

experience

Oman

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OMAN
MUSCAT

ATHLETE GUIDE 2024





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WELCOME TO OMAN

Sultanate of Oman, a country on the southeastern coast of the Arabian Peninsula in Western Asia. Formerly a marine empire, the oldest continuously independent state in the Arab world. Located in an area bordering the mouth of the Persian Gulf, the country shares land borders with Saudi Arabia, United Arab Emirates and Yemen, and shares maritime borders with Iran and Pakistan.

The coast is formed by the Arabian Sea on the southeast, and the Gulf of Oman on the northeast.

Much of the country's interior falls within the sandy, treeless and largely waterless region of the Arabian Peninsula known as the Rub-Al-Khali.

The Sultanate of Oman fuses historic Middle Eastern culture with contemporary city life, creating an unforgettable holiday destination.

Swim in the warm, calm and clear waters of the Arabian Sea next to downtown Muscat.

Welcome, and enjoy the beauties of our beautiful country.

Welcome to The Sultanate of Oman.



Sultanate of Oman سلطنة عُمان
وزارة التراث والسياحة
Ministry of Heritage and Tourism



WELCOME TO OMAN

Dear Friends,

It is a big honour for me to say:
Welcome back to 2024 IRONMAN 70.3 Oman, Muscat.

I am more than happy and thankful you chose to join us and race again in our beautiful country. We are proud to be hosting IRONMAN 70.3 Oman, Muscat for a 5th time.

We look forward to providing you with an incredible experience. I am very excited to meet every athlete at the finish line!

As the Race Director and an active athlete, I believe "there's nothing impossible before you try it out".

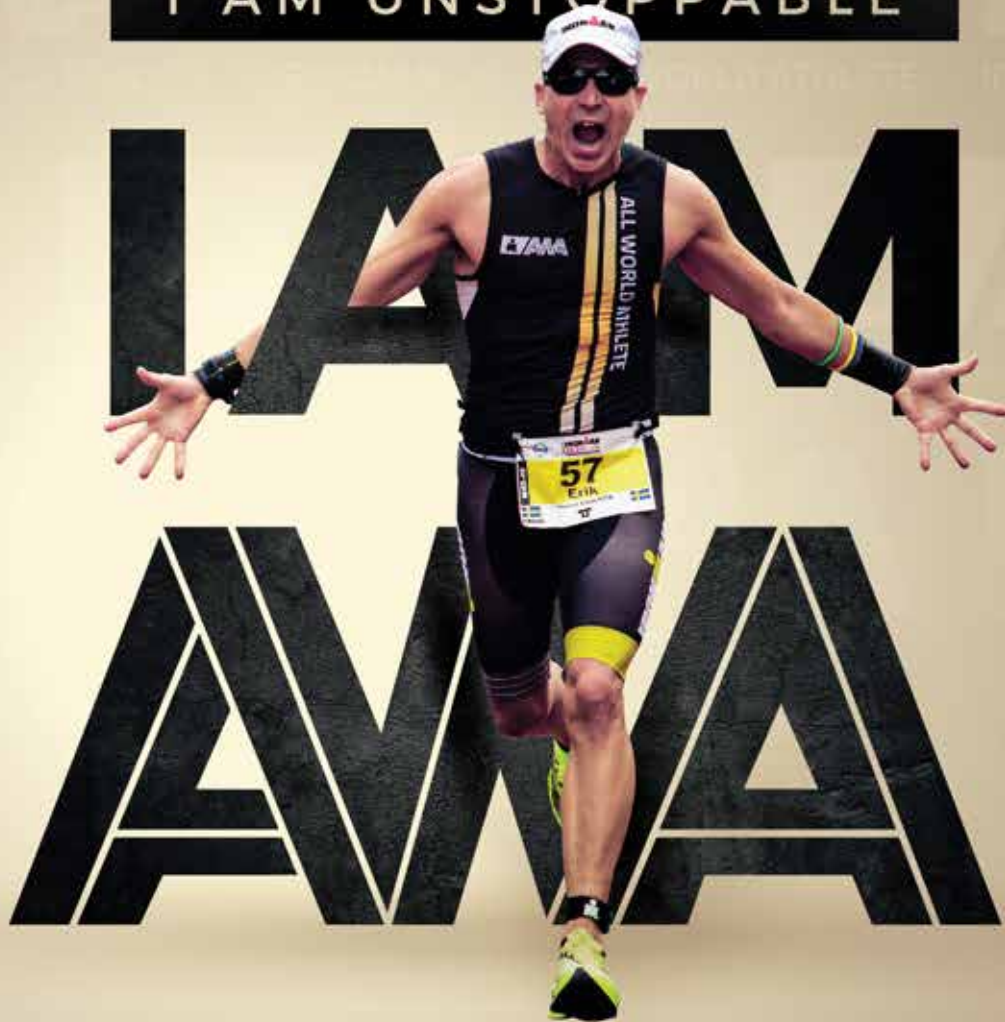
Let me wish you an amazing race week. I hope you discover our beautiful country and feel our hospitality. I hope you make new friendships, fall in love with Muscat and share this love with all your friends.

Thank you very much for choosing to race IRONMAN 70.3 Oman, Muscat, I hope you have an amazing time.

Mohammed Obaidani
IRONMAN 70.3 Oman, Muscat Founder
and Race Director

I AM CAPABLE

I AM UNSTOPPABLE



SCAN QR TO LEAR MORE



www.ironman.com/all-world-athlete



IRONMAN 2024 ALL WORLD ATHLETE

Are you ready to take your triathlon journey to new heights?
Introducing the IRONMAN All World Athlete program, the ultimate
recognition for the dedicated triathlete.

The All World Athlete (AWA) program rewards age-group athletes
for their hard work, dedication and performance across IRONMAN
and IRONMAN 70.3 events each year.



COMPETITIVE
RANKING



GLOBAL
RECOGNITION



EXCLUSIVE
BENEFITS



As you prepare and train for your event, you build towards having the best experience possible on race day.

Part of this build should include ensuring your health, before taking to the start line, and this can be achieved in a few small steps.

Our Global Medical Advisory Board has created easy to follow Health Awareness Information, and a brief video on recommendations for pre-event medical evaluations.

These resources, and more, are found on IRONMAN's Athlete Smart web page, making it easy to access review, and take action well in advance of race day. This is especially crucial if you are new to the sport, the physical intensity of long distance triathlon training, or if your health history has recently changed.

