

RONAN. 70.3° Dabar



GUIDE 2020















CONTENTS

WELCOME MESSAGES **MESSAGE** HEAD REFEREE **EVENT** SCHEDULE WHERE TO GO FIRST? PRE RACE DAY INFORMATION RACE PACK 16 RACE BRIEFING 22 **SWIM** COURSE **BIKE** COURSE 27 **BIKE** COURSE RULES 31 RUN COURSE 34 **BIKE** SUPPORT 3/ QUALIFYING FOR THE 2020 SPECIAL PROGRAM

MESSAGE



Dear Athletes.

It is with great pleasure that we welcome everyone to the 2020 IRONMAN 70.3 Dubai, where the world's finest come to race. We pride ourselves on an event that welcomes elite athletes and absolute beginners alike. The first IRONMAN 70.3 Dubai has had a very exciting year and we plan to meet the high bar set last year.

We are thrilled once again as IRONMAN 70.3 Dubai takes place right next to the iconic Burj AlArab, the stunning seven-star hotel that has hosted celebrities from all over the world. Athletes begin their day with a swim course begin from Jumeirah Public Beach, Dubai.

Dubai one of the region's most well-known destination beaches and a getaway for travelers from all over the world. The bike route leaves the city behind and ventures into the Arabian Dunes. The run route will cover one and a half laps along a spectator-friendly, packed Jumeirah beach. The crowd will cheer participants through the 21.1 run before they finish next to the start and transition area at the general grand stand. To make the season more exciting, IRONMAN 70.3 Dubai, announced to offer 40 qualifying slots for IRONMAN the 2020 70.3 World Championship, Taupõ, New Zealand, plus 25 additional qualifying slots for the Women for Tri initiative, applied across all female age group categories.

FROM THE RACE DIRECTOR IRONMAN70.3 DUBAI

It has been a joy for us planning this race. We would like to wish you all the best of luck to in your quest to be an IRONMAN! Here are some tips for an enjoyable and successful race:

- Try to stay off your feet as much as possible leading up to race day. There will be a lot of prerace activities for you and your family, so be mindful of how much you are up and around on your feet.
- Make sure you drink plenty of fluids during race week! You don't want to be dehydrated going into the race.
- On race morning, don't rush! Take your time in transition setting up your race gear before heading down to body marking and the swim start area. You want to be certain that everything is ready to rock!
- Ease into the first couple hundred meters of the swim. We know it's a race, but it's a long day out there on course. Taking it easy during the first few minutes will allow you to settle into a good swim rhythm and set you up for a successful start to your day.

Remember, YOU ARE MADE FOR THE DISTANCE. YOU ARE IRONMAN.

Abbas Moosa

Race Director

IRONMAN 70.3 Dubai



MESSAGE HEAD REFEREE

Ali Baba

IRONMAN 70.3 DUBAI, 2020 Head Referee

DRAFTING VIOLATION

BLUE CARD

five minute time penalty served in a penalty tent on the bike course

BLOCKING VIOLATION

YELLOW CARD

Half minute stop and go time penalty served at the next penalty tent



LITTERING VIOLATION

RED CARD

DISQUALIFICATION (DSQ)

THREE BLUE CARD OR YELLOW
CARD OR COMBINATION OF
BOTH VIOLATIONS WILL
RESULT IN RACE
DISQUALIFICATION.

IRONMAN will operate under the "three strikes and you're out" principle with respect to BLUE CARD violations. DRAFTING is the only violations that will result in a BLUE CARD violation and an athlete will incur a -5minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (Half minute stop and go time penalty) also require an athlete to stop at the penalty tent located in the Transition Area. Any penalties incurred on the run course are to be served at the point of infraction.

IRONMAN Competition Rules still allow an athlete to be disqualified for having shown any combination of cards three times.

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 2017 IRONMAN Competition Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike's front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

Triathlon is an individual event, and 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. Other common violations include:

HELMET CHINSTRAP

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

T.

RACE NUMBER

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

LITTERING

Do not throw ANYTHING outside of official aid stations. Littering will result in a RED CARD violation, which is a Disqualification.

UNAUTHORIZED EQUIPMENT

Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

OUTSIDE ASSISTANCE

Non-racers may NOT ride or run alongside you.

TIME PENALTIES

Remember that DRAFTING is the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the 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. I sincerely hope you have a great race and achieve all your goals.



EVENT SCHEDULE



DATE	EVENT	TIME	LOCATION	
Wednesday, 05.02.2020	Expo	09:00am - 06:00pm	Jumeirah Public Beach	
Registration		09:00am - 06:00pm	Jumeirah Public Beach	
	Press Conference	04:00pm	Jumeirah Beach Hotel	
	Pro Race Briefing	05:00pm	Jumeirah Beach Hotel	
	Opening Ceremony	06:30pm - 08:00pm	Jumeirah Beach Hotel	
	Race Briefing	08:00pm - 09:00pm	Jumeirah Beach Hotel	
Thursday, 06.02.2020	Swim Practice	09:30am - 11:30am		
	Expo	09:00am - 06:00pm		
	Registration	09:00am - 06:00pm	Jumeirah Public Beach,	
	Bike Check-in	09:30am - 06:30pm	Dubai	
	IRON GIRL	05:00pm		
	IRONKIDS	06:00pm		
Friday, 07.02.2020	Transition Opens	05:00am	Jumeirah Public Beach	
	Transition Closes		Jumeirah Public Beach	
	Swim Start (Pro Men)	07:00am	Jumeirah Public Beach	
	Swim Start (Pro Women)	07:03am	Jumeirah Public Beach	
	Swim Start (Age Group Athletes)	07:10am	Jumeirah Public Beach	
	Ехро	09:00am - 05:30pm	Jumeirah Public Beach	
	Professional Podium Awards	11:00am	Jumeirah Public Beach	
	Bike Check Out	01:30pm - 05:00pm	Jumeirah Public Beach	
	Awards Ceremony/Banquet	07:15pm	Jumeirah Beach Hotel	
	Slot Allocation	8:15pm	Jumeirah Beach Hotel	

WHERE TO GO FIRST?



