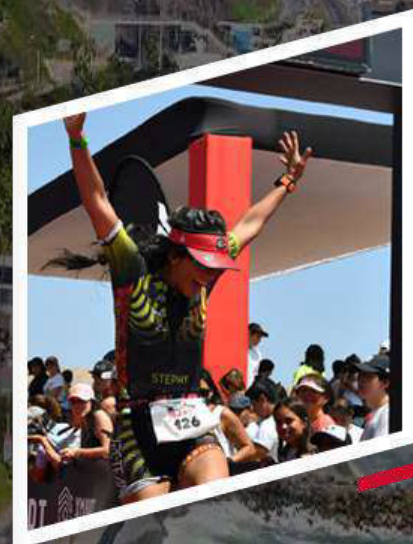


# ATHLETE GUIDE 2024



**XMART**  
HEALTHY LIVING

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# LA ROCHE-POSAY

LABORATOIRE DERMATOLOGIQUE

Nº 1 MARCA DERMOCOSMÉTICA MAS RECOMENDADA POR DERMATÓLOGOS EN EL MUNDO\*

INNOVACIÓN: MEXORYL 400

NUESTRO MEJOR FILTRO CONTRA  
LOS RAYOS UV MÁS DAÑINOS\*\*



12h  
EFECTO  
MATIFICANTE

**ANTHELIOS UVMUNE 400** fps50+  
PROTECTOR SOLAR

\* Encuesta realizada entre el mercado de la dermocosmética llevada a cabo por AplusA y otros socios entre Enero de 2022 y mayo de 2022, en la que participaron dermatólogos de 32 países, que representan más del 82% del PBI mundial. \*\*De La Roche Posay, Rayos UV en el rango de longitud de onda de 380-400nm. Test de consumidor, 130 individuos, 28 días. Precauciones y Advertencias: La sobreexposición al sol es un peligro para la salud. No permanezca demasiado tiempo al sol, incluso si usted utiliza un producto de protección solar, ya que no lo protege al 100% ni contra la insolación. Niños y bebés: no se recomienda la exposición directamente al sol. Para menores de 6 (seis) meses. Consultar al médico. NSOC57008-22PE, NSOC58557-23PE. L'OREAL PERU S.A. RUC 20416414018.



# FITPOINT

LO MEJOR DEL RUNNING Y TRAINING EN UN SOLO LUGAR



ENCUÉNTRANOS EN:

C.C. JOCKEY PLAZA - LIMA

C.C. REAL PLAZA SALAVERRY - LIMA

C.C. REAL PLAZA PRIMAVERA - LIMA

C.C. MALLPLAZA CAYMA - AREQUIPA

C.C. MALLPLAZA - TRUJILLO





# MESSAGE FROM THE ORGANIZATION

Welcome to this new edition of IRONMAN 70.3 Peru. For us, it is a great privilege to produce an event of international class in our country, in a unique location like the Costa Verde beaches circuit in Lima. A city and a country that brings together everything: history, culture, gastronomy, natural beauty, and the ideal conditions for a fast and highly competitive IRONMAN 70.3 circuit.

We are confident that, like us, you will enjoy this experience. In the following pages, as well as during the mandatory technical talks, you will find answers to all the concerns you may have about this great sporting event. From the organization, all that remains is to thank you for your enthusiasm and hard training to get here and to wish you enjoy this great triathlon party that today makes a very important stop on the IRONMAN 70.3 world circuit.

We want to thank, of course, the great community of Peruvian triathletes, who have welcomed this event with open arms. To our sponsors and partners of this event, without whom nothing would have been possible. And to each of the people who have been key for many months so that we can make history and enjoy again an IRONMAN 70.3 event in Peru.

We are eager to see each of you cross the finish line this coming April 21!

We wish you an excellent and safe race.

IRONMAN 70.3 Peru Team

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## PROGRAMA 2024 SCHEDULE 2024

**VIERNES, 19 DE ABRIL DE 2024**

**FRIDAY, APRIL 19<sup>th</sup>, 2024**

COMIENZO START	FIN END	EVEN TO EVENT	LOCACIÓ N LOCATION
10:00 AM 10:00 AM	7:00 PM 7:00 PM	EXPO OFICIAL IRONMAN 70.3 PERÚ OFFICIAL EXPO IRONMAN 70.3 PERÚ	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	7:00 PM 7:00 PM	INFORMACIÓ N GENERAL DEL EVENTO GENERAL INFORMATION OF THE EVENT	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	7:00 PM 7:00 PM	TIENDA OFICIAL IRONMAN 70.3 PERÚ OFFICIAL STORE IRONMAN 70.3 PERÚ	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	7:00 PM 7:00 PM	SERVICIO MECÁ NICO MECHANICAL SERVICE	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	12:30 PM 12:30 PM	REGISTRO DE ATLETAS GRUPO 1 ATHLETE CHECK-IN GROUP 1	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
12:30 PM 12:30 PM	3:00 PM 3:00 PM	REGISTRO DE ATLETAS GRUPO 2 ATHLETE CHECK-IN GROUP 2	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
12:00 PM 12:00 PM	1:00 PM 1:00 PM	CHARLA TÉCNICA GRUPO DE EDAD - ESPAÑOL AGE GROUP ATHLETES BRIEFING - SPANISH	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
3:00 PM 3:00 PM	6:00 PM 6:00 PM	REGISTRO DE ATLETAS GRUPO 3 ATHLETE CHECK-IN GROUP 3	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
4:00 PM 4:00 PM	5:00 PM 5:00 PM	CHARLA TÉCNICA GRUPO DE EDAD - INGLES AGE GROUP ATHLETES BRIEFING - ENGLISH	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES

**SÁ BADO, 20 DE ABRIL DE 2024**

**SATURDAY, APRIL 20<sup>th</sup>, 2024**

10:00 AM 10:00 AM	5:00 PM 5:00 PM	EXPO OFICIAL IRONMAN 70.3 PERU OFFICIAL EXPO IRONMAN 70.3 PERU	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	5:00 PM 5:00 PM	INFORMACIÓ N GENERAL DEL EVENTO GENERAL INFORMATION OF THE EVENT	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	5:00 PM 5:00 PM	TIENDA OFICIAL IRONMAN 70.3 PERÚ OFFICIAL STORE IRONMAN 70.3 PERÚ	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	4:00 PM 4:00 PM	SERVICIO MECÁ NICO MECHANICAL SERVICE	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
10:00 AM 10:00 AM	12:00 PM 12:00 PM	CHECK-IN DE BICICLETAS OBLIGATORIO GRUPO 1 MANDATORY BIKE CHECK-IN GROUP 1	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
10:00 AM 10:00 AM	1:00 PM 1:00 PM	REGISTRO DE ATLETAS GRUPO 4 ATHLETE CHECK-IN GROUP 4	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
11:00 AM	12:00 PM	CHARLA TÉCNICA GRUPO DE EDAD - ESPAÑOL	CLUB SOCIAL MIRAFLORES

11:00 AM	12:00 PM	AGE GROUP ATHLETES BRIEFING - SPANISH	CLUB SOCIAL MIRAFLORES
1:00 PM 1:00 PM	2:00 PM 2:00 PM	CHARLA TÉCNICA PROFESIONALES - INGLES PRO ATHLETES BRIEFING - ENGLISH	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
1:00 PM 1:00 PM	4:00 PM 4:00 PM	REGISTRO DE ATLETAS GRUPO 5 ATHLETE CHECK-IN GROUP 5	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES
12:00 PM 12:00 PM	2:00 PM 2:00 PM	CHECK-IN DE BICICLETAS OBLIGATORIO GRUPO 2 MANDATORY BIKE CHECK-IN GROUP 2	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
2:00 PM 2:00 PM	5:00 PM 5:00 PM	CHECK-IN DE BICICLETAS OBLIGATORIO GRUPO 3 MANDATORY BIKE CHECK-IN GROUP 3	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
3:00 PM 3:00 PM	4:00 PM 4:00 PM	CHARLA TÉCNICA GRUPO DE EDAD - INGLES AGE GROUP ATHLETES BRIEFING - ENGLISH	CLUB SOCIAL MIRAFLORES CLUB SOCIAL MIRAFLORES

**DOMINGO, 21 DE ABRIL DE 2024**

**SUNDAY, APRIL 21<sup>st</sup>, 2024**

4:00 AM 4:00 AM	5:00 AM 5:00 AM	BUSES A LA LARGADA BUSES TO SWIM START	HOTELES OFICIALES - MIRAFLORES OFICIAL HOTELS - MIRAFLORES
04:00 AM 04:00 AM	6:00 AM 6:00 AM	APERTURA DE TRANSICIÓN TRANSITIONS OPENS	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
6:10 AM 6:10 AM		HIMNO NACIONAL DEL PERÚ PERUVIAN NATIONAL ANTHEM	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
06:15 AM 06:15 AM		PARTIDA PROFESIONALES VARONES MALE PRO START ATHLETES	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
06:20 AM 06:20 AM		PARTIDA PROFESIONALES DAMAS FEMALE PRO START ATHLETES	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
6:25 AM 6:25 AM		PARTIDA GRUPOS DE EDAD START AGE GROUP	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
12:00 PM 12:00 PM	4:30 PM 4:30 PM	RETIRO DE BICICLETAS Y BOLSAS DE TRANSICIÓN DEL PARQUE CERRADO (T2) MANDATORY BIKE AND GEAR CHECK OUT IN TRANSITION AREA (T2)	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
3:30 PM 3:30 PM		CIERRE DE LA COMPETENCIA (APROXIMADAMENTE) COMPETITOR CLOSES (APPROXIMATELY)	PLAYA AGUA DULCE - CHORRILLOS PLAYA AGUA DULCE - CHORRILLOS
		CEREMONIA DE PREMIACIÓN, COMIENZA LUEGO DEL CIERRE DE LA COMPETENCIA AWARDS CEREMONY, IMMEDIATELY FOLLOWINGS AWARDS IN FINISH LINE ZONE	ZONA DE LLGADA PLAYA AGUA DULCE - CHORRILLOS FINISH LINE ZONE PLAYA AGUA DULCE - CHORRILLOS
		ASIGNACIÓN DE SLOTS Y ROLL DOWN PARA EL CAMPEONATO MUNDIAL 2024 IRONMAN 70.3 SLOT ALLOCATION & ROLL DOWN FOR THE 2024 IRONMAN 70.3 WORLD CHAMPIONSHIP	ZONA DE LLGADA PLAYA AGUA DULCE - CHORRILLOS FINISH LINE ZONE PLAYA AGUA DULCE - CHORRILLOS

\*\* El programa del evento puede sufrir modificaciones sin previo aviso.