All IRONMAN Smart Programs and resources have been developed to provide easy to follow guidelines as you prepare for your event, including:

- Swim Smart
- Cycle Smart
- Run Smart
- Athlete Self-Reliance
- Racing in the Heat
- General Health Awareness Information

Please, take a moment to review this information and take follow up action



KNOW MORE ABOUT MUSCAT

The City That Makes You Happy

Muscat - The capital of the Sultanate of Oman, Muscat is the third most beautiful city in the world, according to the famous 'House beautiful' website.

The city where the sun sang for her on the beach of love in Qurum, and the mighty mountains applauded her in Al Amerat, Ruwi, and Aflaj Bausher, which originates from Ain Al Hamam in Bausher.

In the city of Muscat, the sea, sand and towering hills embrace each other and it is the first place where the sun rises in the Middle East. Muscat is the city that fascinated poets and writers, and they said in it the most beautiful poems.

No wonder, the Omani capital, Muscat, is located below the Rocky Mountains, and it is one of the oldest and most charming and beautiful cities in the Middle East.

"Muscat, the Omani capital, transcends the barrier of beauty, dazzle, inspiration and organisation to become the global city across the continents of the world. This is Muscat, upon which the sun of the Middle East shines with its blessed light, to spread the splendour between the corridors of life and the mountains that embrace the sky."



RACE WEEK SCHEDULE

Thursday 15th February, 2024

Coffee Boat (non-official swim practice) -	08:00 - 10:00	Qurum Beach
IRONMAN Village and Expo -	13:00 - 21:00	Qurum Beach
DJ & Band Hits -	15:00 - 18:00	
Registration -	13:00 - 18:00	Qurum Beach
IRONKIDS Registration -	13:00 - 18:00	Qurum Beach
Pasta Party -	18:00 - 21:00	Intercontinental Hotel
Athlete Briefing -	18:00 - 20:00	Intercontinental Hotel

Friday 16th February, 2024

Coffee Boat (non-official swim practice) -	08:00 - 10:00	Qurum Beach
IRONMAN Village and Expo -	13:00 - 21:00	
Registration -	13:00 - 17:00	Qurum Beach
IRONKIDS Registration -	13:00 - 16:00	Qurum Beach
Bike and Transition Bags Check-in	14:00 - 19:00	
IRONKIDS Warm-up -	16:00	
IRONKIDS -	16:30 - 18:30	

Saturday 17th February, 2024

Bike Park Opening -	05:00 - 06:00	
Swim Warm Up -	05:00 - 06:00	Qurum Beach
Coffee Station -	05:00 - 06:30	Qurum Beach
Race Start -	06:30	Qurum Beach
Flower Ceremony -	11:00	Qurum Beach
Bike Check-out -	13:00 - 16:30	Qurum Beach
Athlete Garden Closed -	16:00	Qurum Beach
Awards Ceremony -	17:00	Qurum Beach
Slot Allocation -	18:00	Qurum Beach



GOOD TO KNOW

Locations:

Registration: QURM BEACH

Pasta Party: INTERCONTINENTAL HOTEL

Bike Park: AROUND QURUM BEACH AREA

Swim start: QURM BEACH

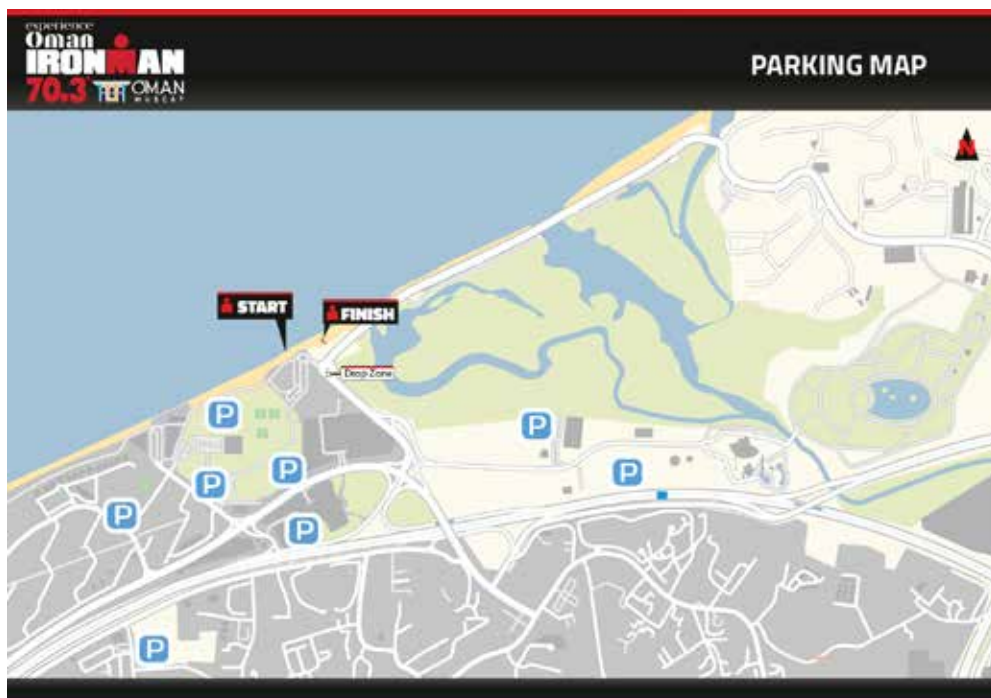
Finish line: QURM BEACH

Transport

We advise athletes and spectators to use private transportation in and around Muscat, which has a great and well-developed network of highway systems. Oman offers tourist a way to see the city in a fun and comfortable way.

Parking

Parking are available close to the venue. Although there is plenty of parking, we ask that, if possible, you carpool with other athletes to ease traffic on race morning. Please allow yourself enough time on race morning to get to transition and prepare for the race start.





Road Closures

The bike and run course are held on roads that are partly or fully closed to normal vehicle traffic. There are no restrictions on emergency vehicles and if access to the course is required, emergency vehicles will use sirens. Please oblige to any emergency vehicles you see and allow them to pass you safely.

Personal Communication Plan

Prior to arriving in Oman, be sure to establish a communications plan with your family and friends back home. Share the race day emergency contact listed below with those who may need to reach you in an emergency. Even if you are in Muscat with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

Medical

The medical area is for athletes only. Family members are not permitted in the medical area. Overcrowding the medical area will prevent the medical team from doing their job. For information on athletes receiving medical treatment, please wait outside the medical tent and an update on the athlete's condition will be given to you.

Results

Family and friends can track you on www.ironman.com or by downloading the IRONMAN Tracker App.



GENERAL MAP





Take note where the W.C locations are





Qurum Nature Reserve

Qurum Nature Reserve is the first nature reserve in the Sultanate of Oman and a refuge for many endemic and migratory marine creatures and birds.

The reserve has a high hydrological importance, and it is a natural forest in which there is one type of natural mangrove tree (*Avicenna Marina*), the only species that has the ability to adapt to the climatic situation of the Omani environment.