IRONMAN 70.3 DUBAI 2020 FLOOR PLAN



1. Registration tent

Pick-up your BIB number at the registration tent in the Athlete's Village. On Race Day this tent will be used for distributing finisher jackets / T-shirt and white bags.

2. Official IRONMAN Merchandise

• If you're looking for a unique souvenir, IRONMAN® products & event exclusive gear will be available.

3. Expo & Info Point

 Have a look around the expo booths, get equipped and free of any last minute bike issues at the Official Bike Mechanics point. And reach the Info Point for any questions you may have.

4. Transition & Bags Area

A walk through is more than recommended during the check in on Thursday. Get familiar with the routes you will follow in an out during race day and leave your bags ready. Note that marking positions in the transition area is forbidden. Marks, towels and objects used for marking purposes will be removed without any previous notification.

5. Athlete Garder

• Get your Finisher Jackets/T-shirt and refuel yourself after the race.

HOW TO WATCH THE 2020 IRONMAN 70.3 DUBAI

Watch every stroke, spin and stride LIVE during the IRONMAN 70.3 DUBAI on the Facebook Watch Channel of IRONMAN 70.3 DUBAL

Visit: www.facebook.com/im703dubai/

Follow the race action on local television, DUBAI sports channel.

Friday, February 7, 5:00 am DUBAI TIME

The online source for essential event details, race recaps, and editorial content, as well as live race-day blog coverage from start to finish. www.ironman.com.

Share your IRONMAN 70.3 DUBAI experience across your profiles with #IM703DUBAL

Stay connected with IRONMAN 70.3 DUBAI, across our social channels to be on top of all the latest news and exciting events:

e: your home for detailed race day coverage (pacing, time splits, etc) of the professional race while you're on the go.

facebook.com/im703dubai/

instagram.com/im703middleeast/

IRONMAN Athlete Tracker App

twitter.com/im703middleeast

The 2020 IRONMAN 70.3 Dubai, features the latest in real-time race tracking by providing Live Reults via the IRONMAN Tracker App.

FEATURES INCLUDE

Live Web Tracker: See times and current pace within seconds of a participant crossing each split point.



TRACK YOUR ATHLETE

Estimated times will be provided based on current

automatic posting posting as progress is made on the course. As a spectator, the times of the participant you are tracking can be posted to your Facebook or Twitter feed automatically allowing friends and family to share in the excitement! If you are a participant, claim your profile and enable Facebook or Twitter notifications. Your stats will post live as you pass each checkpoint.

: Participant locations will be plotted on the Interactive Course Map as progress is made on course. The position of each participant is estimated based on the most recent timing received from the bib read. NOTE: Participants do not need to carry their phones for this feature to work.

Mobile App: Features include Live Participant Tracking, Push Notifications, Leaderboards, Map Tracking, Event Messages, Event Info and more!



PRE RACE DAY INFORMATION

PERSONAL COMMUNICATION PLAN

Prior to departing for DUBAI, be sure to establish a communications plan with 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 DUBAI with family and friends, it is essential that you have a plan for contacting or reuniting with your group following the race.

ATHLETE CHECK-IN

Athlete Check-In hours are

- Wednesday, February 5 from 9:00am to 6:00pm and
- Thursday, February 6 from 9:00am to 6:00pm at Jumeirah Public Beach, Dubai.

Athlete Check-In will NOT be open on Fiday (race day). If you do not check-in during the designated Athlete Check-In hours you will not be able to race. ALL RACE PACKETS MUST BE PICKED UP BY 6 PM ON Thursday FEBRUARY 6.

Please bring the following items with you to Athlete Check-In:

Photo Identification Card

Athletes competing in February IRONMAN 70.3 DUBAI, events are required to check-in at the venue during the dates and times listed in the Athlete Guide and Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate emergency, IRONMAN 70.3 DUBAI, will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN 70.3 DUBAI.

Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made.

YOUR RACE PACKET WILL INCLUDE:

- Race bib- to be worn on the run
- Bike/Helmet stickers
- Swim cap
- Gear Bag stickers
- Gear Bags
- Tattoos
- Athlete wristband- which must be attached at time of check-in and check-out
- VIP area access for VIP Participant only
- Opening ceremony / Awards ceremony tickets

*You will pick up your timing chip before leaving the Transition Area during Bike Check-In area Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete



Check-In. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. Any previous event stickers on the bike must be removed.

Athletes must wear all official race participant items issued at Athlete Check-In. Items include; the official swim cap, wristband, bike stickers, race bib number, and timing chip (Provided at the bike check-in). Failure to do so or wear outside items will result in a DSQ.



ATHLETE WRISTBAND

A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to banquets, transition and post-race athlete recovery areas.

You will not be allowed to remove your bicycle and/or gear from transition following the race without your wristband affixed to your wrist.



RACE PACK



RACE PACK CONT...



BAGS

You will be issued with three bags at registration. Ensure that you stick the numbered stickers on the bags firmly before you put your gear in them. You will have access to your blue or red bag prior to the race start on the Friday morning, when transition opens.

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

BLUE BIKE BAG

Should contain the kit you need for the bike discipline, including your helmet and race number on a number belt. After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in. This bag is racked at T1 in Jumeirah Public Beach, Dubai. Leave this bag in transition 1 for you to collect in the same area.

RED RUN BAG

Should contain the kit you need for the run discipline. 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 this bag in T1 on Friday. Leave this bag in transition 1 for you to collect in the same area.

WHITE GEAD BAG

This is your after race bag, it is for you to put any additional clothing you wear before the race and anything you may require after the race. Leave this bag in Transition area for you to collect it from the Registration area.

NB Note do not put valuables or over fill the bags. IRONMAN 70.3 DUBAI, are not responsible for the contents of the bags.

