



ATHLETE GUIDE 2023

ENGLISH

[GET IN THE VIBE WITH 2022 HIGHLIGHTS](#)



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WELCOME

Dear athletes,

A warm welcome to Copenhagen.

It's a huge pleasure and honour that we this year can invite you to celebrate our 10th year anniversary of IRONMAN Copenhagen.

We do hope that you are as excited as we are.

Ten years of smooth swimming at the Amager Strandpark lagoon. Biking through the city center of Copenhagen, and later along the coast and the rolling hills of the idyllic countryside in Northern Sealand. Finishing the day off with a run course that winds its way around Copenhagen's most historical monuments and sights, before reaching the finish line party at Christiansborg Palace Square. Racing IRONMAN Copenhagen will for sure be a day to remember!

In the honour of our 10th year anniversary, we have upgraded the bike course for the first time in our history. So that you can enjoy an even more beautiful and smooth bike ride in the picturesque Danish scenery.

Other small tweaks has been made at the run course, transitions and finish line area – all to give you a better racing experience.

We hope that you are ready for an amazing day in the capital of Copenhagen.

We will also send a special thanks to all our volunteers, municipalities, police, partners and others who help us make this amazing race and venue possible. Thank you!

Best of luck & see you at the finish line!

Martin Johansen
Race director



TOP 5 THINGS TO SEE

AMALIENBORG PALACE

At Amalienborg Palace in the heart of Copenhagen, you can visit the seat of one of the world's oldest monarchies. The palace is famous for its royal guard, known as The Royal Life Guard. Every day you can watch the changing of guards, often accompanied by music. The changing of guard takes place at noon.



TIVOLI

Tivoli is a playground for young and old and a spot so full of wonder that is inspired Hans Christian Andersen and Walt Disney. Whether you come for the gardens, the music or rides, you'll have a blast. The scenery is beautiful with exotic architecture, historic buildings and lush gardens.



THE LITTLE MERMAID

The Little Mermaid was inspired by Hans Christian Andersen's famous fairytale about a mermaid who gives up everything to be united with a young, handsome prince on land. The sculpture is made of bronze and granite and sits in the water at Langelinie Pier.



THE NATIONAL GALLERY OF DENMARK

The art gallery features Danish and international art from the past seven centuries. The gallery is especially famous for its beautiful collection of Danish Golden Age art, the country's most comprehensive collection of Danish contemporary art. It also has one of the world's best Matisse collections.



CANAL TOURS COPENHAGEN

Get to know the harbours and canals of Copenhagen with a canal tour. This is a wonderful way of seeing the inner city from another perspective. During the tour, you will see The Copenhagen Opera House, Amalienborg Palace, the impressive Black Diamond Library and of course The Little Mermaid. Make your departure from Nyhavn or Gammel Strand.



More information and inspiration:
<https://www.visitcopenhagen.com/>



SCHEDULE

HOURS	EVENT	LOCATION
TUESDAY 15 TH AUGUST		
14.00-16.00	Online RACE BRIEFING with Q&A Session Mandatory to watch before the race!	Facebook (online)
THURSDAY 17 TH AUGUST		
09.00-18.00	IRONMAN VILLAGE Open	Amager Strandpark
09.00-18.00	Athlete Registration	IRONMAN VILLAGE, Amager Strandpark
FRIDAY 18 TH AUGUST		
09.00-18.00	IRONMAN VILLAGE Open	Amager Strandpark
09.00-17.00	Athlete Registration	IRONMAN VILLAGE, Amager Strandpark
09.00-18.30	4:18:4 (mini triathlon) Athlete Registration	Amager Strandpark
18.00-22.00	4:18:4 (mini triathlon)	Amager Strandpark
SATURDAY 19 TH AUGUST		
09.00-14.00	IRONMAN VILLAGE Open	Amager Strandpark
09.00-14.00	Athlete Registration	IRONMAN VILLAGE, Amager Strandpark
09.00-19.00	Bike/Bags Check-in	Transition 1, Amager Strandpark