\*\* Event program may change without notice.



# Important Medical and Health Information

Your safety is our top concern. The medical team will be staffed at the event's medical facilities as follows:

- 3 paramedics stationed at the beach area and 2 extraction points with ambulances and doctors at the beach shore for the swimming circuit.
- 4 ambulances along the cycling circuit (Huaylas Ascent, Los Pavos Curve, Marvella Ascent, Bertoloto Ascent). 2 Rescue mobile units at Waikiki Ascent and Haya de la Torre Ascent. 2 medical aid stations at service areas (hydration zone). 3 paramedic-equipped motorcycles covering the entire circuit.
- 2 ambulances along the running circuit. 2 medical aid stations at the running service areas (hydration zone).
- Medical attention station at the finish area (Main – Control Center). 2 Ambulances, 1 doctor, 3 paramedics, 3 nursing assistants, volunteer staff.

If you do not feel well on the morning of the race, we strongly recommend that you do not start the event. If you decide not to start the event, you must inform a race official so we can officially withdraw you from the event.

**If you start feeling unwell at any time during the race day, we urge you to seek help rather than continue.**

## **DO NOT HESITATE TO ASK FOR HELP**

**You will not receive a penalty or be disqualified for receiving a medical evaluation.**

If at any point during the race you experience chest pain, difficulty breathing, dizziness, numbness around the mouth or hands, difficulty concentrating, or stop sweating, stop immediately and seek medical attention. A medical evaluation does not constitute external assistance. You will not receive a fine or be disqualified for receiving a medical evaluation or for having someone help you obtain medical assistance.

**During the swim:** Raise and wave your hand, signaling to the aquatic safety team that you need help. If possible, you can also verbalize that you need help by shouting "help." You can also climb onto a kayak, paddleboard, or nearby boat.

You will not be disqualified for holding onto any of these safety items during the race.

**During the bike:** If you are at an aid station, let someone know you need medical help. If you are not near an aid station, STOP, let someone know you need medical help. Anyone can help: another athlete, a volunteer, event staff vehicle, event support vehicle, or event motorcycle on the course; even a spectator. Ask them to notify the nearest aid station or staff member that you need medical assistance. Be sure to provide your bib number to initiate your care.

**During the run:** Same as the bike. If you are at an aid station, let someone know you need medical help. If you are not near an aid station, STOP, let someone know you need medical help. Anyone can help: another athlete, a volunteer, event staff vehicle, event support vehicle, or event motorcycle on the course; even a spectator. Ask them to notify the nearest aid station or staff member that you need medical assistance. Be sure to provide your bib number to initiate your care.

**Assisting another athlete:** If an athlete needs help, follow the same steps listed above to obtain medical assistance for the athlete. You will not be disqualified or penalized for assisting a fellow athlete in need of medical assistance. On the bike and run course, be sure to provide the bib number of the athlete needing help.

Once you have finished the race, do not leave the post-race area until you can drink without vomiting, stand without feeling dizzy, and feel well. If you do not feel well, approach the event medical tent to be evaluated by the medical team before leaving the recovery area.

**Manage your health and safety on race day: compete healthy, compete smart**

**Visit our website Athlete Smart for more information about your health before and during the competition: <https://www.ironman.com/athlete-smart>**

# PRE - RACE

## PERSONAL SAFETY

Always train with at least one companion and carry identification and an emergency contact number.

In the city of Lima, the beaches are public, and there is the possibility of swimming in them and also in the event area prior to the race.

When cycling, use the designated bike lanes in the city. It is dangerous to ride a bike on roads with vehicular traffic if they are not closed. As a respectful visitor to Lima, we ask that you comply with traffic regulations to avoid fines and/or accidents.

For running practice, we have the Malecón de Miraflores and San Isidro.

It is advisable to train on the Costa Verde beach circuit when it is closed to traffic.

If you practice in urban areas and streets, remember to wear reflective clothing and carry identification.

## INFORMATION – EXPO/ATHLETE CHECK-IN MANDATORY

Both the Expo and the Athlete Check-In will take place at the Miraflores Social Club, Lima, Peru. On Friday, April 19, from 10:00 AM to 6:00 PM, and on Saturday, April 20, from 10:00 AM to 4:00 PM.

Athletes can visit the stands of participating brands and the Official IRONMAN 70.3 Peru Store once they have completed the Check-In process.

## MANDATORY TECHNICAL BRIEFINGS

Due to the need to comply with indoor capacity limits, we will have the option to attend the technical briefings in person, which will be offered at different times. We will also be posting important race information on our social media channels so that athletes can stay informed.

The briefings provide all the race information, route details, cut-off times, and any last-minute changes.

## LOCATIONS

### ***IRONMAN 70.3 PERU EXPO AND ATHLETE CHECK-IN***

Miraflores Social Club, Malecón de la Reserva 535, Lima

### ***BIKE CHECK-IN – TRANSITION***

Agua Dulce Beach, Chorrillos, Lima

### ***SWIM START***

Agua Dulce Beach, Chorrillos.

<https://bit.ly/42mDEgu>



# PRE - RACE

## MANDATORY BIKE CHECK-IN

Bike Check-In is mandatory and will be by appointment, starting Saturday, April 20th from 10:00 A.M. to 5:00 P.M. At the Transition Area, on Agua Dulce Beach, shoes and helmets can be secured to the bike.

You will have access to your bike from 4:00 A.M. to 6:00 A.M. on race day, but you will not be allowed to move it from the Transition Area until the start of the cycling course. Please arrive early at the Transition Area to allow enough time to set up your equipment.

You will be given a color-coded card representing your assigned time slot, which will be provided at Athlete Check-in.

No bikes will be allowed into the venue on the morning of the event.

Athletes may cover seats and handlebars if weather conditions require it, but full covers will not be allowed.

You will have access to your bikes from the opening of the transition area, but no bike may be removed from the transition area until the designated time for this.

## RELAY BIKE CHECK-IN

Only the cyclist relay member is permitted to enter the transition area to bring in the bike and personal items.

## SHUTTLES AND PARKING FOR BIKE CHECK-IN

We will have shuttle bus service only for athletes registered at the official hotel, which must be reserved in advance.

For more information:

\*Pullman Hotel and Resorts - Miraflores

Email: [reservas-premiumbrands@accor.com](mailto:reservas-premiumbrands@accor.com) and/or by phone: +51 1 3131430 / +51 1 208 1223

WhatsApp: +51 986284756

Instagram: @pullmanlimamiraflores

\*Pullman Hotel and Resorts - Miraflores is located three blocks from the expo and two blocks from the Larcomar shopping center.

Parking for Bike Check-In will be at the Pools of Agua Dulce Beach.

# BUSES & PARKING

## BUS SERVICE

### EXCLUSIVE FOR ATHLETES STAYING AT OFFICIAL HOTELS

We will be offering transportation service from the Official Hotel to the transition area on Saturday, April 20th, and Sunday, April 21st.

The buses will depart on Saturday, April 20th, at three different times: 10:00 am / 1:00 pm / 3:00 pm, and will wait for the athletes for a period of 1 hour for the check-in of their bicycles to the transition area, and then return those athletes to the Official Hotel.

On Sunday, April 21st, the buses will depart starting at 4 am and will take the athletes staying at the Official Hotel to the competition area. These same buses will return these same athletes to the hotel starting at 2 pm on the same Sunday, April 21st.

## PARKING

For the bike check-in on Saturday, April 20th, the parking lots at the Chorrillos pools and Fishermen's Beach will be available.

On that day, traffic will not be closed, and athletes can reach the transition area without any problems.

On Sunday, April 21st, traffic will be closed starting at 4 am on the Costa Verde, and the only accesses will be the descent next to the Regatas Lima club and the descent from Av. Huaylas in Chorrillos until 5 am

Two parking lots will be enabled at Fishermen's Beach and in the pool area.

It is recommended for athletes to come by taxi or have a family member transport them on race day because the parking lots are small and will not have the capacity to accommodate all vehicles.

The public can enjoy the event from the pedestrian bridges along the Costa Verde.



# ATHLETE CHECK - IN

## DATE:

Friday, April 19th, 2024  
10:00 AM to 6:00 PM

Saturday, April 20th, 2024  
10:00 AM to 4:00 PM

Athletes who fail to register during the designated hours will not be allowed to compete. **ALL ATHLETE KITS MUST BE PICKED UP BY SATURDAY, APRIL 20TH AT 4:00 PM.**

## WHERE?:

Club Social Miraflores, Malecón de la Reserva 535. Across from Larcomar.  
Parking available at Larcomar.

## WHAT TO BRING?

- National identification document with photo (ID) and the registration number used during sign-up.
- Active.com registration QR code.

## CHECK-IN STEPS:

- Athletes will receive a link from Active.com to select their registration time.
- Bring the registration QR code either digitally or printed.
- Must present a photo ID to receive the BIB.
- Sign liability waivers.
- Collect competitor package.
- Collect race chip.