BIKE/RUN GEAR BAGS

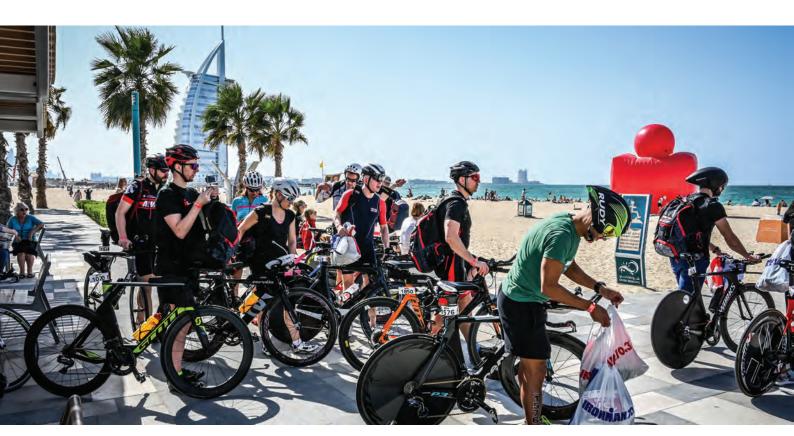
During Athlete Check-In, athletes will receive three bags

- White [Morning Clothes]
- Red [Run Gear]
- Blue [Bike Gear]

PRE RACE



- · HELMET
- · BIKE SHOES
- · RACE NUMBER
- · RUNNING SHOES
- · FRESH CLOTHES
- · TOWEL
- ·SHOES



STREET WEAR

Before the race you can leave it at the Street Wear Bags area and collect it after you finish.



NOTE: DO NOT INTRODUCE YOUR BIKE PUMP INSIDE!

A race number sticker will be given to mark your bike pump.



BAGS

Hang your bags according to your bib number.

- Run gear RED BAG from the top rack.
- Bike gear BLUE BAG from the bottom rack.

MAKE SURE ALL YOUR BAGS ARE MARKED WITH YOUR BIB NUMBER

Each athlete is responsible for packing & re-hanging his bags during transition.



PRE RACE INFORMATION



MANDATORY BIKE AND GEAR CHECK-IN

Bike Check-In: Jumeirah Public Beach, Dubai,

On Thursday 6th, you must rack your bike at The Jumeirah Public Beach, Dubai, between 9:30 am and 6:30 pm according to your race number. You must hand in your red bag in the transition at Jumeirah Public Beach, Dubai, 9:30am to 6:30pm on Thursday.

Full bike covers ARE NOT ALLOWED as it presents a safety hazard to volunteers and other competitors. Full bike covers will be removed from any bikes left in transition once Bike Check-In is over. You will have access to your bicycle beginning at 5 AM on race morning, but you will not be allowed to remove your bike from transition until the start of the bike portion of the race.

At Transition you will need your bike, helmet and blue bag with all you bike gear in it.

Be ready before you get to the entrance to transition. You must have your helmet on with the strap fastened and wearing your race number, your race number stickers on the bike, helmet and red bag, blue bag and your corresponding wristband will be checked as you enter transition. Without all these items, you will not be able to rack your bike and bag.

Athletes are responsible for ensuring that their bike and helmet are in safe, working order, IRONMAN 70.3 DUBAI, will not be responsible for any bike failures.

When racking your bike take your time to familiarise yourself with transition. Know where the entries and exits are. There will be volunteers in transition to answer any questions, ask them now, don't wait until race day.

Security will be onsite overnight on Thursday and on Friday morning.

You will collect your chip in transition area during Bike Check In. You need to wear your chip on your left ankle during the entire race.

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

If you lose your timing chip during the race you must notify a timing official in transition who can issue you with a replacement so you can continue the race.

IMPORTANT

Only athletes with verifiable electronic timing data will be eligible to accept a World Championship slot or receive anaward in their Age Group.

TEAMS

The timing chip must be worn by each member on their section of the race.

You will pass the chip over to your teammate in transition, like the baton in a relay.



PRE RACE INFORMATION CONT...

COMPETITOR RESPONSIBILITIES

When you pick up your timing chip at Bike Check-In, stop by the chip verification table to ensure that your correct name shows up on the computer screen.

- You must wear your timing chip at all times while you are racing. Prior to the swim, fasten the timing chip to your left ankle with the strap provided and do not remove it until you have finished the run.
- You may apply Vaseline around your ankle; it will not affect the timing chip. Volunteers will help you remove
 the timing chip at the finish line.
- If you do not start the race, you are responsible for returning the timing chip to the timing team.
- If you drop out or are pulled from the race at any time, turn in your timing chip to a race official. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your timing chip.
- Your race timing chip is a loaner. By picking up your race number and timing chip, you are guaranteeing that
 you will return the chip to timing, or you will be billed for its replacement.
- If you lose your timing chip during the event, you are responsible for a replacement at one of the following locations: swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.
- Failure to wear your timing chip on race day, return your chip after the event or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

AID STATIONS

There will be 4 Aid Station on Bike Course and 7 on Run Course. Medical Service to close to each Aid Station, Swim exit and Finish line. The general offerings are as follows:

BIKE: RUN: Water Water **Bananas** Cola Gels **Pretzels** Bars Fruits **ISO Drink** BASE salt **ISO Drink** Bars Gels IRON AN

RACE BRIEFING

MANDATORY ATHLETE BRIEFING

PRO ATHLETES:

5TH February Wednesday, 5pm, at Jumeirah Beach Hotel

AGE GROUP ATHLETES:

5th February Wednesday, 8pm, at Jumeirah Beach Hotel

Athletes are required to attend the Mandatory Athlete Briefing on Wednesday 5th February 2020. Please check the Event Schedule for times and location. The briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly, any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.



SWIM PRACTICE

SWIM PRACTICE THURSDAY, 6 FEBRUARY 2020 9:30 AM-11:30 AM

The swim practice will take place at the official swim start of IRONMAN 70.3 DUBAL.

All athletes must have registered and collected their athlete wristband from registration before they are able to join the swim. Athletes without a wristband cannot enter the water. Athletes must wear their Official Swim Cap provided in registration.

All athletes need to exit the water after their practice promptly; entry to the swim will be closed 15 minutes before athletes are due to exit the water. Swimming in Jumeirah Public Beach, Dubai at any other time is forbidden: therefore swim practice can take place only at the designated practice times and within the designated area.

EVERY DAY IS A NEW BEGINNING TAKE A DEEP BREATH & START AGAIN.