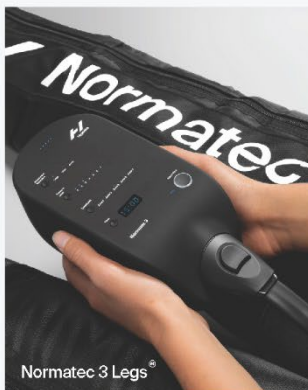
HOURS	EVENT	LOCATION
SUNDAY 20 TH AUGUST		
05.00-07.30	Transition 1 Open (incl. handover WHITE Bags)	Transition 1, Amager Strandpark
07.00-07.45	Age Group Rolling Start	Swim Start Area, Amager Strandpark
15.00	First finisher	Christiansborg Palace Square
16.00-00.00	Bike/Bags Check-out	Transition 2, National Bank
MONDAY 21 ST AUGUST		
10.00-13.30	Awards and Slot Allocation	Next House Copenhagen



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PARKING AND ARRIVAL

ARRIVAL FOR IRONMAN VILLAGE (INCL. REGISTRATION PICK UP)

IRONMAN VILLAGE is located just beside swim start and T1.

The exact address is Jollevvej 1, 2300 Copenhagen S.

Arrival by public transport/Metro:

The best way to arrive to IRONMAN VILLAGE is with the Metro M2-line, which runs between Copenhagen Airport and Vanløse. The yellow circles on the map shows three metro stations. Closest metro station is Femøren Station, which is next to the red star on the map. Follow the Blue dotted line by foot to IRONMAN VILLAGE.

Arrival by car:

Be aware that there are a short distance triathlon race (4:18:4) on Friday.

Therefore, the road Amager Strandvej will be closed Friday, August 18, 17.00-21.00 (red line on picture).

→ Arrival before roads closes, drive to the **green star** (on the map): Havkajakvej 2, 2300 Copenhagen S.

→ Arrival after roads closes, drive to the **red star** (on the map): Hedegaardsvej 80, 2300 Copenhagen S.

ARRIVAL FOR BIKE CHECK IN

Bike Check In, T1, is located at Amager Strandpark. The exact address is Jollevvej 1, 2300 Copenhagen S.

Arrival by public transport/Metro:

The best way to arrive to IRONMAN VILLAGE is with the Metro M2-line, which runs between Copenhagen Airport and Vanløse. The yellow circles on the maps shows three metro stations. Closest metro station is Femøren Station, which is next to the red star on the map. Follow the Blue dotted line by foot to T1 entrance.

Arrival by car:

Drive to the **green star** (on the map): Havkajakvej 2, 2300 Copenhagen S.

Follow the Blue dotted line by foot to T1 entrance.



ARRIVAL ON RACE DAY

T1 is located at Amager Strandpark.

The exact address is Jollevvej 1, 2300 Copenhagen S.

For arrival to the swim start on race day we recommend you, to take the Metro station early morning. The same metro station at Amager Strandpark and Femøren Metro station on the M2 line.

Road Closes at 6.00 on Race Morning and will open again after 11.00.

FINISH LINE AND T2

Both are located in city center where it's difficult to park a car. Use public transport to find Christiansborg Palace and the finish line, and the Nationalbank for T2.

Scan this QR code to get all locations on Google Maps



TRANSITION 1 IRONMAN Village



CHECK LIST

PRE-RACE

- ☐ Directions to :
 - Registration / official shop
 - Athlete check-In
 - Race start Race finish
- ☐ Photo I.D.
- ☐ Valid triathlon license or day pass
- ☐ Bike adjustment
- ☐ Study the race courses
- ☐ Plan and test your nutrition
- ☐ Attend athlete briefing

RACE DAY – SWIM

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

RACE DAY – BIKE

- ☐ Helmet
- ☐ Bike shoes and socks
- ☐ Bike pump
- ☐ GPS watch or bike computer
- ☐ Bib number
- ☐ Bike Repair Kit
- ☐ Bar-end plugs
- ☐ CO2 Cartridge(s)
- ☐ Spare Tube
- ☐ Repair kit/tools
- ☐ Extra nutrition
- ☐ Vaseline
- ☐ Sunscreen
- ☐ Sunglasses