## EMERGENCY CONTACT

All athletes must check-in during the designated days and times. If an athlete has a legitimate emergency, IRONMAN 70.3 Peru will try to assist the athlete as long as they contact: **peru70.3@ironman.com / 987737023 / 944 474 101.**

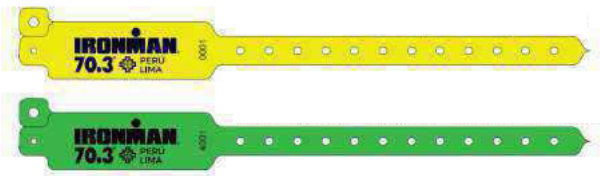
## THE RACE PACKAGE WILL INCLUDE THE FOLLOWING:

- Race bib with number for the run.

- Stickers with numbers for helmet and bike & gear bag.
- Swimming cap.
- Event headband or bracelet.
- Gear bag (white, red, and blue).
- Tattoo.

**The race chip will be collected after the verification area. bike check out tickets (2) for non - athletes**

## ATHLETE HEADBAND OR BRACELET



Each athlete will receive a headband or bracelet with their competition number. This band identifies them as a competition athlete and must be worn throughout the day of activities and competition. The band is necessary for quick medical identification and also allows access to transition, recovery, and food areas. This band should not be worn with bands from other events.

## CYCLING STICKERS

You will receive the following stickers:

- \* For the bike seatpost.
- \* For the front of the bike.
- \* Extras for marking belongings.

Ensure that the bike seatpost sticker is visible from both sides. Stickers must not be altered in any way. The helmet sticker should be placed on the front of the helmet, and the handlebar sticker should be placed on the front. No other type of sticker other than those provided will be allowed.

## RELAYS:

Each member of the relay team must attend Check-In together to sign their waiver form, collect their competitor package on registration days. Make sure your package includes:

- A swimming cap.
- A bike number.
- A sticker sheet with numbers for helmet and gear bags.
- A runner number.
- A chip (remember this will be collected in a different line from that of your competitor packages).
- Bike check out tickets (2) for non-athletes.



# RELAYS

## WAIVER FORM

Each member of the relay team must attend Check-In together to sign their waiver form and collect their competitor package on registration days. Relay team members may not collect race packages for teammates.



## BIKE CHECK-IN:

Only the cycling relay member is allowed to enter the transition area for bike and personal item check-in.



## SPECIAL RELAY ZONE

There will be a special zone for relays at the start of the swim (last wave) and one in the transition area for the swim-to-bike relay, where the cycling relay member must remain inside to exchange the chip



## CHIP EXCHANGE

Relays will have a designated area in the transition area to exchange the chip with the corresponding relay member. Relays must always remain within this area

This area will be located in the southern transition zone next to the run starting arch.



## RELAYS

Relay team members must go together to sign their waiver form and collect their competitor package on registration days.

Make sure your package includes:

- A swimming cap
- A bike number
- A sticker sheet with numbers for helmet and bags
- A runner number
- A chip (remember this will be collected in a different line from that of your competitor packages)
- Bike check-out tickets (2) for non-athletes

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**LIMA**

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LOS EXPERTOS  
EN NUTRICIÓN

# PRE RACE - ATHLETE PACKET

## ATHLETE'S PACKET

### ▲ BRACELET



Mandatory for use from check-in, during the competition, bike check-out, and for allocation of slots to the world championship..

### ▲ BACKPACK



For use for the protection of implements..

### ▲ SWIM CAP



Mandatory for all athletes during swimming..

### ▲ BIKE STICKERS



It must be worn throughout the entire race

### ▲ HELMET AND GEAR BAG STICKERS



The helmet sticker must go on the front of the helmet

### ▲ BIKE CHECK OUT TICKET



If you are unable to retrieve your bicycle and belongings at the Bike Check Out, and someone else retrieves your belongings for you

### ▲ BIB



It must be used throughout the entire running race

### ▲ TATOO



It applies before entering transition on Sunda



**IRONMAN.**

PARA

TOCAR

EL CIELO,

PRIMERO

HAY QUE

TOCAR

EL SUELO

**#SIGUESUDANDO**

**G GATORADE**

# RACE DAY

## MORNING OF THE EVENT – SHUTTLES

The buses will start transporting the athletes staying at the official hotel to Transition Area T1 at 4:00 AM

Remember to bring all necessary items.

You can find the Bike Technical Service Tent at the entrance to T1. DO NOT wear the BIB during the swim as it will deteriorate with water. You cannot enter the Transition without the competition headband or bracelet, and the chip. Transition closes at 6:00 AM.

## PARKING

Available parking:

Fishermen's Beach. Local athletes are advised not to drive due to beach capacity. It is recommended to take a taxi or have a family member drive.

## BODY MARKING

Athletes can mark their competition number on their swimming caps. The Organization will provide a Tattoo for athlete numbering (not mandatory).

## BOTTLE FILL

In the transition area, you will find a water refill station "Bottle Fill" to refill your cycling bottles before the competition. This station will be removed when the transition closes at 6:00 AM.

## SUNSCREEN STATION

In the transition area, you will find a station with individual sunscreen for athletes to use.

Prior the swim and in the bike and run transition..

## WHITE BAG

This is for storing dry clothes, items to prepare your bike, sandals, towel, etc., and should be left in the designated white bag area in the transition. This bag will be taken to the finish area where you can pick it up after crossing the finish line.

Valuables, air pumps, suitcases, or backpacks will not be accepted. We highly recommend not depositing phones, iPods, cameras, electronic devices, watches, glasses, etc. The organizing committee will not be responsible for valuables left in the bags. At the end of the competition, you must pick up your white bag in the designated area.

## RED BAG

This is for storing items you will use during cycling and should be left on the rack where your bike was placed and removed when you take your bike out after the competition. At the end of the competition, you must pick up your red bag in the Transition area with your bike before 5:00 PM.

## BLUE BAG

This is for storing items you will use during running and should be left on the rack where your bike was placed and removed when you take your bike out after the competition. At the end of the competition, you must pick up your blue bag in the Transition area with your bike before 5:00 PM.

## OPTIONAL USE OF WETSUIT

Wetsuits will be allowed if the water temperature is (included) 76.1 degrees Fahrenheit (24.5 degrees Celsius) or colder. Wetsuits cannot be thicker than 5mm. Athletes who insist on wearing wetsuits even if the temperature is above the legal usage temperature will not be eligible for Age Group awards, World Championships, or roll-down.

## SWIM START "ROLLING START"

Athletes should begin walking towards the swim start area at Agua Dulce Beach as soon as they finish their preparations.

Athletes will enter the water continuously through a controlled access zone.



# RACE DAY

Athletes will swim 1.9 km in open water at Agua Dulce Beach, Chorrillos. The water temperature is expected to be between 19-21 degrees Celsius. The transition from swimming to biking will take place at Agua Dulce Beach.

Competitors will be called to these areas based on the estimated swim time that each athlete considers appropriate (personal seeding). Organizing Committee staff and volunteers will assist in this area with signage. Entry according to this personal seeding (estimated time that each athlete considers) is not mandatory but highly advisable.

## HYDRATION STATIONS

### CYCLING

Station 1 (KM 1, 31, 61)

Station 2 (KM 15, 45, 75)

- Hydration Products: San Carlos Water, Gatorade, gels, and bananas.

### Bike Course Aid Stations



### RUNNING

Station 1 (KM 1.1, 5.9, 7.4, 12.6, 14.3, 19.0)

Station 2 (KM 3.2, 3.8, 9.9, 10.5, 16.4, 16.9)

At all hydration points, there will be:

- Hydration Products: San Carlos Water, Gatorade, fruits, Pepsi, Gu gels, salty snacks

### Run Course Aid Stations



## RELAY RACE DAY

There will be a special area for relays in the transition zone. The cycling relay and the running relay must remain within this area to exchange the chip with the corresponding relay.

This area will be located in the southern transition zone next to the run starting arch.

## RELAYS - TIME RULES AND CHIP TRANSFER

To ensure correct chip timing, relay athletes must wear the strap and chip on the ankle at all times. Athletes must transfer the chip from ankle to ankle in the specified relay area. Athletes must not run with the chip in their hands at any time to ensure accurate chip reading. Athletes must hand over the timing strap/chip to move to the next discipline. Failure to do so will result in a DNF.

## RELAY: SWIMMING - CYCLING

The bicycle must not be removed from the bike rack until the chip is correctly transferred and attached to the next teammate. The athlete swimming will exit the water and head to the transition area, where they will meet the cyclist and must transfer the chip/ankle strap. Only after the chip and ankle strap have been transferred can the cyclist go to the bike rack to start this discipline.





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# RACE DAY

## RELAY: CYCLING - RUNNING

The chip cannot be removed until the bike is properly placed in the designated spot.

## RELAY: RUNNING - "FINISH LINE"

Only the relay participant doing the running segment may cross the finish line. All other relay team members may access the finish line athlete area. The cyclist in transition must have the swimmer's chip before dismounting the bike and must place the bike in the designated spot before passing the chip to the runner. If a relay team member drops out of any stage or fails to meet the given time assignment, the relay team cannot continue the race and will be disqualified.

Important Notes for Relays: Relay teams can arrive from the start of the competition until 2 hours and 30 minutes after the start. It is very important that they are present when their corresponding relay arrives. Failure to do so will result in disqualification.

The relay zone will have restrooms and supplies. The relay member who completes their corresponding stage may enter the general recovery area (special entry for relays, after the finish line), drink water, and recover. \*The swimmer and cyclist relay member must collect their own medal before heading to the recovery area. Crossing the finish line with relay team members is strictly prohibited. Only the relay runner can cross the finish line.

## RACE CUT-OFF TIMES

The race will officially end 8 hours and 30 minutes after the last athlete starts swimming. Each athlete or relay team member will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team member who takes more than 8 hours and 30 minutes to complete the entire course and does not finish before the course closure will receive a DNF. Any athlete or relay team member who takes more than 8 hours and 30 minutes to complete the entire course but crosses the finish line before the course closure will receive a NC (Not Classified) in the race results and will not be eligible for awards or World Championship slots. Cut-off times for each discipline are: 1 hour 10 minutes for swimming, 5 hours 30 minutes for cycling, and 8 hours 30 minutes for the end of the race.

