

RUN COURSE

CUT OFF TIME • 8 hours

Individual athletes who take longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut offs.

3 WRISTBANDS WILL BE GIVEN TO ATHLETES FOR LAP CONTROL

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating athletes. Athletes who choose not to respect the foregoing finish line policy will be disqualified.

AID STATIONS
every each 2,5km

P1 - Km 1.4 | 8 | 13.7
P2 - Km 3.8 | 10.4 | 17
P3 - Km 5.4 | 12 | 18.7

WATER • SPORTS DRINK (HYDROLITE DUX)
BANANA • SALT • SALT BISCUIT
PORT-O-LET

DISCARD AREA • 10m before and 50m after the aid station