RACE DAY – RUN

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

MISCELLANEOUS

- ☐ Towel
- ☐ Post-race clothing
- ☐ Contacts or Rx Glasses
- ☐ Body Glide
- ☐ Lip balm
- ☐ Hair ties
- ☐ Your good mood :)

IRONMAN VILLAGE ACTIVITIES

The days leading up to IRONMAN Copenhagen we will have several activities to join, in the area surrounding IRONMAN VILLAGE.

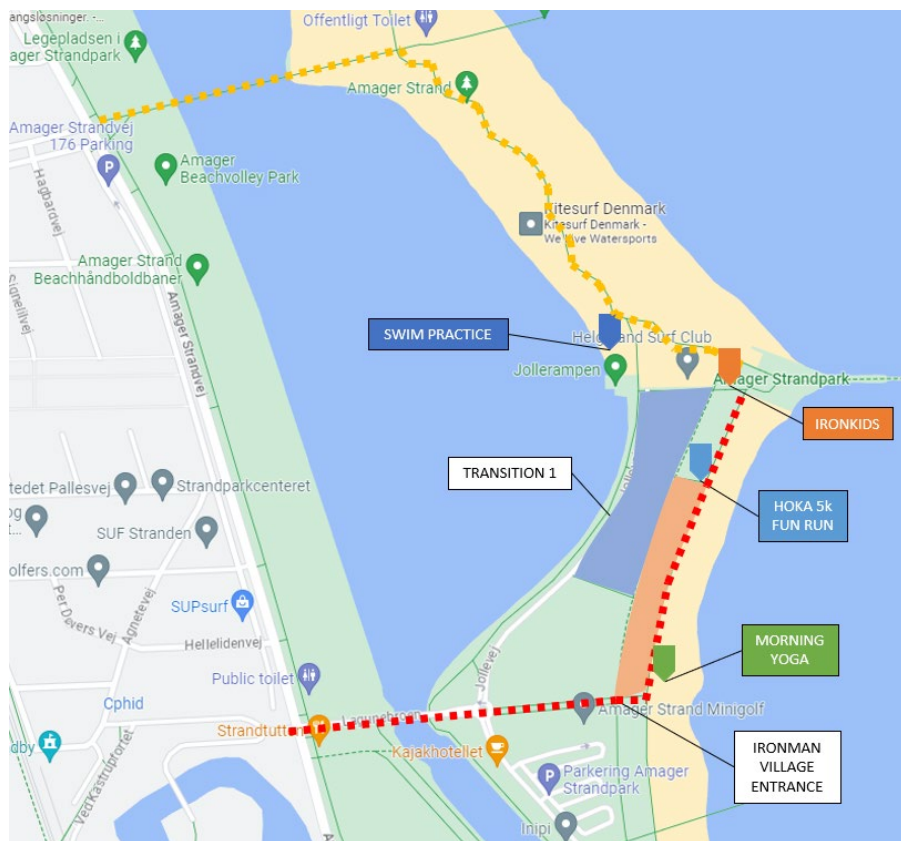
Feel free to bring your kids, family and friends to experience the different possibilities in the beautiful area of Amager Strandpark. There will be activities for all ages and moods.

See more information about the different side events on page 68.

HOW TO GET THERE

If you arrive from the south, follow the path outside IRONMAN VILLAGE between the eastern beach area and the Village. See the red dotted line on the map below.

If you arrive from the north, walk over "Kilometerbroen" And follow the path through the beach area to the meeting spot just at the end of IRONMAN VILLAGE. See the yellow dotted line on the map below.