Any individual athlete who does not reach intermediate cut-off times will not be allowed to continue and will receive a DNF. Note: IRONMAN officials reserve the right to remove athletes from the course who exceed the established course time limits.

## SWIM CUT-OFF TIME

7:00 AM (approx) last group swim start. 8:10 AM swim cut-off time.

## CYCLING CUT-OFF TIME

Cyclists must start the third lap at KM 60 by 11:15 AM (approx) and 12:30 PM (approx) is the cycling cut-off time.

## RUNNING CUT-OFF TIME

Closing time for the finish line cutoff is 3:30 PM (approx). We reserve the right to withdraw any athlete from the competition route and mark them as DNF if any member of the Work Team determines that there is no possibility of finishing the discipline or race, considering the cut-off times depending on their location and average speed. Respecting the permits granted by the Authorities for the event and prioritizing the safety of our athletes, cut-off times must be respected in all IRONMAN events.

## TIMING CHIP

Your timing chip will not be in the athlete's bag. You must collect it at the Timing table, where you should verify that your number and name match and are correct. Your chip must be worn on the left ankle throughout the race. If you do not start the race, you are responsible for returning the chip to IRONMAN staff. Failure to return it may result in disqualification from participating in other IRONMAN events. It is essential that we can track your progress in the race for your safety and peace of mind. If you realize after the race that you have the competition chip, you must return it within the next 5 days to: Sportstats USA 88 54th St. SW Suite 106 Grand Rapids, MI 49548

## IRONMAN TRACK APP

The IRONMAN TRACK app provides real-time information on athletes for some IRONMAN and IRONMAN 70.3 events. Download the app to your phone to track athletes and share information on social media.





**Download the IRONMAN Athlete Tracker App  
and follow your athlete on race day!**

**Receive race updates and cheer as they  
pass by on the course.**



Download on the  
**App Store**



GET IT ON  
**Google Play**

# POST RACE

## ATHLETE FOOD TENT

The food area for athletes is exclusively for their use, and the wristband or bracelet is what grants them access.

## MEDICAL TENT

The Medical tent is exclusively for athletes, and family members will not be allowed to enter. The medical service needs the area clear to effectively perform their work. For information about an athlete's medical care, companions should wait in the external area.

## RETRIEVAL OF BICYCLES AND EQUIPMENT

Bicycles and other equipment can be retrieved from the transition area from 12:00 PM to 4:00 PM on Sunday, April 21, 2024. You must use your athlete wristband or bracelet to enter the transition area. This area is exclusive for athletes; neither family nor friends will be allowed to enter this area.

## PHOTOGRAPHY SERVICE

Finisher Pix will have several photographers on the competition route: swim start, along the cycling route, and of course, at the finish line.

We recommend correctly placing your number on the front of the bike and helmet so that it is always visible.

Upon reaching the finish line, have your BIB on the front. Make sure to have the best smile for an excellent finish line photo.

You can visit : [www.finisherpix.com](http://www.finisherpix.com).

## AWARDS CEREMONY

The awards ceremony will take place at Agua Dulce Beach VIP Area, once the competition is concluded.

## VOLUNTEERS

Please remember to thank the volunteers for their great work! The event would not be possible without their support.

## LOST ITEMS

Lost items will be delivered to the event's Information Tent. Once the event is over, you can send an email to: [peru70.3@ironman.com](mailto:peru70.3@ironman.com).

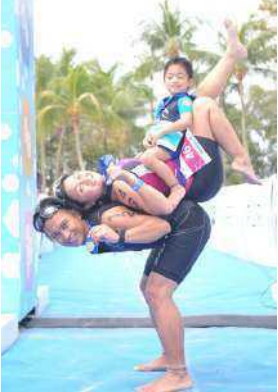




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# RACE RULES

## FINISH LINE RULES

It is not allowed for any family member or friend to cross the finish line with an athlete or be on the finish line straight; this is to safeguard the safety of all athletes, volunteers, and spectators. Athletes who decide to break this rule will be automatically disqualified (DSQ).

**Any athlete who verbally or physically disrespects any race officials, race referees, event staff, and/or volunteers will be immediately disqualified from the competition.**

## SANCTIONS AND EVENT RULES

1.- Any athlete currently holding the title of elite/professional athlete in their National Triathlon Federation or registered as an IRONMAN professional athlete, or who has competed as a professional athlete in any competition worldwide, is prohibited from competing in the AGE GROUP category in the same calendar year of the competition. If they insist on participating, they will be DISQUALIFIED and possibly SANCTIONED from IRONMAN events, and they will also not be eligible for World Championship slots.

2.- All athletes are expected to follow and comply with the rules of the race officials and authorities.

3.- Race referees have the complete authority to disqualify any athlete.

4.-Medical personnel will have the FINAL AND ULTIMATE AUTHORITY to remove any athlete they consider physically incapable of finishing the race due to being at risk of injury or death.

5.-Theft, fraud, abusive treatment of any athlete or staff member, or any other behavior deemed unsportsmanlike, are grounds for immediate disqualification and may result in being sanctioned from participating in other IRONMAN 70.3 events.

6.- As a condition for participating in IRONMAN 70.3 events, all registered athletes must be informed of and accept the anti-doping rules.

According to Anti-Doping rules, all athletes may be subject to testing before or after the event, and it is recommended that they inform themselves of all restrictions and rules.

7.- If any athlete decides to withdraw from the race at any time, it is the athlete's responsibility to report to the Timing Tent located in the finish area and return their BIB number and chip. It is very important for race officials to know which athletes are still competing. Failure to report may result in a sanction from participating in other IRONMAN or IRONMAN 70.3 events.

8.- IRONMAN reserves the right to change any rule and will notify athletes in writing or during briefings.

9.-Prize money must be equal for both men and women. Additionally, professional athletes are not eligible for age group awards, and age group athletes are not eligible to win prize money.

10.-Cameras, phone cameras, and video cameras are prohibited unless authorized by IRONMAN, and it is the athlete's responsibility to inform a race official before the start of the competition. Any athlete found with any of these devices will be disqualified.

11.-Athletes cannot use any communication devices, including but not limited to: cell phones, smartwatches, smart helmets (Bluetooth enabled), two-way communication radios, in any way that distracts them from the race. "Distraction" includes, but is not limited to, the following actions: making or receiving calls, sending or receiving text messages, listening to music, using social media, taking or posing for photos, and attaching accessories to the bike specifically for these purposes; using any communication equipment. The use of any of the aforementioned equipment will result in disqualification.

# RACE RULES

12.- IRONMAN does not allow the transfer of an athlete's registration to another person – there are no exceptions to this rule. Any attempt to transfer a registration may result in disqualification and possible suspension from participating in other IRONMAN or IRONMAN 70.3 events.

13.- Assistance from event personnel or Race Officials is permitted but is limited to drinks, nutrition, technical or medical assistance. Competing athletes may assist each other with nutrition and hydration after passing a hydration station, as well as with air pumps, tubes, tubular tires, and puncture repair kits. An athlete may not lend an item to another athlete if it prevents them from continuing the race. This includes, but is not limited to, shoes, bicycle, bicycle frame, wheels, or helmet. No athlete may assist another athlete in any segment of the race; the penalty for this is disqualification for both athletes.

14.-Athletes must complete the full course of all disciplines. Failure to complete the full course may result in disqualification. For further information on race regulations, refer to the IRONMAN Competition Rules.

## DISABLED DIVISION RULES

### SWIMMING

IRONMAN 70.3 reserves the right to place athletes in the swim course start (i.e., early start, late start, or designated wave, etc.). Athletes must wear a tri-suit during the competition. Each athlete must obtain prior approval from IRONMAN 70.3 to use accessories and swimwear during the swim course. Any modification of these will result in disqualification; the use of any swimming device is prohibited unless authorized by IRONMAN 70.3.

### CYCLING

Handcycles are allowed on the cycling course. Cycling behaviors and specifications are consistent with IRONMAN Competition Rules. Equipment must comply with all other general rules for bicycles regarding IRONMAN competition, including the use of supplementary devices that may reduce wind resistance or improve bicycle aerodynamics, regardless of any secondary benefit. An approved helmet (CPSC) is required throughout the cycling course, including within and outside transition areas. Any athlete riding without a helmet or without fastening the strap will be disqualified.

### RUNNING:

Running behaviors and specifications are consistent with IRONMAN Competition Rules. Athletes must undergo the same equipment safety inspection for the running and cycling segments. Standard racing wheelchairs must be used. An approved helmet (CPSC) is required throughout the wheelchair racing course, including within and outside transition areas. Any athlete riding without a helmet or without fastening the strap will be disqualified.

# SWIM / 1.9 KM

The swimming course will close 1 hour and 10 minutes after the final athlete begins the swim. Each athlete or relay team member will have 1 hour and 10 minutes to complete the swimming course, regardless of when they start swimming. Any athlete or relay team member taking more than 1 hour and 10 minutes to complete the swim will not be allowed to continue and will receive a DNF. IRONMAN officials reserve the right to remove athletes from the course who exceed the established course time limits.

## ▲ RULES AND INSTRUCTIONS

### GENERAL RULES

(A) Each swimmer must wear a numbered swim cap. If an athlete fails to wear a swim cap throughout the swimming segment, they may be awarded a time penalty imposed by the Race Referees after the swimming segment in Transition 1 (T1).

(B) The use of swimming goggles or masks covering the entire face is neither prohibited nor mandatory.

(C) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited. The use of any of these implements will result in disqualification (DSQ).

(D) The use of a cast or splint must be approved in advance by the specific Event Head Referee; failure to do so may result in a 1:00 Minute penalty or disqualification.