Mangroves help protect the khors and surrounding areas from floods, cyclones and erosion, purify the atmosphere of greenhouse gases by absorbing carbon dioxide, and are a natural habitat for endemic and migratory birds.

The reserve is distinguished by the diversity of the organisms and seabirds that live in it, as 27 types of crustaceans, 48 types of molluscs and 40 types of fish have been recorded.





ATHLETE CHECK LIST

PRE-RACE

- Directions to:
 - Registration
 - Athlete Check-In
 - Race Start
 - Race Finish
- Photo I.D.
- Day pass

- Adjustment of your bike
- Analyse the race courses
- Plan and test your nutrition
- Attend Athlete Briefing

RACE DAY – SWIM

- Timing Chip
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at registration)
- Ear Plugs/Nose Plug (optional)

RACE DAY – BIKE

- Helmet
- Bike shoes and socks
-
- GPS watch or bike computer
- Bib number
- Bike Repair Kit
- CO2 Cartridge(s)
- Spare Tire
- Spare Tube
- Tire levers
- Patch Kit
- Wrench Set/Tools
- Extra nutrition
-
- Sunscreen
- Sunglasses

RACE DAY - RUN

- Running shoes and socks
- Bib number
- Race belt or Safety pins
- Hat/visor
- Extra nutrition and water bottles
- Sunscreen
- Sunglasses
- Reflective tape (if applicable)

MISCELLANEOUS

- Towel
- Post-race clothing
- Extra Swimsuit and Cap for practice
- swim (if applicable)
- Contacts or Rx Glasses
- Body Glide
- Lip balm
- Antibacterial gel
- Hair ties
- Your good mood :)



REGISTRATION

Thursday 15th February - 13:00 - 18:00

Friday 16th February - 13:00 - 17:00

Location: QURM BEACH

1. An email will be sent to you with a **QR code** and your **bib number** during the race week. **Save it to your smartphone and present it at the registration desk.**
2. Please report to the volunteers by following the signage.
3. Collect your bib number and package by presenting your **identity card**.
4. A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race.
5. Finisher t-shirts will be collected during registration

NOTE: ALL RACE PACKAGES MUST BE COLLECTED BY 16:30 ON FRIDAY 16TH FEBRUARY BY ALL THE ATHLETES AND NO SIZE CHANGE OF FINISHER T-SHIRT POSSIBLE. T-SHIRTS WILL BE ALLOCATED ACCORDING TO PROVIDED REGISTRATION DETAILS.

Registration will NOT be open on race day. If you do not register during registration hours, you will not be able to race.



ATHLETE PACKAGE

<p>1 bib number: You must wear your bib on your back for the bike course and in front for the run course. It must be attached with two points + 1 athlete t-shirt. You can use safety pins if you wish. However, as you have to change it from one position to another in transition, it is strongly recommended that you get a running belt which saves you time, allows you to change clothes easily and avoids making holes in your clothes.</p> <p>1 athlete's t-shirt: To be collected at the time of registration</p>	
<p>1 swim cap: You must wear the swim cap given to you when you collect your bib number during the SWIM.</p>	
<p>Stickers: You will also have a sheet of stickers; please place relevant sticker on your bike, helmet, and bags: 3 stickers for the RUN, BIKE and STREET WEAR bags, 1 sticker for the seat post of your bike, 1 sticker to stick on the front of your helmet.</p>	
<p>1 athlete's wristband: A wristband with a QR code will be placed on your wrist when you collect your bib. This wristband will identify you as an official athlete and must be worn during the whole week of the race. The wristband is required for medical identification purposes and gives you access to the transition areas and all athlete areas during, before and after the race. You will not be allowed to remove your bike and/or equipment from the transition areas after the race if your wristband is not attached to your wrist.</p>	
<p>1 athlete's backpack: To be collected at the time of registration.</p> <p>2 transition bags and 1 STREET WEAR bag: Your belongings must be placed in these bags (see next page).</p>	

Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number, and timing chip. Failure to comply with this rule will result in **disqualification**.



Transition bags

You will be issued with three bags at registration.

Please ensure you stick your numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue and red back prior to race start on Saturday, but you must ensure that all items you need are in the bags at bike check in.

Please note, you cannot mark these bags other than with your race number stickers. Any additional markings will be removed by the referees and may result in a penalty.

BLUE BAG: BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number fixed with 3 points, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

Drop off in transition on Friday from 14:00 - 18:00

RED BAG: RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc. After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

Drop off in transition on Friday from 14:00 - 18:00

WHITE BAG: STREET WEAR BAG



This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race.

Drop this bag off on race day in the dedicated area.

**DO NOT PUT VALUABLES IN YOUR BAGS OR OVERFILL THE BAGS.
IRONMAN 70.3 OMAN, MUSCAT IS NOT RESPONSIBLE FOR THE CONTENTS OF ATHLETE BAGS.**



ATHLETE BRIEFING AND COFFEE BOAT

MANDATORY ATHLETE BRIEFING

THURSDAY 15th FEBRUARY - 18:00

Location: Intercontinental Hotel

Athletes are required to attend the athlete briefing which will be held on Thursday at 18:00 in the Intercontinental Hotel during the Pasta Party.

The briefing will cover important information about the specificities of the course, rules, and cut-off times for each discipline and most importantly, any last-minute changes or procedures to the event that have occurred or may potentially occur due to weather related forecasts.

We strongly recommend novice athletes attend the briefing to benefit from the additional information included in these briefings, including preparation, and bike and bag racking information. Briefing also offers more time to orientate yourself with the race, be sure you have all your equipment ready for race day and to ask any questions.

COFFEE BOAT SWIM

Thursday 15th and Friday 16th February between 08:00 – 10:00 at swim start, QURM BEACH.

Swim safety will not be in attendance and there will not be any lifeguards on duty. Athletes are advised to swim at their own risk.





BIKE AND TRANSITION BAGS CHECK-IN

FRIDAY 16th FEBRUARY – 14:00 - 18:00

Location: Qurm Beach

Before entering the bike transition, please put on your helmet and fasten the chin strap. Please also be prepared for the following inspections:

- a visual inspection of the bike (wheels with disc brakes are allowed),
 - a break system check,
 - a check that the race numbers are on your bike and your helmet,
 - a check of your helmet,
 - a check of your athlete bracelet.
 - Disk wheels are allowed
 - You must rack your bike and your bag according to your number.
 - Bike covers are NOT ALLOWED.
 - Your helmet must be inside your BIKE bag.
 - Shoes and nutrition can be clipped onto your bike on race morning.
 - Make sure you have packed all your gear for Transition 1 in the BIKE bag. Don't forget to put your bib number in the bag.
 - Make sure you have put all your stuff for Transition 2 in the RUN bag.
 - ***Please note, you are not permitted to mark your bike in any way with ribbon, balloons or similar. Race marshals will remove such effects.***
- ➔ When storing your bike and bags, take time to familiarize yourself with the transition zone. Don't forget to check where the entries and exits are located.
- ➔ There will be volunteers in the transition to answer any questions, so ask them on site, don't wait until race day.
- ➔ Overnight security is provided in transition and only athletes, race officials and official event staff/volunteers are allowed in transition.
- ➔ During bike check-in and on race morning, mechanics in transition will offer adjustments and services to bikes.