RACE DAY INFORMATION

ATHLETE CHECK LIST

PRE-RACE:			Vaseline
Divertions to Hetel			Sunscreen
\vdash	Directions to Hotel Directions to Athlete Check-In		Helmet
\vdash			Sunglasses
\vdash	Directions to Race Start		Bike Shoes
님	Directions to Race Finish		Socks
	Photo I.D.		GPS Watch or Bike Computer
	Bike Services/Tune up		
片	Attend Athlete Check-In	RA	CE DAY – RUN:
片	Attend Athlete Briefing	П	Fuel Belt
Ш	Study the race courses and plan your	H	Race Belt or Safety Pins
nutrition			Bib Number
DA	CE DAY CIAURA		Hat/Visor
KA	CE DAY – SWIM:	Н	Reflective tape (if applicable)
	Timing Chip and Strap		Running Shoes
	Swimsuit/Wetsuit (if applicable)		Socks
	Goggles (consider a spare pair as well)	\vdash	
	Race Day Swim Cap (provided at Check-In)		Sunglasses
	Ear Plugs/Nose Plug (optional)	Ш	Water Bottle
	Throw away long sleeved shirt and shoes to	МП	SCELLANEOUS:
	wear and discard before the race or place in	IVIII	SCELLAIME OOS.
	your provided White (Morning Clothes Bag).		Body Glide
			Antibacterial
RACE DAY – BIKE:			Contacts or Rx Glasses
	Bike Pump		Heart Rate Monitor & Chest Strap
	Extra Nutrition		Towel
	Extra Water Bottles		Hair Ties
\Box	Aero Water Bottle Straw		Chapstick
\Box	Bike Repair Kit		Post-Race Clothing
_	Bar-end plugs		Extra Swimsuit and Cap for practice swim
	CO2 Cartridge(s)	_	(if applicable)
	Spare Tire		Extra Tri Kit for practice
	Spare Tube		Have a Great Race!
	Tire levers		
	Valve Stem Extenders		
	Patch Kit Wrench Set/Tools		

RACE DAY INFORMATION CONT...

WHITE BAG (MORNING CLOTHES BAG)

You will receive a white Morning Clothes Bag at Athlete Check-In. Prior to the swim start on race morning, place any items (e.g., dry clothes, car or hotel room key, meds) you may need at the finish line in your Morning Clothes Bag. Leave the bag in the designated drop area at transition. Your Morning Clothes Bag may be retrieved after the race inside Registration tent. Any items that do not fit inside the Morning Clothes Bag, such as bike pumps and backpacks, will not be accepted.

RACE DAY PARKING

Race day parking is located close to the transition area in Jumeirah Public Beach, Dubai.

While there are plenty of parking spaces, we ask that you carpool with another athlete when possible to ease traffic congestion on race morning. Please give yourself enough time race morning to get to transition with ample time to prepare for race day. Roads can be congested as athletes and spectators converge on the area in a short period of time.

RACE MORNING PROCEDURE

Transition opens at 5am on race morning. Remember to bring your timing chip, swim cap, and wetsuit (Optional). Bike technicians and pumps will be available in transition race morning. Please do not wear your bib number in the swim. Leave it with your gear and put it on before you head out on the bike course. You do need your bib number on the bike (wear on the back) and the run (wear on the front) course.

Transition closes at 6:30am. All athletes must be out of transition and headed to the swim before this time.

RACE TIMING AND CUT-OFFS

Athelets have 8 hours and 30 minutes to complete the race based on their individual start time. Times are calculated based on the individual start time not on the gun shot time. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

SWIM CUT-OFF (1 HOUR 10 MINUTE)

Each athlete will get the full 1 hours and 10 minutes to complete the 1.9Km swim regardless of what time they enter the water. Athletes who take longer than 1 hours and 10 minutes to complete the swim will receive a DNF. IRONMAN 70.3 DUBAI, officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.

SWIM + BIKE CUT-OFF (5 HOURS AND 30 MINUTES)

There will be 2 intermediate cut-offs for the bike course. The 1st cut-off is at 11:15 am at the 50Km Close to Aid Station number 2. The 2nd cut-off is at 12 pm at the 68.3 km close to Aid Station No 3.

RUN CUT-OFF

Athelets must finish the race within 8 hours and 30 minutes.

IRONMAN 70.3 DUBAI, reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete's location, time, and average speed up to that point.

Athletes who do not meet the above cut-offs will be considered a DNF and will not be eligible for age-group awards or for 2020 IRONMAN 70.3 World Championship in Taupõ, New Zealand.

MEDICAL AREA

The medical area is for athletes only; family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

CUT-OFF TIMES

01:10:00

05:30:00 🍝 + T1 + 🗞

08:30:00 & + T1 + 6 + T2 + 2

BIKE INTERMEDIATE CUT OFF AT (1) 11:15 AM (2) 12:00 PM 5-4 T1 + 50 KM CLOSE TO AID 68.3 KM STATION 2 & 3

Times are calculated based on individual start time, not on the Gun start time.

SERVICES

Bike mechanical service available at Transition and KM 50. There will be four mobile mechanical service around the bike course. White Bags Collection, at the Registration Area/ tent, Massage Service, at the Recovery Area.



POST RACE DAY INFORMATION

BIKE AND GEAR CHECK-OUT

Mandatory Bike and Gear Check-Out is from 01:30pm to 05:00pm in the transition area on race day. You are required to reclaim your bicycle and gear after the race. You must have your athlete wristband on in order to claim your bike and gear. If your bags are not reclaimed from 1:30 to 5:00 PM IRONMAN 70.3 DUBAI, will not be responsible for any items left over night.

POST-RACE MASSAGE THERAPY

The IRONMAN 70.3 DUBAI, massage therapy team will provide complimentary post-race massage therapy to athletes ONLY on a first-come, first-served basis.