(E) Neoprene boots or any other booties are prohibited unless the water temperature is 18.3 degrees C / 65.0 degrees F, or colder. Failure to comply with this provision may result in a 1:00 Minute penalty.

(F) When the use of wetsuits is prohibited (see Section 4.03), clothing covering any part of the arms below the elbows and clothing covering any part of the legs below the knees is considered illegal and is not permitted during the swim segment of the Race. However, this type of clothing may be worn once the swim stage has concluded. The use of such clothing DURING THE SWIM STAGE will result in the disqualification of the participant (DSQ).

(G) The use of paddlers or individual escorts is prohibited (DSQ).

(H) Any assistance during the swim stage will result in disqualification if the athlete moves forward. Athletes are permitted to use kayaks and boats for assistance, provided no forward progress is made. Race officials and medical staff reserve the right to remove athletes from the course if such removal is determined to be medically necessary.

(I) It is solely the responsibility of each athlete to know and follow the prescribed swim course. No adjustments will be made to times or results for any reason, for athletes who do not follow the appropriate course.

(J) Indecent exposure and/or public nudity are prohibited throughout the entire competition.



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**9,500**

Organizations supported to date



**\$500,000**

IRONAID COVID-19 Support Funding to date



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**\$1 Million**

Pledge to Island of Hawai'i for Hunger Relief



**\$575,000**

Humanitarian Relief in 2019



**1,200**

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Lives impacted


We are IRONMAN Foundation Athletes and we swim, bike, and run to create positive, tangible change in race communities through grant funding and volunteerism. **JOIN US.**


**IRONMAN**  
FOUNDATION





# MESSAGE FROM THE HEAD REFEREE

## HEAD REFEREE

	<b>DRAFTING VIOLATION</b>
	BLUE CARD
	Five-minute penalty to be served at the Bike Penalty Tent

	<b>VIOLATION FOR LITTERING</b>
	BLUE CARD
	Five-minute penalty to be served at the Bike Penalty Tent

	<b>VIOLATION FOR BLOCKING</b>
	YELLOW CARD
	30-second Stop and Go penalty to be served at the Penalty Tent

	<b>DISQUALIFICATION (DSQ)</b>
	RED CARD

**THREE BLUE CARDS WILL RESULT IN DISQUALIFICATION**



The position rules for the cycling stage are as follows:

- Always ride on the right side of the road to avoid penalties for illegal positioning or blocking.
- Always maintain a distance of 6 bike lengths between your front wheel and the rear wheel of the cyclist in front of you to avoid penalties for drafting.
- Always pass the cyclist in front of you on the left side to avoid penalties for illegal passing.
- When passing a cyclist, do so within 25 seconds maximum to avoid penalties for drafting.
- Athletes who have been overtaken must continuously fall back to a distance of four bike lengths before attempting to overtake to avoid penalties for drafting.

Triathlon is an individual sport, and therefore, it is the responsibility of each athlete to know the competition rules to avoid penalties.

The Ironman will operate on the principle of "**three strikes and you're out**" regarding violations that receive a **BLUE CARD**.

**Drafting and littering** are the only two violations that will result in a **BLUE CARD** violation, and an athlete will incur a 5-minute time penalty (which will be served in the nearest penalty tent, located along the bike course). **YELLOW CARD** violations (thirty-second penalty) also require the athlete to stop at the nearest penalty tent on the bike course. All penalties incurred on the run course must be served at the infraction point. While **YELLOW CARD** violations will not count towards the Three Strikes rule, Ironman competition rules allow an athlete to be disqualified for repeated rule violations if an athlete receives excessive yellow cards.

To understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the Ironman 70.3 Peru Competition Rules.



### **Other common violations:**

#### **HELMET STRAP:**

The strap securing the helmet must be fastened securely throughout the cycling stage.

#### **ATHLETE NUMBER:**

Athletes must keep their competitor number visible throughout the run stage. Additionally, the bike number must always remain visibly attached to the bike.

#### **LITTERING:**

It is prohibited to discard trash outside of designated areas specifically marked for it at aid stations along the route.

#### **UNAUTHORIZED EQUIPMENT**

The use of any communication system (including cell phones) and any type of auditory system including IPODS, MP3 players, etc., is prohibited.

#### **EXTERNAL ASSISTANCE:**

It is prohibited to receive external assistance by foot or using a bike or any other means of transportation to progress alongside an athlete. Friends, family, coaches, or any member of the public CANNOT assist athletes. It is the responsibility of athletes to communicate this to anyone attempting to assist the athlete to avoid disqualification.

Please treat athletes, volunteers, and organization members with respect and courtesy; failure to do so is considered anti-competitive behavior and may result in the disqualification of the athlete

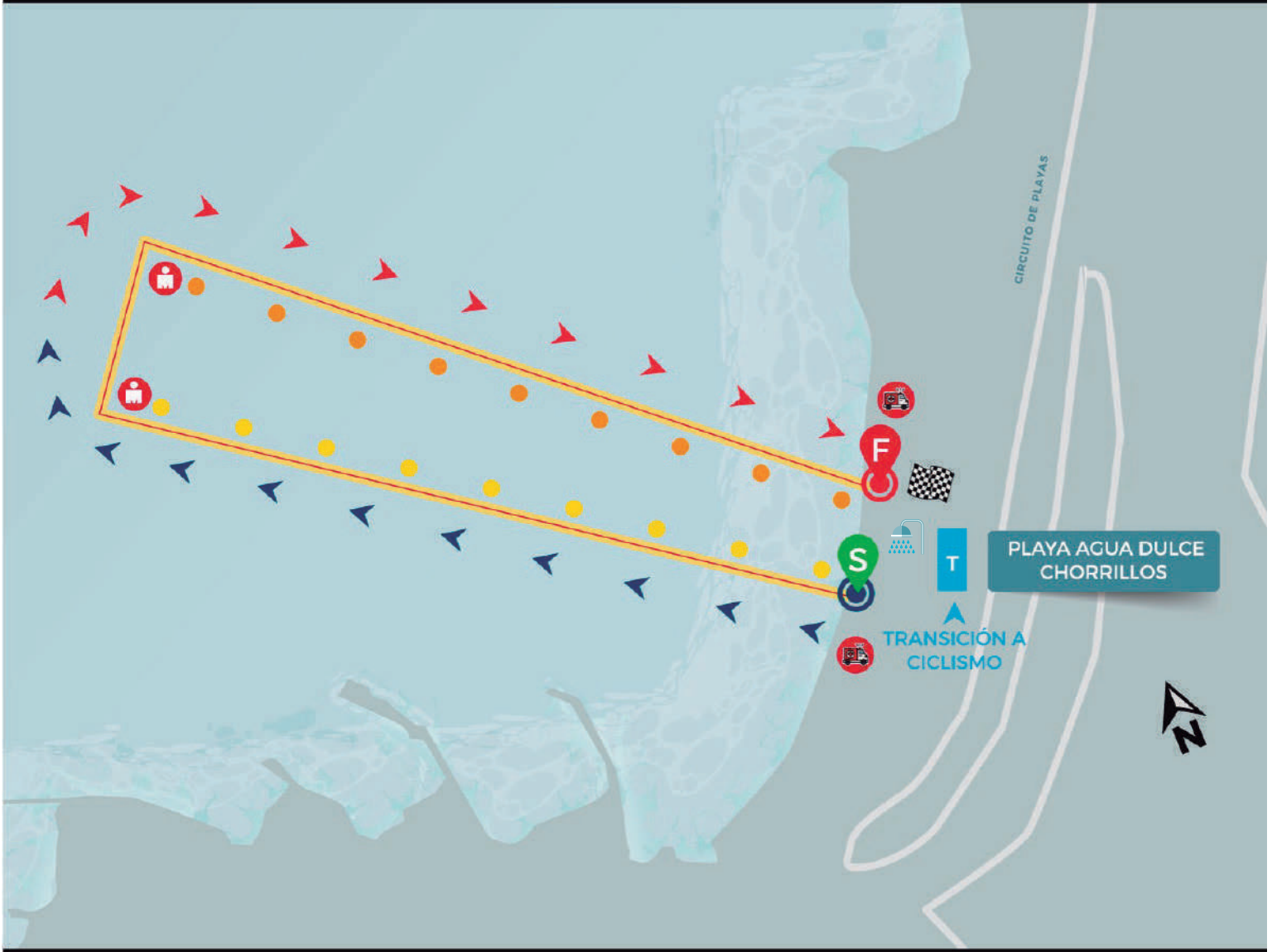
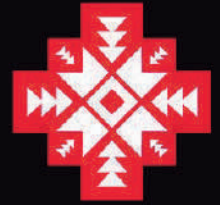




# BUNNYHOP

Diseñado para deportistas de alto rendimiento





- Inicio / Start
- Llegada / Arrival
- Línea de ruta / Route line
- Zona de Ambulancias / Ambulance zone
- Inicio de natación / Swim Start
- Fin de natación / Swim Finish
- Transición a ciclismo / Transition to cycling
- Duchas

**NATACIÓN/SWIM**

1 Vuelta / 1 Loop

**DESCRIPTION**

Athletes will swim 1.9 km at Agua Dulce Beach (Pacific Ocean). The water temperature is expected to range between 19-21 degrees Celsius

**IMPORTANT**

The water temperature will be measured on race morning by Ironman officials to determine the legality of wetsuit use.



- **WETSUIT USAGE RULES:**

**(A)** For athletes competing in the open/age group category, the use of a WETSUIT (neoprene suit) is only permitted in water temperatures up to and including 24.5 degrees Celsius. 76.1 degrees Fahrenheit. **(DSQ)**.

**(B)** The wetsuit may cover any part of the body except the face, hands, and feet.

**(C)** The thickness of the wetsuit must not exceed 5 mm. If the wetsuit consists of two or more pieces, then the combined thickness of the overlapping pieces cannot exceed 5 mm; **(DSQ)**.