Athletes are responsible for ensuring their bike and helmet is in safe, working order. Event organisers are not responsible for any bike failures.

Once transition closes on Friday at 18:00, no athletes will be allowed access to the transition area until race morning.

Athletes will have access to their bikes, blue and red bags on race morning between 05:00 and 06:00.

Please note, it will not be possible to register or check-in your bike/blue and red bags on race morning.

TIMING CHIP

WHAT IS THE TIMING CHIP FOR?

The chip will register your individual start time as you cross the timing mat at the swim start and provide your swim time, bike time, run time, finish time, transition splits, overall and age group ranking.

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting Bike and Bags check-in zone on Friday 16th February. When you will collect your timing chip, please ensure the correct name shows up on the computer screen before you exit the transition.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race.

Please note that you must have your timing chip on for Bike Check-Out. So, keep it on even if you drop out of the race.

Your race timing chip is a loaner. You must return the chip to the timing company, or you will be billed for its replacement.

WHAT IF I LOSE MY TIMING CHIP?

If you lose your timing chip, go to the SOS CHIP stands located in transition or at the swim start. Our team will provide you with a replacement chip so you can continue the race.

If you lose your timing chip on the course, please notify the transition manager or a referee immediately as you cross the finish line.



RACE DAY INFORMATION

SCHEDULE REMINDER

Bike park opening	05:00 – 06:00	
Swim warm up	05:00 – 06:00	Qurm Beach
Coffee station	05:00 – 06:30	Qurm Beach
Race start	06:30	Qurm Beach
Flower ceremony	11:00	Qurm Beach
Bike check out	13:00 – 16:30	Qurm Beach
Athlete Garden Closed	16:00	Qurm Beach
Awards ceremony	17:00	Qurm Beach
Slot allocation	18:00	Qurm Beach

PROCEED TO THE BIKE PARK ON RACE DAY MORNING IF NEEDED

The Bike Park will be open from 5.00am to 6.00am, please have your timing chip attached to your left ankle.

Check your tire pressure. You can clip your bike shoes on the pedals and attach the nutrition to your bike.

Bike mechanics and pumps will be provided by the organization.

At 6:00 am, the bike park will be closed. Go to the swimming start.

STREET WEAR BAG – WHITE BAG

You will receive a white pre/post event clothing bag at registration. All your gear for after the race should be in your STREET WEAR bag.

Drop off: Finish Line.

You can drop off your bag until 6.00am.

You will get your STREET WEAR bag back after the race at the After Finish Area

Any items that do not fit in the white bag such as bike pumps, backpacks etc, will not be accepted.



CUT OFF TIMES

01:10:00



05:30:00



+ T1

+



08:30:00



+ T1

+



+ T2



TIMES ARE CALCULATED BASED ON INDIVIDUAL START TIME NOT ON THE GUN START TIME

Intermediate cut offs:

- BIKE COURSE – KM 75 (close to the third aidstation) at 12:10pm.

The organization reserves the right to remove an athlete from the course and disqualify them if our course staff determines there is no possibility that the athlete could finish the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up at that point.

Athletes who do not meet the above cut-offs will be disqualified and will not be eligible for age-group awards or for 2024 VinFast IRONMAN 70.3 World Championship.



AID STATIONS

BIKE

There are 3 aid stations and 1 water station on the bike course with one opportunity to visit each. The aid stations offer:

- Water
- Bananas
- Nutrition Bars
- ISO

RUN

There are 4 aid stations on the RUN course with 3 opportunities to visit each: 3 are full aid stations, one is only water and ice.

The full aid stations offer:

- Water
- Cola
- Salty Snacks
- Fruit – Banana & Orange
- Gels
- ISO

Cups and gels should be thrown in the bins provided, not on the ground.

Athletes will be issued a penalty if caught littering by a race official.



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SWIM COURSE

IRONMAN 70.3 Oman, Muscat will start at 06:30 am.

The event will incorporate a rolling swim start.

The timing chip will register each athletes start time as they cross the start mat and enter the water.

There will be a swim warm up at 5:00am to 6:00 am near the start entry point.

Course

The course consists of a 1.9 kilometre loop.





SWIM CUT OFF – 1 HOUR 10 MINUTES

Athletes have 1 hour and 10 minutes to complete the swim course from their start time recorded by the timing chip.

Athletes who take longer than 1 hour and 10 minutes to complete the swim will result in a DNF.

IRONMAN 70.3 Oman, Muscat officials and medical staff have the right to pull athletes out of the swim course if deemed medically necessary.

SWIM RULES

- Athletes must wear the swim cap provided by the organisation
- It is forbidden for athletes to wear their bib number during the SWIM (disqualification).
- It is forbidden to hand over all or part of one's equipment to a third party.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (YELLOW card – 30 second penalty).
- Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid if forward progress is not made.

Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our primary concern. A full sweep of the course will be made behind the last swimmer.



WETSUIT RULES

The suits can be worn in water up to a temperature of 24.6°C.

Water temperature to be announced via social media and email 1 day before the race.

When the use of wetsuits is forbidden, swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

SWIM TO BIKE TRANSITION

When you get out of the water, you will have to run to the transition. Be careful not to slip.

You will then arrive at the «BIKE» transition bags. Take your bag, change and rack it again.

Please note that there will be changing tents available in case you want to change completely.

Your helmet must be fastened with the chin strap closed. Please only get on your bike after the line marked on the ground at the exit of the bike park.





BIKE COURSE

The bike course is a one lap course and will start and finish at QURM BEACH. Athletes will pass iconic landmarks such as the Royal Opera House and then head to the beautiful traditional streets of Muttrah, which is one of Oman's oldest marketplaces.

Once athletes reach Al Bustan Palace, one of the many beautiful sceneries in Muscat, athletes will experience high elevation levels as they cycle thorough hilly streets of Wadi Al Kabir, while heading to Al Amrat. From Al Amrat, athletes will U-turn and head back through the modern streets of AL Watiah while making their way back to transition.