RACE PHOTOGRAPHY

FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

HOW TO ORDER YOUR PIX:

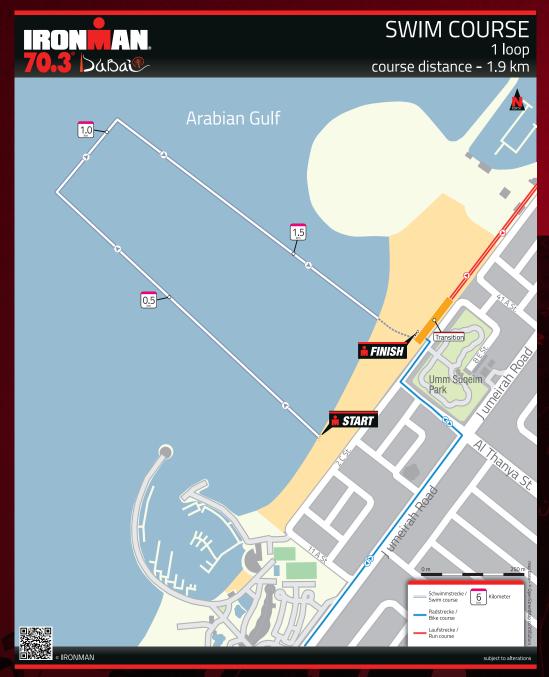
- To be notified as soon as photos are online, register your email address at www.finisherpix.com
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- 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.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

LOST AND FOUND

During race week, Lost & Found items will be available at the **IRONMAN STORE**. You can check the lost and found items on the next day of the race day as well at the **IRONMAN STORE**. After the conclusion of the event, in case you were not able to collect it from the race site, please contact dubai70.3@ironman.com to locate any missing items and schedule returns. Shipping fees will apply.

*All unclaimed items will be donated within 30 days.

SWIM COURSE



One Lap Course, Jumeirah Public Beach, Dubai hosts the start the swim of IRONMAN 70.3 DUBAI. A one lap of 1.9km will begin and finish at Jumeirah Public Beach, Dubai. This event will incorporate a rolling swim start for age group athletes Pro athletes. The Pro athletes will have an in water start at (Male 7:00 am) and (Female 7:03 am). There will be a one minute warning before the start horn goes off, there will not be a countdown.

Age group athletes will enter the water in a continuous stream through a controlled access point at 7:10 am. The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

There will be no warm up in the water prior to the start, so make sure you prepare properly in the assembly area. Athletes will be directed to self-seed on race morning based on their anticipated swim time.

Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your selfseeding will make for the best swim. Each athlete will be given a race start time when the timing chip register at the swim start, just before entering the water.

Athletes have 1 hour 10 minutes to complete the swim course from their start time registered by the timing chip. The bike out will close 1 hour 20 minutes after the last starter, any athletes still in transition will not be allowed on the bike course.

SWIM EXIT

Swim Exit must be reached following the Official Course. All athletes must cross over the timing mat at the Swim Exit. If you Do Not Start the race or you Drop Out before reaching the Swim Exit.

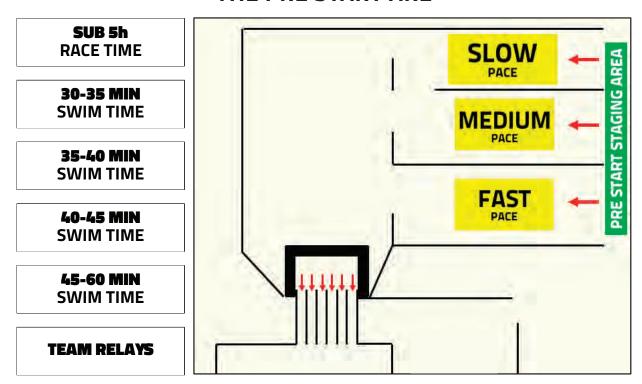
Communicate immediately to Medical Staff, Official Staff or a Race Referee. Failing to communicate will initiate an Emergency Rescue Search to be paid by the athlete.



SWIM START PROCESS

AT THE SWIM START:

LOOK FOR YOUR GROUP SIGN AND SEED YOURSELF AT THE PRE START ARE



SWIM COURSE RULES



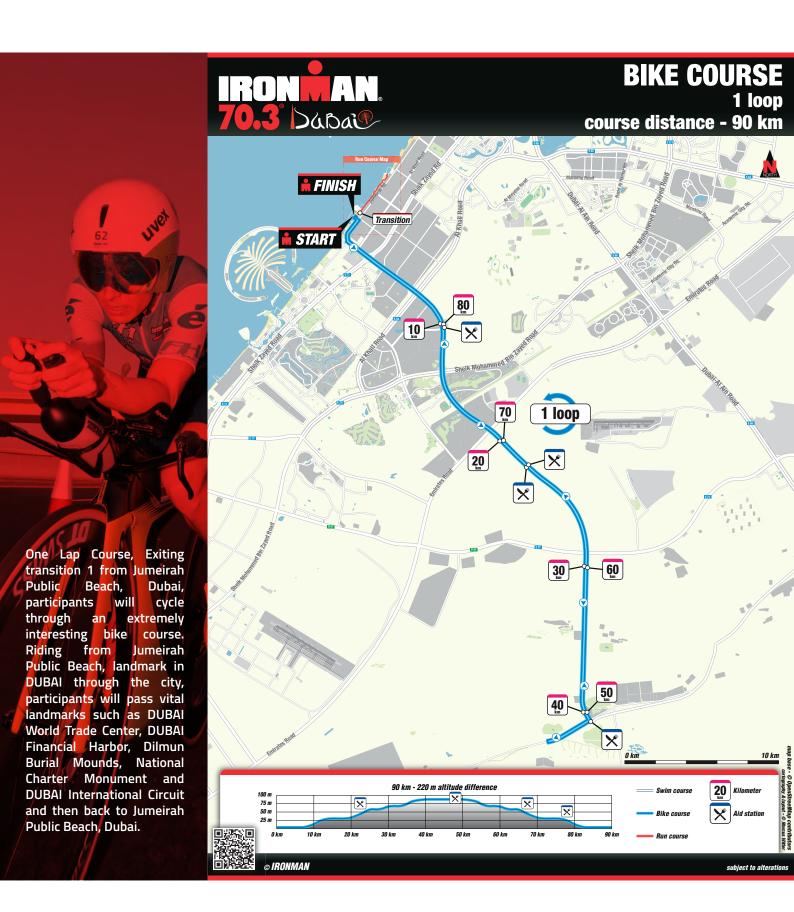
- Athletes must wear cap provided by race.
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- When the use of wetsuits is forbidden, clothing covering the neck, clothing covering any part of the arms below the elbows, and clothing covering any part of the leg below the knee, is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.
- · No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.
- 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, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