**(D)** Wetsuits are mandatory for professional athletes and age group athletes for water temperatures below 16 degrees Celsius / 60.8 degrees Fahrenheit.

- **POLICIES REGARDING SWIMSUIT WHEN WETSUIT USAGE IS PROHIBITED**

**(A)** The swimsuit must be made of 100% textile material, which is defined as materials consisting of individual and unconsolidated natural and/or synthetic yarns used to constitute a fabric by weaving, and/or knitting (this generally refers to suits made only of nylon or lycra that do not have any rubberized material such as polyurethane or neoprene); **(DSQ)**

**(B)** The swimsuit MAY have a zipper.

**(C)** The use of sleeves extending from the shoulder to the elbow is permitted.

**(D)** Neoprene shorts/pants are prohibited **(DSQ)**.

**(E)** The swimsuit must not cover the neck, must not extend beyond the elbow, and must not extend beyond the knees; **(DSQ)**



**ALTO EN  
AZÚCAR**

**EVITAR SU CONSUMO  
EXCESIVO**



**PARA LOS QUE UNA SOLA DISCIPLINA NO ES SUFICIENTE.**

**PARA LOS QUE TIENEN  
SED DE MÁS.**



**pepsi.**



# SWIM / 1.9 K

## RACE DAY INSTRUCTIONS



(A) Before leaving the transition area for the start of the swim on race morning, ensure your equipment is properly placed next to your bike. You may not leave any loose items on your bike rack once you begin the cycling stage.

(B) Bring the swim cap and timing chip provided to you at athlete check-in to the swim start area. You will be called to the swim start area starting at 5:30 am. You will be required to cross a timing mat to complete the swim check-in process. A time penalty may be imposed on any athlete not in the swim start area ten minutes before the start of the race.

(C) The use of swimming goggles is recommended but not mandatory.

(D) Individual paddlers or escorts are not allowed. Lifeguards, surfboards, kayaks, and boats patrol the swim course adequately.

(E) If you are in need of assistance during the swim, raise one arm and wave it up and down and call out or seek help from water safety personnel. Any swimmer receiving assistance, voluntary or involuntary, must withdraw and retire from the remainder of the race, unless such assistance does not aid the swimmer in progressing. No swimmer will return to the race if an official requests the participant to withdraw from the race or receive medical assistance.

(F) The swim course will close 1 hour and 10 minutes after the start of the last wave. Each athlete will have 1 hour and 10 minutes to complete the 1.9-kilometer swim. Individual athletes and those taking longer than 1 hour and 10 minutes to complete the swim will receive a DNF.

(G) Upon exiting the water, you will cross the timing mats on your way to the transition area. Once inside the transition, you will change into your cycling gear (public nudity is prohibited).

(H) After the swim, volunteers will collect all morning swim start gear bags and transport them to the finish for you to retrieve after the competition. Any loose gear within the Swim Start area will not be collected for transport to the transition area.

(I) The swimsuit must be 100% textile material, which is defined as materials consisting of natural and/or synthetic individual unconsolidated yarns used to constitute a fabric by weaving and/or knitting (this generally refers to suits made only of nylon or lycra that do not have any rubber material such as polyurethane or neoprene); (DSQ)

(J) The swimsuit may contain a zipper;

(K) Sleeves extending from the shoulder to the elbow may be worn;

(L) Neoprene shorts/pants are prohibited (DSQ);

(M) The swimsuit must not cover the neck, must not extend beyond the elbow, and must not extend beyond the knees (DSQ);

(N) A textile competition kit may be worn underneath the swimsuit, provided that the textile competition kit does not extend beyond the elbow and must not extend beyond the knees. (DSQ)

An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it's important that you arrive on race day healthy, fit and prepared. Here's a top-10 checklist to help get you ready.

### 1 PREPARE FOR RACE CONDITIONS

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers and wearing a wetsuit if needed.

### 2 RACE IN SHORTER EVENTS

- Being properly trained is the best way to reduce anxiety. If possible, race in shorter events and clinics to prepare yourself for open water conditions.
- For extra guidance, talk to a coach or your local triathlon club.

### 3 LEARN ABOUT COURSE DETAILS

- It's important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website and pre-race communication to familiarize yourself with the course.
- Keep in mind, every body of water is different, so you'll need to educate yourself on water current and surf conditions.
- Study the event timetable to plan for proper arrival and preparation.

### 4 ENSURE HEART HEALTH

- As an athlete in training, you should take the proper steps to assess your health with your physician.
- The American Heart Association suggests a 12-step screening process for competitive athletes. This includes a physical exam as well as an assessment of your family history and personal heart health.

### 5 PAY ATTENTION TO WARNING SIGNS

- If you experience chest pain or discomfort, shortness of breath, light-headedness or blacking out while training, consult your doctor.

### 6 DON'T USE NEW GEAR ON RACE DAY

- Focus on controlling as much as you can on race day.
- You should never race in equipment you haven't trained in this is not the time to test new gear.
- Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
- Prepare for the unexpected with backups of all your gear.

### 7 WARM UP ON RACE DAY

- Arrive early enough on race day for a proper warm up prior to the start, preferably in the water.
- If you aren't able to warm up in the water, spend between 5 and 10 minutes getting loose.
- Be sure to do some cardio activity, such as a light jog, to increase circulation and prep your muscles.

### 8 CHECK OUT THE COURSE

- Get comfortable with the course by checking out water conditions, the swim entry, exit layouts, along with turn buoy locations.
- Identify basic navigation points so that you know what you are swimming towards.

### 9 START EASY – RELAX AND BREATHE

- Don't race at maximum effort from the start.
- Relax and focus on proper breathing technique as you settle into a sustainable pace.

### 10 BE ALERT AND ASK FOR HELP

- In a race setting always stop at the first sign of a medical problem.
- If you or a fellow athlete needs help, just raise your hand to alert a lifeguard or safety boat.
- Race rules allow for competitors to stop or rest at any time during the swim.
- Feel free to hold on to a static object like a raft, buoy, or dock.
- You may also rest by holding on to a kayak, boat or even a paddle board. As long as you don't use it to move forward, you won't face disqualification.



- Salida en Bicicleta / Bike Out
- Giros vuelta en U / To turn and return
- Entrada de Bicicleta / Bike In
- Giros vuelta en U / To turn and return
- Vueltas 1,2 y 3 / Loop 1,2 y 3
- Zona de Ambulancias / Ambulance zone
- Puesto de Auxilio / Aid Station
- Transición / Transition

**CICLISMO/BIKE**  
 **3 Vueltas / 3 Loops**

## DESCRIPTION

From the Transition Area (ZT), located at Agua Dulce Beach, athletes will cover 90 km (56 miles) on a flat and fast route along the Costa Verde Beach Circuit road. There, participants will need to complete three (3) - 30.0 km laps, on wide roads exclusively opened for bicycles..



# BIKE / 90 K



The cycling course will close 5 hours and 30 minutes after the final athlete starts the swim. Each athlete or relay team member will have 5 hours and 30 minutes to complete the swim, T1, and cycling course, regardless of when they start the swim. Any athlete or relay team member taking more than 5 hours and 30 minutes to complete the swim, T1, and cycling will not be allowed to continue and will receive a DNF. Any athlete or relay team member who does not meet intermediate cut-off times will not be allowed to continue and will receive a NC..

## RULES AND INSTRUCTIONS:

(A) The bicycle must be propelled solely through a chain by pedaling with the legs moving in a circular motion, without electrical or other assistance. Except for pushing or carrying the bicycle, any propelling action performed by the hands is prohibited (DSQ and indefinite suspension).

(B) It is solely the responsibility of each athlete to know and follow the prescribed cycling course. No adjustments of times or results will be made, under any circumstances, for athletes who do not follow the correct course.

(C) All athletes must obey traffic laws during the cycling stage unless instructed otherwise by a Race Referee or Race Official with specific authority. Unless otherwise specified regarding the preceding sentence, all athletes must come to a complete stop when signaled or controlled by a traffic signal or device and must not cross any intersection unless there is no approaching traffic. Under no circumstances should the cyclist cross a solid yellow line indicating a no-passing zone; (Time penalty or, depending on the severity of the infraction, DSQ)

(D) No cyclist should endanger themselves or other athletes. Any cyclist who intentionally or recklessly exposes another athlete to danger or who, by decision of the Head Referee, appears to expose other athletes to danger will be disqualified;

(E) All athletes must exercise caution and reduce speed if necessary when passing through a site where there is a cycling or other accident; (DSQ)

(F) Participation in the cycling stage with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sleeveless shirt at all times during the cycling stage of the Race; (1:00 min. time penalty, DSQ if not rectified immediately).

(G) Uniforms with a front zipper must not be open below the sternum (DSQ if not rectified immediately)

(H) Athletes must have the bike helmet number on the front; (Time penalty).

(I) The decal must be affixed to the athlete's bike frame and must be visible from both sides; (Time penalty).

(J) Any item to be discarded, including, among others, water bottles, gel wrappers, food wrappers, damaged bike parts, or clothing, may only be discarded in designated waste zones at each aid station. Discarding any item outside of the waste disposal zones is prohibited; (5:00 minute penalty).