PENALTY TENT

All bike course time penalties will be served in a designated penalty tent in transition Following a rule violation being issued, is it the athletes' responsibilities to report to the penalty tent. Failure to stop at the penalty tent will result in a disqualification.

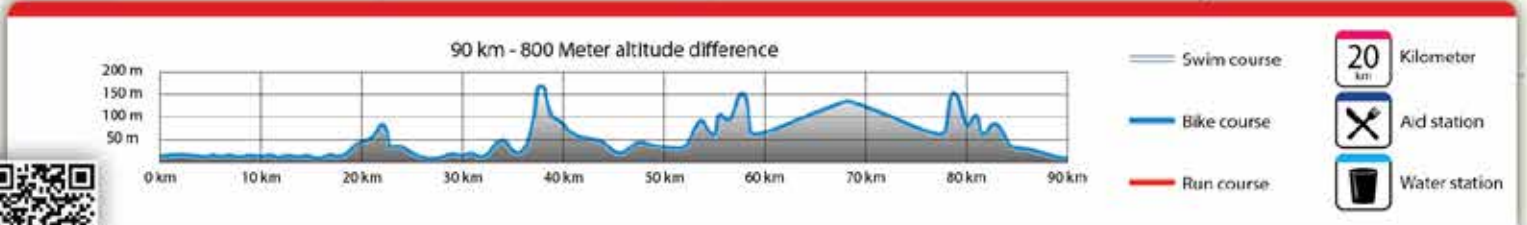
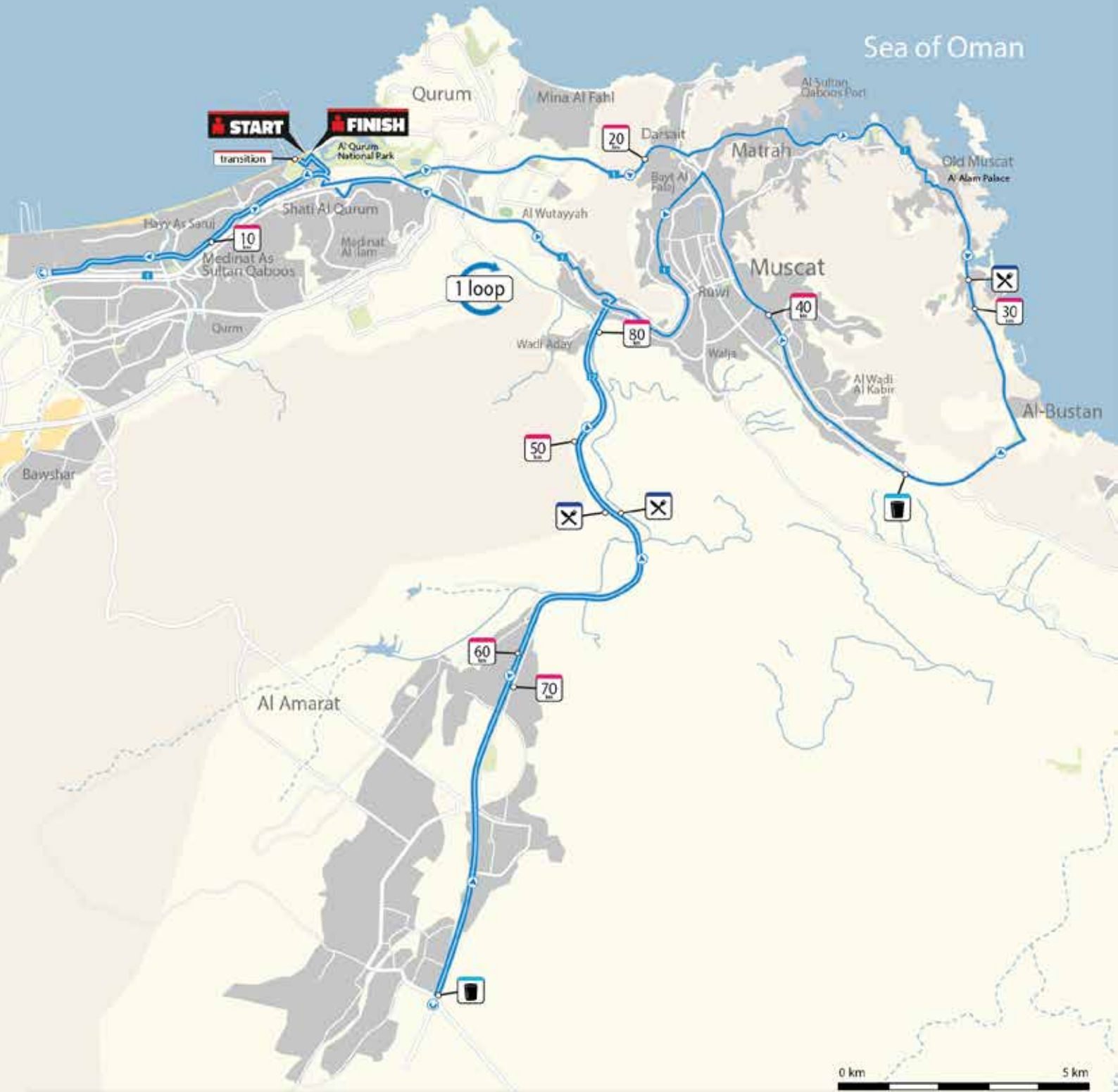
- Athletes are prohibited from using the restroom while serving a penalty in the penalty tent (DISQUALIFICATION).
- Adjusting equipment or performing any type of bike maintenance while serving a penalty in the penalty tent is prohibited (DISQUALIFICATION).

BIKE CUT OFF – 5 HOUR 30 MINUTES

SWIM + T1 + BIKE = 5 HOURS AND 30 MINUTES

There is an intermediate cut off for the bike course at 12:10PM at KM 75, close to the third aid station.

Note: There will be a toilet available on every aid station along the bike course





BIKE COURSE DRAFTING RULES

- The bicycle draft zone is 12 meters long, measured from the leading edge of the front wheel and extending towards the back of the bike (6 bike lengths of clear space between bikes). Athletes may enter the draft zone of another athlete when passing and must continuously progress through the draft zone. A maximum of 25 seconds will be allowed to pass through the zone of another athlete. (5:00 Minutes Time Penalty)
- Athletes must remain outside of the draft zone (6 bike lengths between bikes) except when passing. Failure to do so will result in a drafting violation. (5:00 Minute Time Penalty)
- A “pass” occurs when the overtaking athlete’s front wheel passes the leading edge of the front wheel of the athlete being overtaken.
- The overtaking athlete may not back out of a draft zone after entering it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed. (5:00 Minute Time Penalty)
- Overtaken athletes who remain within the draft zone of the passing athlete for more than 25 seconds will be given a drafting violation. (5:00 Minute Time Penalty)
- Athletes must ride single file on the far-right side (or left side depending on local law) of the bike course road except when passing another athlete (or for reasons of safety). Side-by-side riding is not permitted and may result in a drafting or blocking violation. (5:00 Minute Time Penalty)
- Exceptions: An athlete may enter the drafting zone without penalty only under the following conditions:
 - If an athlete enters the drafting zone and completes a pass within 25 seconds.
 - For safety reasons.
 - Entering and exiting an aid station or transition area.
 - An acute turn.
- Athletes who impede the forward progress of other athletes will be given a blocking violation. (30 Time Penalty (as applicable)).