SWIM TO BIKE TRANSM

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

Please inform family and friends to stay off the bike and run course. NOTE: Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course

BIKE COURSE



BIKE COURSE RULES

DRAFTING AND POSITION RULES

- "Drafting" means to remain within the draft zone (as described below) of another athlete for a period longer than 25 seconds. Drafting during the Race is prohibited; (5:00 Minute Time Penalty)
- 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 Minute Time Penalty)
- Prior to entering the draft zone of another athlete, professional athletes must move to the side of the athlete being overtaken (i.e., no slipstreaming).
 Failure to do so will result in a drafting violation; (5:00 Minute 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 into it. Once an overtaking athlete enters the draft zone of another athlete, a pass must be completed; (5:00 Minute Time Penalty)
- An overtaken athlete must immediately drop out of the draft zone of the passing athlete, and must continuously make rearward progress out of the draft zone of the passing athlete. Re-passing by the overtaken athlete prior to dropping out of the draft zone will result in an overtaken violation; (0:30 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 or 0:30 Minute 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; and
- If a Race Official exempts a section of the course because of narrow lanes, constructions, detours, or for other safety reasons.
- Athletes who impede the forward progress of other athletes will be given a blocking violation; (0:30 Minute Time Penalty) and
- Athletes violating rules will be notified "on the spot" by a Race Referee. Please note: if a safety hazard prevents a referee from notifying an athlete "on the spot" (e.g., heavy traffic, narrow roads, congested area, etc.) the referee will notify the penalized athlete when the safety hazard no longer exists.

PENALTY TENT

- All bike-course time penalties will be served in a designated Penalty Tent ("PT"). The location of the PTs will be the transition area or besided transition area. After a rule violation is issued to the athlete, it is the athlete's responsibility to report to the next PT on the course. Failure to stop at the next PT on the bike course will result in disqualification;
- While in the PT, athletes can consume only the food and/or water that is on the athlete's bike or person; (DSQ)
- Athletes are prohibited from using the restroom while serving a penalty in the PT. Using the restroom while serving a time penalty will result in disqualification; and
- Making adjustments to equipment or performing any type of bike maintenance while serving a penalty in the PT is prohibited. (DSQ)

OFFENCE: (B-Blue card, Y-Yellow Card)

1st B/Y CARD Offense 5:00 2nd B/Y CARD OR BOTH OF THEM Offense 5:00 3rd B/Y OR A COMBINATION Card Offense DSQ

BIKE SPECIFICATIONS

All bicycles and bicycle equipment must conform

BIKE COURSE RULES CONT...

to the specifications set forth in this Section. Any athlete (other than an athletes 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 centimeters;
- The distance from the ground to the center of the chain wheel axle must measure at least 24 centimeters;
- A vertical line touching the front most point of the saddle may be no more than 5 centimeters in front of and no more than 15 centimeters behind a vertical line passing through the center 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-center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axle and a vertical line passing through the center of the front axle, must measure not less than 54 centimeters, except where the distance between the center of the chain wheel axle and the top of the saddle is less than 71 centimeters (in this case the front-to-center distance cannot be less than 50 centimeters). The "front-tocenter" distance must not measure more than the 65 centimeters, or seven eighths of the distance between the center 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 centimeters 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; (0:30 Minute Time Penalty, 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, 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. (DSO)

Local Traffic Laws

Realize that you are an ambassador for the sport and the event and the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to the residents of the local community.

Every time a cyclist has an altercation with a driver, that driver sees every cyclist on the road as the enemy.

Every time a cyclist is courteous to a driver, that driver will give every cyclist on the road that much more respect and courtesy in return.

Please think before you act. When training, please follow these suggestions:

Please wear a helmet during all official activities when you are riding your bike. This includes competition, course familiarization and training session activities when you are riding your bike. This includes competition, course familiarization and training sessions.

Please ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.

Please obey traffic laws (stop at stop signs, signal when turning, etc.).

Please do not use private property as a toilet.

Please do not litter. Keep your energy bar and gel wrappers with you until you find a trash can.

Please ask your friends and family members to refrain from painting the roads along the course. This defaces public property and is a punishable offense.



MEDICAL SUPPORT

MEDICAL SUPPORT

If you need minor medical assistance, vehicle will pick you up and take you to the medical tent, where you shall receive treatment. Alternatively, depending upon medical emergency, ambulances will take you to the nearest hospital to receive treatment. If you have a technical problem or have bonked, the vehicle will take you to the next aid station.

Cyclists still on the course after the bike cut-off will be disqualified and will not be permitted to continue in the event.

There will be radios to contact ambulances and medical assistance. If you have a problem, please go to an aid station for further assistance. There will be bike aid stations along the bike course. It is your responsibility to slow for safe nutrient pick-up. Call out your requirements clearly and in advance.

Crews are instructed not to step across the white line for handoffs. It is imperative that you don't toss bike bottles, cups, or nutrient bags on the roadside along the course. A five minute time penalty will be assessed for discarding litter outside the designated drop zone.

Technical support vans will be on the course to assist with emergency repairs whenever possible; such as replacement tubes, tires, chains, etc. Technical vans will be on the course throughout the day, but are limited in number. Please be self-sufficient.