IRONMAN VILLAGE ACTIVITIES SCHEDULE

HOURS

EVENT

THURSDAY 17TH AUGUST

09.00-18.00	IRONMAN VILLAGE Open
09.00-18.00	Athlete Registration
13.00-15.00	Interviews and speeches
15.00-15.45	On-site Athlete Briefing (optional)
17.30	HOKA 5K FUN RUN

FRIDAY 18TH AUGUST

09.00-18.00	IRONMAN VILLAGE Open
09.00-17.00	Athlete Registration
10.00-11.00	Morning yoga
12.00-15.00	Interviews and speeches
14.00-15.00	Swim practice and tips
15.00-15.45	On-site Athlete Briefing (optional)

SATURDAY 19TH AUGUST

09.00-14.00	IRONMAN VILLAGE Open
09.00-14.00	Athlete Registration
10.00-11.00	Swim practice and tips
10.00-11.00	Morning yoga
11.00-12.00	IRONKIDS

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- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim Start
- Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com



REGISTRATION

LICENSE

Valid proof of national triathlon license. You can also buy a 1-day license on-site at registration for 175 DKK or buy one online with the QR-code below.



PLEASE NOTE

Please be aware that this race does not pre-allocate BIB numbers before registration opens.

BIB numbers will be allocated on a first come first serve basis during registration onsite. (AWA and Tri club Pole Position athletes are still reserved lower BIB number range).

All 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. Failure to do so will result in a DSQ.

ALL ATHLETES MUST HAVE REGISTERED BEFORE 14.00 ON SATURDAY, AUGUST 19, NO REGISTRATION WILL BE POSSIBLE AFTER THIS TIME.

TIMING CHIP WILL BE HANDED OUT AT BIKE CHECK-IN, WHEN EXITING THE TRANSITION.

REGISTRATION

REMINDER OF REGISTRATION HOURS



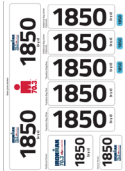


DATE	HOURS	LOCATION
17 th August	09.00-18.00	IRONMAN Village, Amager Strandpark
18 th August	09.00-17.00	IRONMAN Village, Amager Strandpark
19 th August	09.00-14.00	IRONMAN Village, Amager Strandpark



- 1 On Monday in race week, you will receive an email with your registration information. Please bring this to the registration, as this email will include a QR Code that you will need to register.
- 2 Please report to the volunteers by following the signage.
- 3 Collect your race number and package by presenting your **identity card**. A wristband will be provided. You will be asked to put it on immediately and to keep it on until the bike and transition bags are collected after the race.

RACE PACKAGE

YOUR RACE PACKAGE INCLUDES

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

Athletes must wear the official race items given to them during the registration. Certain items must be worn: the official swim cap, wristband, stickers, number and timing chip.

Failure to comply with this rule will result in **disqualification**.

TRANSITION BAGS

BLUE BAG / BIKE BAG



Should contain the gear you need for the bike course, including your helmet with stickers on the front, bib number, shoes if they are not clipped on the bike, jacket, muffs, nutrition, sunglasses, etc.

After you have used your blue bike bag for your swim-to-bike transition, use this bag to pack your swim gear in.

This bag must be dropped off in Transition Saturday at Bike/Gear Check-In (you will have access to it race morning)

RED BAG / RUN BAG



Should contain the gear you need for the run course: running shoes, socks, nutrition, etc.

After you have used your red run bag for your bike-to-run transition, use this bag to pack your bike gear in, including your helmet.

This bag must be dropped off in Transition Saturday at Bike/Gear Check-In (you will NOT have access to it race morning)

WHITE BAG / STREET WEAR BAG



This is your street wear bag: it is for you to put any additional clothing you wear before the race and anything you may require after the race. You are NOT permitted to put your floor pump in this bag.

Drop off on race day before the start in the designated numbered containers in Transition 1 near Bike out.

