the race pack (please note we kindly ask for you to attend at the same time as your team captain).

You will need to bring your photo ID and race licence. All members of your team will need to have signed their waiver on Active prior to registration.

Only one race licence from an ITU-affiliated national governing body will be required per team. If you do not possess an annual licence, you can purchase a one day Race Pass from British Triathlon [HERE](#).

At registration, teams will need to confirm the details of their athletes. If there are any changes that need to be made, these will be completed at the Help Desk in registration.

**Please note that you will not be able to change team members at registration. You will only be able to make changes to a team members personal details. Please make changes at the help desk BEFORE collecting your race pack.*

Registration opening times

Friday 12th July 11:00 - 17:00 (Museum Gardens, Swansea)

Saturday 13th July 09:00 - 15:00 (Museum Gardens, Swansea)

Race pack

As a relay team you will receive three athlete backpacks as well as:

- 2 x Race BIBs – one for the bike, one for the run
- 3 x ID Wristbands – one for each team member
- 1 x Swim Hat
- 1 x Sticker Sheet – for the bike and transition bags
- Transition bags



Athletes must wear the official race items given to them during registration.

These include: an official swim cap, wristband, stickers, bib number and timing chip.

Failure to wear these items will result in DSQ.



YOUR RACE PACKAGE INCLUDES

<p>2 bibs: The cyclist must wear the bib on their back during the BIKE course. The runner must wear the bib on their front during the RUN course. You may use safety pins or a running belt if you wish.</p>	
<p>1 swim cap: The swimmer must wear the swim cap provided during the SWIM. The swimmer is permitted to wear two swim caps, however the IRONMAN 70.3 Swansea swim cap must be visible and worn on the outside.</p>	
<p>Stickers: At registration you will be provided with a sticker sheet. You must place a sticker on your helmet, bike, transition bags and your street wear bag. An IRONMAN volunteer will place a sticker on your wristband.</p>	
<p>3 athlete wristbands (one for each team member): You will be provided with a wristband displaying a personalised QR code. This wristband will be used to identify you as an official athlete, and it must be worn at all times during race weekend. The wristband will allow you to access the transition and all athlete-only areas before the race. You will not be permitted to collect your bike and bags after the race if your wristband is not attached to your wrist.</p>	
<p>3 athlete backpacks: one for each team member. The athlete backpacks must be collected at the time of registration.</p>	
<p>2 transition bags and 1 street wear bag: Your belongings can be placed in these bags (see next page).</p>	
<p>3 Athlete t-shirts: one for each team member, to be collected at the time of registration.</p>	

TRANSITION BAGS

You will receive transition bags during registration. For relay teams, transition bags are optional - they are on hand should you choose to use them but their use is not mandatory.

Blue bag / Bike bag

May contain gear that the cyclist will need for the bike course, including your helmet with stickers on the front, your bib number to be displayed on your back, shoes if they are not clipped on the bike, your cycling clothing, nutrition, sunglasses etc.

This bag can also be used to contain post-race clothes for the swimmer.

Red bag / Run bag

May contain gear that the runner needs for the run course: running shoes, socks, nutrition etc.

This bag can also be used to contain post-race clothes for the cyclist.

Drop Off: Transition
East Burrows Car Park
Saturday 13th July 10:00 - 16:00

White bag / Street wear bag

This is your street wear bag, it can be used to put any additional clothing that a team member wears before the race, or may require directly after the race.

Drop off: race day morning at SWIM start

Please remember to label your transition bags with your bib number stickers.





CHECK IN & TRANSITION

Similarly to individual athletes, relay teams must also rack their bikes on Saturday 13th July between 10:00 and 16:00.

We advise that you attend bike check in and red bag drop off as a team so that you can familiarise yourselves with the location of the relay meeting points.

Timing chip:

The athlete who checks in the bike will receive the timing chip as they exit bike check-in. This athlete is responsible for ensuring that the relay member who will be completing the swim receives this **before the race starts**.

If the swimmer is not wearing the timing chip at the SWIM start, they will not be permitted to start the race. Please note that each relay team will only receive **one timing chip**, there will not be one timing chip per person.

What is the timing chip for?

The chip will register your start time as you cross the timing mat at the swim start. It will record your swim, bike, run and finish time, transition splits and relay ranking.

When and where to collect your team's timing chip?

The cyclist must collect your team chip at the exit to the transition zone after racking their bike on Saturday 13th July.

The cyclist is responsible for ensuring that the timing chip is given to the swimmer in their team prior to SWIM start.

When and where to wear the timing chip?

The chip must be worn on the left ankle of each team member during each discipline. The chip will be handed between relay team members at the relay meeting point at the end of each discipline. Please keep wearing your chip, even if you drop out of the race.

Your timing chip is on loan to you. You **MUST** return your chip at the finish line, or you will be billed for its replacement.

What if I loose my timing chip?

If you loose your chip, please let a member of the IRONMAN team know and we will provide you with a replacement so that you can continue with the race.

RACE DAY

SWIM start

Relay athletes will join individual athletes in a self-seeded rolling SWIM start. There will not be a relay-only wave, relay athletes will enter the water with individual entry age group athletes.

Transition meet point

In transition, there will be a dedicated meeting area for relay teams marked by purple flags and barriers.

Please make sure that all team members are aware of the location of this area prior to the SWIM start.

Each relay team will be issued only one timing chip during registration. You therefore must exchange your timing chip with your team member at the end of each discipline at the relay meeting point located in transition.

Please remember that you are responsible for managing your own transition bags.

Finish line

You have all worked together to finish IRONMAN 70.3 Swansea, so we think that you should all get the opportunity to run down the finish line together as a team.

You will be able to join the runner approximately 100 metres from the finish line at the designated relay meet point (marked with a relay flag).

Don't forget that it is still a race, so make sure that you are at the meeting point in time to meet your runner!

All team members will receive a finisher medal and will have access to the Athlete Garden and refreshments.

Please make sure to return your timing chip at the finish line.

Bike collection

Bike collection will be available from 14:00 - 18:00 on Sunday 14th July.



ENJOY
YOUR
TEAM
RACE!

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