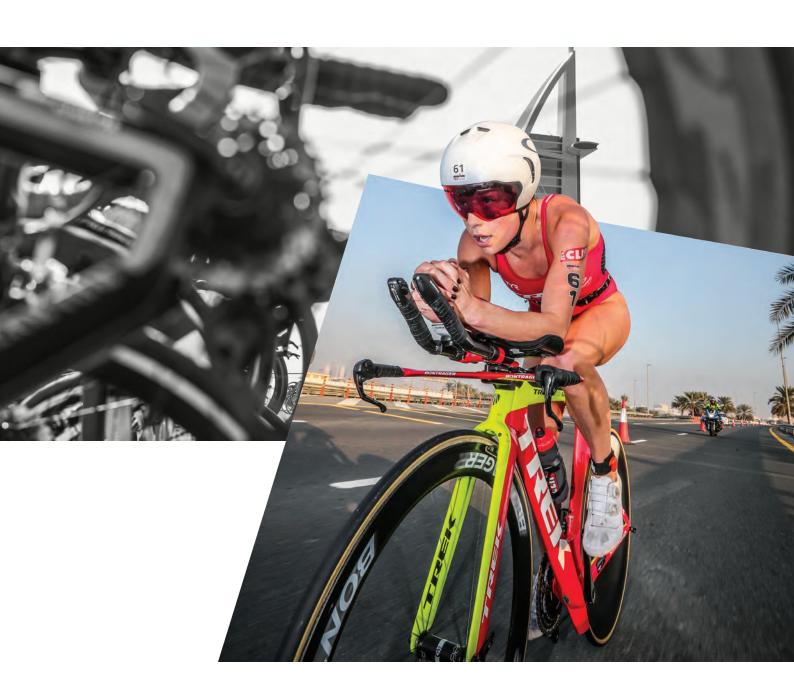
WITHDRAWAL

PRE-RACE

If you wish to withdraw from the race prior to the race start (after you have registered) please inform the help desk at registration and return your timing chip. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

DURING THE RACE

To comply with the health and safety plan any athlete withdrawing from the race at any time must report it to a staff member, please ask for the team leader of the area you are in. They will take your details and report them to the race office. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN 70.3 DUBAI, events. Athletes who receive medical assistance from our medical team are exempt from this rule.



RUN COURSE



The one and a half-loop 21.1 km (13.1 mile) run course starts at transition at Jumeirah Public Beach and leads athletes along the coastline. Spectators are never more than an arm's length away so be ready to push hard until the finish line!

RUN COURSE RULES AND INSTRUCTIONS

- Athletes may run, walk, or crawl.
- Athletes must wear their IRONMAN issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED. This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A nonathlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

- Athletes are expected to follow the directions and instructions of all race officials and public authorities.
- The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.
- Athletes racing without a shirt or racing top will be disqualified.
- The race will officially end 8:30 hours after the last athlete enters the water.

FINISH LINE POLICY

Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each athlete adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, IRONMAN STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.



Coach must stay outside the course, External pacing is NOT PERMITTED



DRAFTING

Drafting is when you enter someone's slip stream. The mini mum distance between two athletes is 12 metres measured from the leading edge of the front wheel. An athlete may enter the draft zone of another athlete, but must be seen to be progressing through that zone.

A maximum of 25 seconds will be allowed to pass through the zone of another athlete; if you remain in this zone without overtaking, you will receive a blue card. A "pass" occurs when the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being overtaken. It is then up to the overtaken athlete to drop back 12m within 25 seconds so they are not drafting. Re passing by the overtaken athlete prior to dropping out of the draft zone will incur in a drafting penalty.

Athletes cannot block another athlete from passing.



BIKE SUPPORT

MECHANICAL SERVICES:

IRONMAN 70.3 Dubai's official Bike Sponsor and official Race Mechanic is The Cycle Hub. The Cycle Hub is located in Dubai adjacent to Dubai Autodrome. It carries international bike brands Specialized, Pinarello and De Rosa and provides a shelter for all cyclists. The fully equipped workshop ensures bicycles are in perfect condition to ride and race every time.

SERVICE PACKAGES	DESCRIPTION	PRICE (AED)
Professional Bike Packing	First come, first served. The Cycle Hub will box your bike ready to Travel.	105
Tyre/ Tube fit		25
Wheel True and Tension (each)	Spokes are slackened, tensioned and wheel trued.	90
Hub Service (Each)	Suitable for open bearing type hubs where hub is stripped and re-greased.	55
Free Hub Service/Fit		55
Wheel build	Labour only and includes truing of wheel (parts extra).	185
Gear Service	Front and rear gear adjustment and rear derailleur alignment.	90
Brake Service	Front and Rear brake callipers adjusted and barrel adjusters reset. Includes pad alignment.	90
Hydraulic Disc Brake Service (Each)	Hydraulic brakes are re-bled with fresh fluid. Callipers are cleaned and brakes are realigned.	90
Bottom Bracket removal / fit	The BB is removed, threads or shell are cleaned and the original bearings are refitted if still in working order.	90
Headset removal / fit	This is suitable for when a headset is worn-out and a new one is required, or for a strip and re-greased.	90

Finding The Cycle Hub

The Cycle Hub at the Ironman 70.3 Dubai Event Expo:

Wednesday 5th February
 Thursday 6th February
 9.00am - 6.00pm
 9.00am - 6.00pm

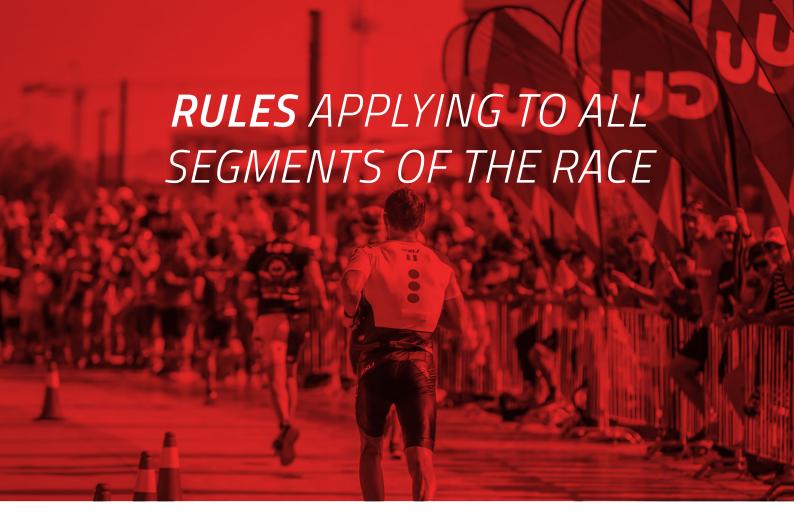
Friday 7th February
 5.00am – 6.30am (At Transition Area)