BLUE CARD – BIKE

Blue card is used in case of drafting:

- 1st BLUE CARD Offense 5:00 minutes
- 2nd BLUE CARD Offense 10:00 minutes
- 3rd BLUE CARD Offense DSQ

When an athlete receives a blue card, he must perform his penalty at the Blue Card Penalty Tent and make sure that the referee has noted on his number that the penalty has been performed.

YELLOW CARD- BIKE

YELLOW CARD violations (stop and go penalty) require an athlete to stop 30 seconds in the penalty tent (BIKE) or to stop next to the referee during 30 seconds (RUN). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations

BIKE SPECIFICATIONS

All bicycles and bicycle equipment must conform to the specifications set forth in this Section. Any athlete (other than an athlete competing in the HC Division or the PC Open Division) using a nonconforming bicycle or otherwise violating this Section will be disqualified:

- Length cannot exceed two meters, and width cannot exceed 75 centimetres.
- A vertical line touching the front most point of the saddle may be no more than 5 centimetres in front of and no more than 15 centimetres behind a vertical line passing through the centre of the chain wheel axle. The cyclist must not have the capability of adjusting the saddle beyond these limits during the race.
- The “front-to-centre” distance, which is defined as the distance between a vertical line passing through the centre of the chain wheel axle and a vertical line passing through the centre of the front axle, must measure not less than 54 centimetres, except where the distance between the centre of the chain wheel axle and the top of the saddle is less than 71 centimetres (in this case the front-to-centre distance cannot be less than



50 centimetres). The “front-to- centre” distance must not measure more than the 65 centimetres, or seven eighths of the distance between the centre of the chain wheel axle and the top of the saddle, whichever is greater. Applicability of the two foregoing exceptions is determined by measuring from a point on top of the saddle which is 14 centimetres behind the front most point of the saddle.

- Fairings are prohibited. Any device added or blended into the structure that may decrease, or that has the effect of decreasing, resistance to air penetration, or that may artificially accelerate propulsion, such as a protective screen, fuselage form fairing or the like, is prohibited. (DSQ)
- Except as otherwise determined by the Event Director in the interest of safety, the front wheel may be of a different diameter than the rear wheel.
- Handlebars and stem must be fashioned to prevent any danger. All handlebar ends must be solidly plugged to lessen the possibility of injury; (30 or 60 Second Time Penalty (as applicable). (DSQ if not remedied promptly)
- There must be one working brake on each of the two wheels. (DSQ)
- There must be a free-wheeling mechanism between the crank and the rear wheel that allows the bicycle to roll forward while the pedals remain stationary. (DSQ)
- All aspects of the bicycle must be safe to the rider and to other athletes in the Race. Minimum safety standards include, but are not limited to, meeting or exceeding the standards of a reputable safety standards organization (such as CPSC, ISO, or other equally reputable safety standards organizations), properly glued and sealed tires, tight headset and handlebars, and true wheels and
- Non-traditional or unusual bikes or equipment are illegal unless, prior to the start of the Race, approval has been granted from the Event-specific Head Referee. (DSQ)



RUN COURSE

The run course will be a 3-lap course near the Al Qurum National Park and the beautiful beach of Al Qurum as they run which is also known as love street. Following the completion of three laps, athletes will head to the finish line.





RUN CUT OFF – 8H30

SWIM + T1 + BIKE + T2 + RUN = 8h30

RUN RULES

- Athletes may run, walk, or crawl.
- Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.
- Athletes cannot accept help from anyone during the race.
- Athletes must wear their bib number on the front and the bib must be clearly visible at all times on the run course. Folding, cutting the bib number, intentional alteration of any kind, or failure to wear the bib number is prohibited and may result in disqualification.





RELAY TEAMS

Most of the information in the Athlete Guide applies to relay teams, with regards to timing and requirements to register.

REGISTRATION

Thursday 15th, FEBRUARY - 13:00 – 18:00

Friday 16th, FEBRUARY - 13:00 to 17:00

Location: QURM BEACH

It is compulsory that all relay team members register and collect the team's race pack together within the specified times.

1. Each team member will need their ID.
2. Please note, any changes to team members must be made no later than 10 days before race day. Any changes after this date will not be accepted.
 - You will not be able to change team members at registration.
 - If any of the team members cannot attend registration prior to race day there must be no changes.

TRANSITION

In the transition area, there will be an area dedicated to the relays.

It is in this area that you will be able to exchange your timing chip and your bib between the SWIM, the BIKE and RUN runner.

Please make sure that all team members know these areas. You will be autonomous in managing your transition bags.

RULES

It is the responsibility of each team member to understand the course they are to run, and the time they must be in place for the swim start, transitions, and finish. The timing chip for relay athletes must be worn by each member of the relay team on their section of the race. Athletes will pass the timing chip over to their teammate in transition, in the designated relay zone.



POST RACE INFORMATION

Close to the Finish Line, put your bib on the front side. Zip your tri suits above the sternum. You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line.

AFTER-FINISH

1. The medal will be given to you just after the Finish Arch.
2. Get back your STREET WEAR bag at the After Finish Area.
3. Enjoy a sweet and salty buffet and refuel after your achievement.

BIKE AND GEAR CHECK OUT

Mandatory bike and bags check out is from 13:00 to 16:30 in the transition area on race day. You are required to collect your bike and bags after the race. **You must have your athlete wristband and timing chip on to claim your bike and bags.**

If your bags are not collected between the times stated above, IRONMAN 70.3 Oman, Muscat will not be responsible for any items left on site overnight.

LOST AND FOUND

During race week, lost and found will be located at the Information Point, located in the IRONMAN 70.3 Oman, Muscat village.

Following the race, please contact oman70.3@ironman.com to locate any missing items and to schedule their return.

NOTE: Shipping fees will apply.

All unclaimed items will be donated 30 days after the event.



IRONKIDS®

IRONKIDS

IRONKIDS is a festive run for children aged from 3 to 13 years. No ranking or timing on this event. Only fun and pleasure.