(K) Except as provided in Section 5.02 (b), any additional equipment that reduces wind resistance during the cycling stage of the Race (whether worn under clothing, over clothing, or added to the athlete's or bike's body) is prohibited; (DSQ)



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# BIKE / 90 K



## WHEELS :

- (A) The front wheel must be of radial construction (aerodynamic wheels with spokes are allowed) and must not be solid; (DSQ).
- (B) The rear wheel may have spokes or be solid (disc wheel). Only wheel covers are allowed on the rear wheel. For safety reasons, solid rear wheels (disc wheels) are permitted in IRONMAN 70.3 PERÚ
- (C) Radial construction wheels may be aerodynamic wheels with spokes (spokes may be sharp, round, flat, or oval);
- (D) No wheel may contain a mechanism capable of accelerating it or causing continuous rotation in the wheel artificially. (DSQ)



## BIKE SPECIFICATIONS :

- (A) All bicycles and equipment thereof must comply with the specifications set forth in this Section. Any athlete (except those competing in the HC Division or PC Open Division) using a bicycle not in accordance with this Section or violating it in any way will be disqualified.
- (B) It must not exceed two meters in length or 75 centimeters in width.
- (C) The distance from the ground to the center of the chain wheel axis must be at least 24 centimeters.
- (D) A vertical line touching the front end of the saddle may not be more than 5 centimeters forward and more than 15 centimeters behind a vertical line passing through the center of the chain wheel axis. The cyclist must not be able to adjust the saddle beyond these limits during the Race.
- (E) The "front center" distance, which is defined as the distance between a vertical line passing through the center of the chain wheel axis and a vertical line passing through the center of the front wheel axis, must not measure more than 54 centimeters, except when the distance between the chain wheel axis and the top of the saddle is less than 71 centimeters (in this case, the front center distance cannot be less than 50 centimeters). The "front center" distance must not measure more than 65 centimeters, or seven-eighths of the distance between the chain wheel axis and the top of the saddle, whichever is greater. The application of the two exceptions is determined by measuring from a point on the top of the saddle that is 14 centimeters behind the front end of the saddle.



# BIKE / 90 K



## POSITION AND DRAFTING RULES:

(A) "Drafting" means remaining in the drafting zone (as described below) of another athlete or vehicle for more than 25 seconds. Drafting is prohibited in the Race; (5:00 minute penalty).

(B) The drafting zone for bicycles in the age group is 12 meters, measured from the front end of the front wheel and extending towards the back of the bicycle (the measurement of 6 bike lengths of free space between bicycles). An age group athlete may enter another athlete's drafting zone when passing and must continuously move through the drafting zone. A maximum of 25 seconds will be allowed to pass another athlete's drafting zone; (5:00 minute penalty), or before entering another athlete's drafting zone, professional athletes must move alongside the athlete they are overtaking (i.e., avoid slipstreaming). Failure to do so will be interpreted as a drafting rule violation (5:00 minute penalty).

(C) Athletes must stay out of the drafting zone (the measurement of 6 bike lengths of free space between bicycles) except when passing. Failure to do so will constitute a drafting rule violation; (5:00 minute penalty).

(D) A "pass" occurs when the front wheel of the overtaking athlete surpasses the edge.

(E) The overtaking athlete cannot leave the drafting zone once they enter it. Once an athlete enters another athlete's drafting zone, the pass must be completed; (5:00 minute penalty).

(F) The overtaken athlete must immediately exit the drafting zone of the overtaking athlete and must continuously move back until exiting it. Re-passing the overtaking athlete before exiting their drafting zone is considered a passing rule violation; (5:00 minute penalty).



## SUPERTUCK POSITION:

For safety reasons, the supertuck position is prohibited.



# MECHANICAL SERVICE

## MONARK - AUTHORIZED MECHANICAL SERVICE

During the IRONMAN 70.3 Peru Expo at the Miraflores Social Club, you can find the authorized mechanical service provided by Monark with their expert mechanics, ensuring that your bicycle will be in perfect condition for race day. In the days leading up to the Expo, you can avail of mechanical service at their store located at Av. Armendáriz 480, Miraflores.

On Saturday during bike check-in, you can find our tent offering basic services to assist you in case of any unforeseen issues. On race day, before the transition area closes, you can access air pumps, and during the cycling course, you can receive assistance from our authorized mechanics.





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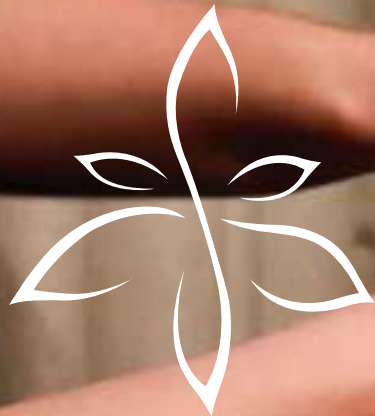
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**CHORRILLOS**

**TRAYECTORIA DE LA RUTA  
POR PUNTOS DE REFERENCIA**

(a) Los atletas saldrán de la zona de transición y dando una vuelta en U y se dirigirán hacia el norte por los malecones del circuito de playas de la costa verde corriendo siempre por su izquierda.  
*The athletes will leave the transition zone and make a U-turn and head north along the boardwalks of the Costa Verde beach circuit, always running to their left.*

(b) Los atletas continuaran todo el recorrido hacia el norte de la costa verde por el carril de la ciclovia durante 3.5km hasta el giro en U.  
*The athletes will continue all the way north of the Costa Verde along the bike lane for 3.5km until the U-turn.*

(c) Los atletas regresaran hacia el sur manteniendo su izquierda por la pista que estará marcada por conos hasta que lleguen a la playa Agua Dulce de Chorrillos. (Nota: La vía estará cerrada y no abran vehículos).  
*The athletes will return to the south keeping their left along the track that will be marked by cones until they reach the Agua Dulce beach in Chorrillos. (Note: The road will be closed and no vehicles will open).*

(d) Los atletas completaran 3 vueltas al recorrido de ida y de vuelta y entraran a meta en Agua Dulce en su tercera vuelta.  
*The athletes will complete 3 laps of the round trip and will enter to the finish line in Agua Dulce on their third lap.*

**MIRAFLORES**



- Partida / Start
- Llegada / Arrival
- Vueltas 1,2 y 3 / Loop 1, 2 y 3
- Puesto de Auxilio / Aid Station
- Giros vuelta en U / To turn and return
- Giros vuelta en U / To turn and return
- Zona de Ambulancias / Ambulance zone
- Transición / Transition

**TROTE/RUN**

**3 Vueltas / 3 Loops**

**DESCRIPTION**

The Running stage consists of a 21 km (13.1 miles) route. in 3 loops of out and back along the boardwalk of the Costa Verde Beach Circuit. Overlooking the beautiful beaches of Lima. The course is mostly flat and fast and finishes at Agua Dulce Beach, with a spectacular view of the Lima skyline..

# RUN / 21.1 K

The race course will close 8 hours and 30 minutes after the last athlete begins swimming. Each athlete or relay team member will have 8 hours and 30 minutes to complete the entire course. Any athlete or relay team member taking more than 8 hours and 30 minutes to complete the entire course and not finishing before the race course closes will receive a DNF (Did Not Finish). Any athlete or relay team member taking more than 8 hours and 30 minutes to complete the entire course but crossing the finish line before the race course closes will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or slots for the World Championship. Any individual athlete not meeting the intermediate cutoff times will not be allowed to continue and will receive a DNF.

Note: IRONMAN officials reserve the right to remove athletes from the course who exceed the established time limits of the race course.

New rules and regulations, visit us at <https://www.ironman.com/competition-rules>.

For further details on the New Prohibits running shoes, please visit the IRONMAN competition rules link.

## TIME LIMIT IN THE RUN STAGE:

The run stage will close exactly 8:30 hours after the last athlete starts the swim stage

Individual athletes taking longer than 8 hours and 30 minutes to complete the entire route will receive a DNF and will not be eligible for age group awards.

**3:30 PM. ESTIMATED** End of the run stage.

**\*Note:** We reserve the right to withdraw athletes who exceed the established time limits.

## RULES AND INSTRUCTIONS FOR THE RUN STAGE:

(A) Athletes may run, walk, or crawl.

(B) It is the sole responsibility of each athlete to know and follow the prescribed running course. No adjustments to times or results will be made under any circumstances for athletes who do not follow the correct course (e.g., if the athlete runs in the opposite direction or more than necessary, their final race time will not be adjusted).

(C) All athletes must obey traffic laws during the run stage unless specifically instructed otherwise by a Race Referee or Race Official with authority. Unless otherwise stated regarding the previous sentence, all athletes must come to a complete stop when signaled by a traffic control signal or device and must not cross any intersections unless there is no approaching traffic. Any violation of this section will result in a time penalty or disqualification (depending on the severity of the violation).

# RUN / 21.1 K

D) It is prohibited to participate in the running stage with bare torso. Athletes must wear a shirt, a singlet, or a sleeveless shirt at all times during the running stage of the Race; (Time penalty, DSQ if not resolved immediately).

(E) Uniforms with a front closure must not be opened below the sternum (DSQ if not resolved immediately).

(F) Any item that needs to be discarded, including, among others, water bottles, gel wrappers, food wrappers, damaged bike parts, or clothing, can only be discarded in the designated waste zones at each aid station. Discarding any item outside of the waste zones is prohibited. (5:00-minute penalty) Note: Due to local laws and ordinances in select Event locations, intentional littering will result in disqualification (Refer to the Event-specific Athlete Information Guide for more information).

(G) Athletes must wear the bib number issued by IRONMAN on the front of the body, and the bib must be clearly visible at all times during the running stage. Bib numbers identify official athletes in the Race. Folding, cutting, intentionally altering in any way, or not using the bib number is prohibited and may result in disqualification.

(H) Headphones or earphones are prohibited during the running segment. (1:00-minute penalty, DSQ if not resolved quickly).

(I) Athletes cannot use communication devices of any kind, including but not limited to phones, smartwatches, and two-way radios, in any distracting manner during the race. A "distracting manner" includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distracting manner during the race will result in disqualification.

(J) Cameras, phone cameras, and video cameras are prohibited unless permission is granted by IRONMAN. If such permission is granted by IRONMAN, it is the athlete's responsibility to notify the Head Referee of such permission before the start of the Race. Athletes seen with a camera, phone camera, or video camera will be disqualified.