7.00am – 1.00pm (Race Support) 9.00am – 6.00pm (Event Expo) 1.30pm – 6.00pm (Mechanic Support)

BIKE RENTAL:

Please note IRONMAN 70.3 Dubai does have bike rental facility with The Cycle Hub contact us on +971 (0) 4 425 6555 or e-mail info@thecyclehub.com





GENERAL BEHAVIOR

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 all Competition Rules, as stated herein, in the Event-specific Athlete Information Guide, and at the Event-specific athlete briefings;
- Obey traffic regulations and instructions from Race Officials;
- Treat referees, officials, volunteers, spectators, 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;
- Inform a Race Official promptly 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 disqualification;
- Not gain or attempt to gain any unfair advantage from any external vehicle 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: and
- Avoid indecent exposure and public nudity at all times during an Event. Indecent exposure/public nudity may result in a disqualification.

PHYSICALLY CHALLENGED OPEN DIVISION RULES

Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

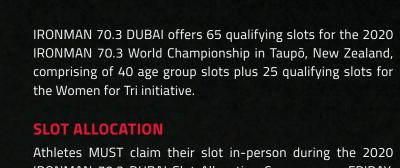
- The term "Visual Impairment" means either:
- A visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses)
- A visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye
- Visually impaired athletes must:
- Use only one (1) Guide (Guide can be of either gender).
- Be tethered during the swim segment of the race
- Ride a tandem bicycle during the bike segment of the race
- During the run segment of the race, use either an elbow lead or a tether lead

GUIDE AND HANDLER INFORMATION:

- A Guide competes in the race and is only permitted for Visually Impaired Athletes (please see definition of visual impaired above).
- A Handler acts as an aid for the swim start, swim finish, and transition but does not compete in any leg of the race. For more information, please see below the rules and guidelines on becoming a Handler or Guide.

Please contact the race specific email or physicallychallenged@ironman.com.

QUALIFYING FOR THE 2020 TAUPO, NEW ZEALAND IRONMAN70.3 WORLD CHAMPIONSHIP





TEAM RELAYS



- **SWIM START** The Swimmer will start together with the other Age Group Athletes seeding himself/herself at the Rolling Start. The swimmer must be aligned according to his/her swimming time.(see page 24.)
- **CHIP HANDOVER** Both the Swimmer and the Cyclist will handover the timing chip to their team relay at the Meeting Point in Transition. Enter transition through the Relays Access gate during the race.
- **MEETING POINT** Relay athletes will meet in front of their team bike rack in transition. Bike must be racked to pass the chip.
- FINISH LINE Relay Teams cannot go through the Finish Line together.
- **TEAM BIKE COLLECTION** Timing Chip will be needed to collect the bike.

OTHER RULES

- It is not permitted to ride on the other side of the road = DISQUALIFIED
- Bib number must be worn on the bike/run course. Failing to wear the bib number = **DISQUALIFIED**
- Being accompanied by a non-competing person in the finish chute = DISQUALIFIED
- If you receive a penalty on the Bike course, you have to stop at the next penalty box.
- Vest front zips cannot be opened below the end of the chest bone.
- It is forbidden to use headphones or any similar device.
- Providing assistance to another athlete is not allowed if it means giving away essential equipment to continue on the race.



WITHDRAWING

IMPORTANT NOTE:

If you stop the race and quit, you have to inform a referee or stop by the information booth at Transition Area

APPENDIX A:

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 ("Summary"). 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 BIKE RULES	PENALTIES		
Drafting violation	5:00 Minute Time Penalty		
Blocking (side by side riding)	0:30 Minute Time Penalty		
Once overtaken, re-passing prior to dropping out of the draft zone	0:30 Minute Time Penalty		
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	0:30 Minute if remedied, DSQ if not remedied promptly		
Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;	DSQ if not remedied promptly		
During the bike segment, wearing the helmet unfastened or insecurely fastened	0:30 Minute if remedied, DSQ if not remedied promptly		
Wearing headsets or headphones during competition	0:30 Minute 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	0:30 Minute if remedied, DSQ if not remedied promptly		
Make forward progress without bike during the bike segment	0:30 Minute if remedied, DSQ if not remedied promptly		

APPENDIX A: CONT...

SUMMARY OF RUN RULES

Wearing headsets or headphones during competition

Failure to wear a shirt or sport top during the run portion

Wearing a uniform with front zipper undone below the point of the end of the breastbone (sternum) during the competition;

Crossing the finish line with a non-participating individual

PENALTIES

0:30 Minute if remedied, DSQ if not remedied promptly

DSQ if not remedied promptly

DSQ

DSQ

WHAT TO DO IF YOU RECEIVE A PENALTY?







NEW! STOP 30 SEC

00:00:30





BLUE CARD



STOP 5 MIN

00:05:00





RED CARD



DISQUALIFIED













ANY COMBINATION OF 3 CARDS YELLOW OR BLUE, WILL LEAD TO A RED CARD (DSQ)

SPECIAL PROGRAM





IRONKIDS DUBAI 2020

Let your kids participate and join in the fun too!! Inspire them to lead a healthy and active lifestyle.

IRONKIDS is open to all children who are under 17 years.

IRONKIDS Birth Year and run Distance:

Birth Year Distance 1. 2003 - 2004 3 km 2. 2005 - 2006 2.5 km 3. 2007 - 2008 2 km 4. 2009 - 2010 1.2 km 5. 2011 - 2012 1 km 6. 2013 - 2014 500 m 7. 2015 - 2016 250 m 8. 2017 - Below 100 m

Schedule: 6th February 2020, 6 PM

Venue: Jumeirah Public Beach



IRON GIRL DUBAI

IRON GIRL is a running event that is dedicated to all the women out there and provides a supportive, energetic and empowering atmosphere for females pursuing a healthy and active lifestyle.

IRON GIRL will take place on the day before the main event and all the females (Age 15 and above) whether first timer or experienced athlete can participate.

Distance: 5km Run

Schedule: 6TH February 2020, 5 PM

Venue: Jumeirah Public Beach.