The race will take place on Friday 16th February from 16:30pm at QURM BEACH . The race kicks off with an energetic warm up for everyone at 16.00!

A "fun run" is a race where everyone is a winner, and everyone receives a T-shirt and a medal (Please note that the sizes of the shirts may sell out. First come, first served principle applies).

REGISTRATION

Register is possible online.

→ <https://www.ironman.com/im703-oman-register>

Price: \$18.20 + 9% Processing Fee (ACTIVE Fee)

OPENING HOURS OF THE IRONKIDS BIB COLLECTION

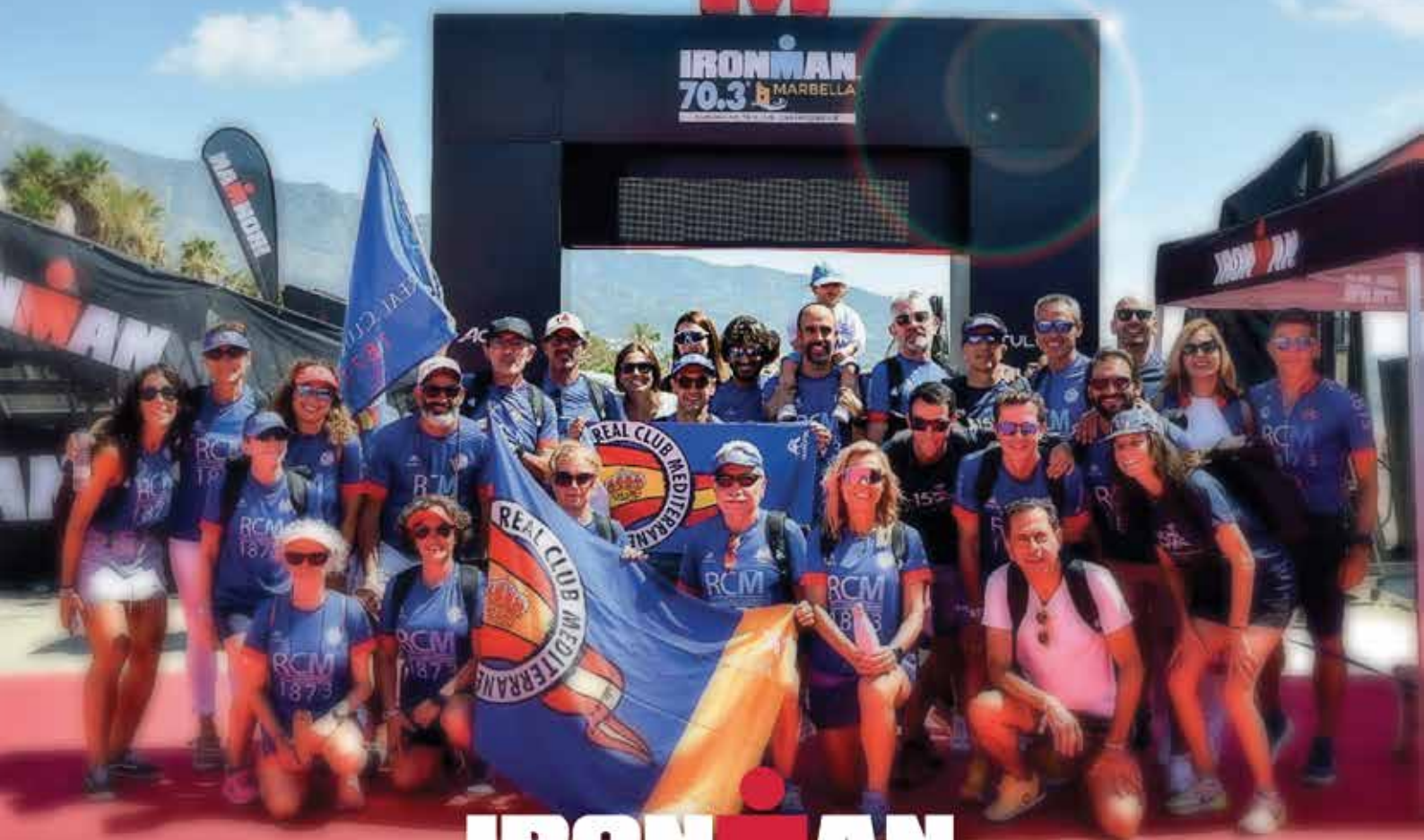
Location: QURM BEACH

Thursday 15th February - 13:00 - 18:00
Friday 16th February - 13:00 to 16:00

CATEGORIES

- 3-5 years (parents also run): 100m
- 6-8 years: 500m
- 9-10 years: 800m
- 11-12 years: 1km
- 13-14 years: 1.4km

NEVER RACE ALONE



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AWARDS CEREMONY

SATURDAY 17TH FEBRUARY - 17:00

Location: QURM BEACH

- Trophy for the Top 3 of each age group category.
- Trophy for the Top 3 Relays Team (Men, Women, Mixed).
- Trophy for the Top 3 TriClubs.

Attendance is mandatory at the Awards ceremony; no awards will be sent afterwards.



70.3 WORLD CHAMPIONSHIP

SATURDAY 17TH FEBRUARY - 18:00

Location: QURM BEACH

SLOTS ALLOCATION

The 2024 IRONMAN 70.3 Oman, Muscat offers Age Group Qualifying slots to the 2024 VinFast IRONMAN 70.3 World Championship on 14 & 15 December 2024 in Taupō, New Zealand.

If you qualify for the 2024 edition of the IRONMAN 70.3 Oman, Muscat, you are eligible to participate in the VinFast IRONMAN 70.3 2024 World Championship in **Taupō, New Zealand ONLY**.

As not all participants wish to qualify, qualifications will be offered to athletes in sequence, according to age group ranking until all qualifying spots are filled. Be sure to bring a valid ID and a credit card to pay the registration fee at the ceremony.

→ Please plan to pay the registration fee by credit card **ONLY**; we will **NOT** accept cash or checks.

The amount is \$780.00 (USD) - Inclusive of all fees and taxes

Your presence is mandatory at the slot allocation, no slot will be allocated later.

Please make sure you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check the travel conditions before accepting the slot.



MESSAGE FROM HEAD REFEREE

Please ensure you understand these roles ahead of race day.

IRONMAN will operate under the three strikes and you're out principle with respect to **BLUE CARD** violations. **DRAFTING AND LITTERING** is the only two violations that will result in a **BLUE CARD** violation and an athlete will incur a time penalty to be served in the closest penalty tent located along the bike course/in transition.

YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop 30 seconds in the penalty tent (**BIKE**) or to stop next to the referee during 30 seconds (**RUN**). IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive **YELLOW CARD** violations

RED CARD: An athlete receiving a red card will be immediately disqualified.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referees ruling is final in the case of **POSITION** violations, there are no protests or appeals.

COMMON VIOLATION INCLUDE:

HELMET CHINSTRAP:

Your chinstrap must be fastened whenever you are on your bike on race day.

RACE NUMBER:

You must wear your **BIB** number during the bike and run portion of the race. In addition, your bike frame sticker must be attached to your bike frame and visible from both sides.



LITTERING:

Do not throw ANYTHING outside of official aid station litter zones. Littering will result in a BLUE CARD violation, which is a five-minute time penalty.

UNAUTHORISED EQUIPMENT:

MP3 players iPod's, headphones, audio devises and mobile phones are not permitted.

OUTSIDE ASSISTANCE:

Non-racers are not permitted to run, walk or cycle alongside you.

TIME PENALTIES:

While DRAFTING and LITTERING are the only violations that incur a five-minute time penalty, you must go to a penalty tent to have tour number marked. If you are penalised on the run, an official will mark your number on the spot.

Please treat other athletes, all volunteers and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification.

GENERAL BEHAVIOUR

Each athlete must:

- Practice good sportsmanship at all times,
- Be responsible for his/her own safety and the safety of others,
- Know, understand and follow the Competition Rules, as stated here in the Athlete Guild and at the Event Specific Athlete Briefing,
- Obey traffic regulations and instructions from Race Officials,
- Treat Referees, Officials, Volunteers, Spectators, Member of the Public and other Athletes with respect and courtesy,
- Obey laws and local ordinances and avoid any type of demonstration of political, religious, or racial propaganda,
- Failure to obey laws or local ordinances and/or failure to refrain from demonstration will result in disqualification,
- Avoid the use of abusive language,



- In the event of a withdrawal, the athlete is responsible for promptly informing a Race Official after withdrawing from the Race. Failing to do so may result in temporary suspension or permanent expulsion from other Events,
- Compete without receiving assistance from other parties (other than from Race Referees, Race Officials, and other athletes)
- Not dispose of trash or equipment on the course except at aid stations or other designated trash-disposal points. Intentional or careless littering will result in a time penalty or disqualification,
- Not gain or attempt to gain any unfair advantage from any external vehicle, person, or object,
- Not use any device that will distract the athlete from paying full attention to their surroundings. Using a device in a distracting manner will result in disqualification.
- Follow the prescribed course. It is the athlete's responsibility to know the course. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.
- Always avoid indecent exposure and public nudity during the Event. Indecent exposure and/or public nudity may result in a disqualification.

COMMON COMPETITION RULE VIOLATIONS AND PENALTIES

The following is a summary of the most common Competition Rule violations and penalties and is not intended to be an all-inclusive list of violations and penalties. In any instance where this Summary is inconsistent with or otherwise contradicts the Competition Rules set forth in Articles I-X, the Competition Rules set forth in Articles I-X shall govern.

Each athlete is responsible for knowing and understanding all Competition Rules (including without limitation any additional rules set forth in the Event-specific Athlete Information Guide).



SUMMARY OF GENERAL COMPETITION RULES	PENALTIES
Public nudity or indecent exposure	DSQ
Littering outside of the trash/rubbish drop zones	5:00 Minute Time Penalty
Using unsportsmanlike behaviour	DSQ and potential suspension
Failure to follow the prescribed course	DSQ
Failure to wear a shirt or sport top during the bike or run	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Accepting assistance from anyone other than Race Referees, Race Officials, or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 30 or 60 Second Time Penalty (as applicable) will be assessed, if not: DSQ
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race, or assisting the physical forward progress of another athlete on any part of the course during the Race	DSQ of both athletes
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension
Not stopping in the next penalty tent after being obliged to do so	DSQ
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets (i.e., helmets enabled with Bluetooth® technology), in any distracting manner, during the Race.	DSQ
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending, and receiving text messages, using social media, taking	DSQ



photographs, and using a device as a bike computer.	
SUMMARY OF SWIM RULES	PENALTIES
In a non-wetsuit swim, wearing clothing covering any part of the arms below the elbow and/or clothing covering any part of the legs below knee	DSQ
In a non-wetsuit swim, wearing swimwear that is not 100% textile material.	DSQ
Wearing a wetsuit that measures more than 5mm thick	DSQ
Using a snorkel	DSQ
SUMMARY OF BIKE RULES	PENALTIES
Drafting violation	5:00 Minute Time Penalty
Blocking (side by side riding)	30 Second Time Penalty (as applicable)
Once overtaken, re-passing prior to dropping out of the draft zone	30 Second Time Penalty (as applicable)
Once overtaken, remaining in the draft zone for more than 25 seconds	5:00 Minute Time Penalty
Failure to wear a shirt or sport top during the bike portion	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders	DSQ if not remedied promptly
During the bike segment, wearing the helmet unfastened or insecurely fastened	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Wearing headsets or headphones during competition	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Not wearing a helmet during all Event activities when the athlete rides the bike: e.g., competition, familiarization, and training sessions	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
Make forward progress without bike during the bike segment	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly
SUMMARY OF RUN RULES	PENALTIES
Wearing headsets or headphones during competition	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied promptly



Failure to wear a shirt or sport top during the run portion	30 Second Time Penalty (as applicable) if remedied, DSQ if not remedied
Front zipper of uniform is not connected at the bottom or if the top does not cover the shoulders	DSQ if not remedied promptly
Crossing the finish line with a non-participating individual	DSQ
SUMMARY OF TRANSITION AREA RULES	PENALTIES
Blocking the progress of other athletes	30 Second Time Penalty (as applicable)
Interfering with another athletes' equipment	30 Second Time Penalty (as applicable)

MEDICAL

If you need minor medical assistance while on course, you will be transported by vehicle to the medical tent, where medical professionals will provide treatment. Alternately depending on the nature of the medical incident, an ambulance will take you to the nearest hospital to receive treatment.

If you have technical problem or have damaged your bike, a vehicle will take you to the next aid station where you can wait for a vehicle to take you back to transition. Cyclists still on the course following bike cut off will be disqualified and will not be permitted to continue in the event. There will be radios to contact ambulances for medical assistance. If you have a problem, please try and reach an aid station for further assistance.

ON COURSE ASSISTANCE

There will be aid stations on the bike and run course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly in advance. Crews are instructed not to step across the white line for handoffs. It is imperative you do not toss bike bottles, cups, or nutrient bags on the roadside along the course.



ALWAYS REMEMBER YOUR RACE
get your personal pictures on **SPORTOGRAF.COM**



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