## **PROHIBITED SHOES FOR THE RACE:**

Prohibited shoes (since February 27, 2023):

ADIDAS ADIZERO PRIME X / ADIZERO PRIME X STRUNG  
ASICS SUPERBLAST  
NEW BALANCE FUEL CELL SUPER COMP TRAINER

For more details, please visit [www.ironman.com/competition-rules](http://www.ironman.com/competition-rules).



# HOW TO QUALIFY



## FOR THE 2024 IRONMAN 70.3 WORLD CHAMPIONSHIP

### SLOT ALLOCATION & ROLLDOWN TO THE 2024 IRONMAN 70.3 WORLD CHAMPIONSHIP

- 1.-** Thirty (30) qualifying slots for the IRONMAN 70.3 World Championship in Taupō, New Zealand, to be held between December 14th and 15th in Taupō, New Zealand will be awarded to the top Age Group athletes. Please review the table on the event website to understand the projected slot allocation by category. The final slot allocation will be determined on race day based on the number of official starters.
- 2.-** Check the preliminary results after the race to see if you have qualified to compete in the IRONMAN 70.3 World Championship. If so, you must attend the SLOT ALLOCATION meeting. You must claim your slot in person on Sunday, April 21st, immediately following the Awards Ceremony at Agua Dulce Beach in Chorrillos.
- 3.-** Be prepared to pay the online registration fee of \$780 USD, inclusive of taxes and fees. We regret to inform that we will not accept cash, personal or traveler's checks, or any other currency (NO CASH ACCEPTED). Please bring two forms of credit card payment in case your credit card is declined. Payment must be received at the ceremony to claim your slot. Any unclaimed slots will roll down to the next eligible present finisher.
- 4.-** Athletes must be present at the roll-down, which will be conducted SIMULTANEOUSLY with slot allocation, to claim the slot. If the athlete is not present to claim the slot, the slot will be forfeited to another athlete.
- 5.-** A slot will "roll down" to the next person (of the same gender) in a designated age group if the originally awarded athlete is not present or has declined the slot. Should any slot "roll down" through a complete age group without being claimed, that unclaimed slot will be reassigned to another age group within the gender based on the athlete-to-slot ratio. The age group within the gender with the largest athlete-to-slot ratio will receive the first reassigned slot, followed by the next largest ratio receiving the second reassigned slot (if applicable), and so forth.
- 6.-** Age group slots may not be transferred to professionals, and professional slots may not be transferred to age groups. NO EXCEPTIONS.
- 7.-** If an athlete earns a slot, that slot must be used in the year in which it is earned.
- 8.-** If an athlete earns a slot, they must pay all registration fees for the IRONMAN 70.3 World Championship in their qualifying event.
- 9.-** The race organization reserves the right to withdraw slots that have been erroneously awarded.
- 10.-** Athletes qualifying for the 2024 IRONMAN 70.3 World Championship will receive an Official IRONMAN 70.3 World Championship Coin. This keepsake serves to mark and signify the achievements of qualified IRONMAN athletes. We applaud these individuals for their hard work and dedication as they celebrate their journey to the premier event in the IRONMAN series!

Good luck, and see you at the finish line!!!

# DIVISIONS

## PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY OPEN DIVISION

### IRONMAN 70.3 PERÚ IS NOT WHEELCHAIR ACCESIBLE ON THE RUN COURSE..

Participation in the PC/ID Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below), Special Teams (as set forth in Section 8.05) athletes with intellectual disability (as set forth in Section 8.06), or athletes with 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 (endoprototics), kidney dialysis, hearing impairments, and /or cognitive impairment (except as otherwise outlined in Section 8.06) are not eligible to participate in the PC/ID Open Division

1.- The Term "Visual Impairment" means either :

- (a) a Visual acuity 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses) or
- (b) 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.

2.- Visually impaired athletes must :

- (a) use only one (1) Guide (Guide can be of either gender)
- (b) be tethered during the swim segment of the race.
- (c) ride a tandem bicycle during the bike segment of the race.
- (d) during the run segment of the race, use either an elbow lead or a tether lead.

FOR MORE INFORMATION REGARDING THE PC OPEN / EXHIBITION DIVISION, PLEASE VIEW THE IRONMAN POLICIES

OR E-MAIL [PHYSICALLYCHALLENGED@IRONMAN.COM](mailto:PHYSICALLYCHALLENGED@IRONMAN.COM)

## HANDCYCLE DIVISION

IRONMAN 70.3 PERÚ IS NOT HANDCYCLE APPROVED

FOR MORE INFORMATION REGARDING HANDCYCLE DIVISION PLEASE VIEW THE IRONMAN POLICIES OR E-MAIL :  
[HADCYCLE@IRONMAN.COM](mailto:HADCYCLE@IRONMAN.COM)

## OPEN DIVISION

The Open Division is a non-competitive participatory division which is open to any able-bodied athlete who cannot or does not wish to participate in a specific gender or age-group division.

There is no approval process required for participation in the Open Division.

Athletes can self-select to participate in the Open Division when registering for the event.

Athletes in the Open Division are not eligible for awards or World Championship Slots and are subject to the IRONMAN Competition Rules as set forth in Article I - VII, and Article XI. Please refer to the IRONMAN POLICIES for additional information.

# ALL WORLD ATHLETE

The IRONMAN "All World Athlete" program is our way of rewarding the hard work, dedication, and performance of Age Group athletes in IRONMAN and IRONMAN 70.3 races.

The program utilizes the IRONMAN Age Group Ranking system to determine which athletes have finished in the top 10 or others in their Age Group each year.

This system allows athletes to earn points based on their finishing time in their Age Group.

Athletes accumulate points for each race they complete. This enables athletes to improve their ranking simply by competing more with IRONMAN.

If the race is determined to be a legal non-wetsuit swim, all athletes choosing to compete in the wetsuit wave will receive participation points according to the "All World Athlete" Age Group ranking system. As of December 31st, only the top three performances will count towards achieving "All World Athlete" status.

An athlete can achieve "All World Athlete" status in one or all of the following categories: IRONMAN, IRONMAN 70.3, and OVERALL (combined IRONMAN and IRONMAN 70.3).

There are three levels associated with the "All World Athlete" program:

GOLD (top 1%),  
SILVER (top 5%), and  
BRONZE (top 10%).

For more information about the "All World Athlete" Program, please email:

[awa@ironman.com](mailto:awa@ironman.com).

#### BENEFITS FOR THIS RACE:

- \* Priority access for Bike Check-in
- \* Athlete registration reminder will be provided
- \* Discounts will be granted in the VIP Zone





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# ATHLETE CHECK LIST

## HAVE YOU REMEMBERED TO :

Book flights and accommodations to arrive in time for Athlete Check - In?

## PRE RACE :

- Directions to Hotel
- Directions to Athlete Check - In
- Directions to Race Start
- Directions to Race Finish
- Photo ID
- Valid USAT Card - If member (if you paid for a one day
- License online, no need to bring a card)
- Bike Services / Tune up
- Attend Athlete Check -in
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

## RACE DAY SWIM :

- Timing Chip and Strap
- Swimsuit / Wetsuit ( if applicable)
- Goggles ( consider a spare pair as well)
- Race Day Swim Cap (provided at Check in)
- Ear Plugs / Nose Plug ( Optional)
- Throw away long sleeved shirt and shoes to wear and discard before the race or place in your provided Morning Clothes Bag

## RACE DAY - BIKE

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
  - Bar - end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire Lvers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set / Tools
- Vaseline
- Sunscreen
- Helmet

- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

## RACE DAY - RUN :

- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat / Visor
- Reflective tape (if applicable)
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

## MISCELLANEOUS :

- Body Guide
- Antibacterial Gel
- Contacts or RX Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Lip Balm
- Post Race Clothing
- Extra Swim suit and Cap for practice swim (if applicable)
- Extra Tri Kit for practice



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# FAQS

## 1. ¿WHEN WILL THE BIB LIST BE POSTED?

All athlete bib numbers will be assigned on site at this year's event. There will not be a bib list available ahead of time.

## 2. ¿HOW DO I GET MY ACTIVE QR CODE FOR ATHLETE CHECK IN?

Log in to <https://myevents.active.com/HaukiSRL> go to your event and select the "Registration & QR CODE" button. Please print out or screenshot this on your mobile device for easy reference later..

## 3. ¿WHAT AGE GROUP WILL I RACE IN?

The Age Group breakdown is as follows:

18-24  
25-29  
30-34  
35-39  
40-44  
45-49  
50-54  
55-59  
60-64  
65-69  
70-74  
75-79  
80+

You will race in the Age Group corresponding with your USAT age, which is your age at the end of the year on December 31, 2024

## 4. ¿HOW DO I UPDATE MY TRICLUB AFFILIATION?

Login to your IRONMAN profile at IRONMAN.COM Once logged in, click on Club Membership and click Add Club to update your affiliation. Any updates must be made 45 days prior to race day

for racking purposes, to count towards Podium Awards and for your club's name to be indicated on your bib. Affiliations cannot be update

on - site . IF you have any questions , please email [triclub@ironman.com](mailto:triclub@ironman.com)

## 5. ¿HOW DOES MEDICAL SUPPORT WORK ON COURSE ?

If you need minor medical assistance , a SAG 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 SAG vehicle will take you to the next aid station.

There will be radios to contact ambulances and medical assistance . IF You have a problem , please go to and aid station for further assistance.

## 6. ¿WHAT SHOULD I DO IF THERE IS A PROBLEM WITH MY RACE TIMING?

If there is an issue with timing , please contact [timing@ironman.com](mailto:timing@ironman.com). If you have a question regarding your Age Group Ranking , please contact [AWA@IRONMAN.COM](mailto:AWA@IRONMAN.COM). It will take up to 30 days for your points to be added to your profile.

## 7. ¿WHAT IF I CANNOT STAY FOR SLOT ALLOCATION?

If you can't stay for the slot allocation, you'll automatically lose your slot if you qualify. All athletes who qualify automatically and wish to claim their slot must be present to do so.

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