DO NOT FORGET TO STICK YOUR RACE NUMBER ON YOUR BAGS



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CHECK-IN & BRIEFING

SCHEDULE REMINDER

DATE	HOURS	DESCRIPTION	LOCATION
15 th August	14.00-16.00	Athlete briefing - English	Facebook (online)
17 th August	15.00-15.45	On-site Athlete Briefing (optional) - English	IRONMAN Village. Amager Strandpark
18 th August	15.00-15.45	On-site Athlete Briefing (optional) - English	IRONMAN Village. Amager Strandpark
19 th August	09.00-19.00	Check in Bike and Bike bag	Transition 1, Amager Strandpark

ATHLETE BRIEFING

The mandatory Athlete briefing will take place online on Tuesday in race week. Thursday and Friday at 15.00 it will be possible to attend an additional Athlete briefing. This briefing is optional and will be held live by our experienced announcer at the stage in IRONMAN Village.

The briefing will give you important information about the specificities of the course, the rules and the cut-off times for each discipline and above all, the last-minute changes that could take place due to the weather conditions.

Briefings will be held in English (see schedule above).

CHECK IN

At Check-in you hand in your bike and transitions bags, the day before the race. Only athletes are allowed in T1.

Bike service



In the IRONMAN Village (Thursday, Friday and Saturday) a bike mechanic will be in place. They have their own prices for all deliveries and services.

On race day, there will be bike mechanic in transition in the morning, and on motorbikes on the bike course.

Be aware, that on race day those bike mechanics do their best to get to you (after you have talked to an official), and that they are helping with minor adjustments, but it is required that you can do most of it by yourself (which also will be faster than waiting for a bike mechanic to come).

MANDATORY BIKE & TRANSITION BAGS CHECK-IN

DROP OFF YOUR BIKE AND BIKE BAG AT TRANSITION AREA

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

- a visual inspection of the bike
- a brake system check and a check of your helmet,
- a check that the race numbers are on your bike and your helmet and a check of your athlete bracelet.
- Please remember to have filled out the medical information on the back of the BIB number beforehand.
- You must rack your bike and your BIKE bag according to your number.
- Bike covers or marking your bike in any way with balloons, signs or similar are NOT ALLOWED.
- Your helmet MUST be inside your BIKE bag.
- Shoes and nutrition can be clipped onto your bike on race morning.
- Make sure you have packed all your gear for Transition 1 in the BIKE bag. Don't forget to put your bib number and bike helmet in the bag.
- It is NOT allowed to leave anything next to the bike or on the ground. Race marshalls will remove all items not safely secured to the bike.

DROP OFF YOUR RUN BAG AT TRANSITION AREA

- Check that you have put all your gear for transition 2 into the RUN bag.
- The red RUN bag must be placed into the marked containers in Transition 1 on Saturday.

There will be volunteers in the transition to answer any questions, so ask them on spot, don't wait until race day.

TIMING CHIP



WHAT IS THE TIMING CHIP FOR?

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

WHEN AND WHERE TO COLLECT THE TIMING CHIP?

You must collect your chip when exiting the transition zone on Saturday 19th August

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on your left ankle during the entire race. Please note that you must have your timing chip on for Bike Check-Out. So, keep it on even if you drop out of the race.

You must return the timing chip to the timing company at the Bike Check-out, or you will be billed for its replacement.

WHAT IF I LOSE MY TIMING CHIP?

- If you lose your timing chip, go to:
- Race Morning: IRONMAN Staff near the swim start
 - Through the race in transition 2 at penalty tent.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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RACE DAY

RACE MORNING

PROCEED TO TRANSITION 1 ON RACE DAY MORNING

T1 at Amager Strandpark will be open from 05.00 to 07.30, please have your timing chip attached to your left ankle when you arrive.

Only athletes and marshals will have access to T1.

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

Floor pumps will be available in T1, which you are free to use prior to the start. Please note that if you bring your own floor pump, it is NOT allowed to store it in any of the transition bags and must be handed to supporters outside the transition.

If eligible, the Personal Needs bags must be dropped off near the entrance to T1, at the designated area. Follow the signage.

All athletes must leave the transition area no later than 07.30. Failure to do so will cause a time penalty.



WHITE STREET WEAR Bag

Put your post-race change in the WHITE STREET WEAR bag and drop it off in the designated marked container in Transition 1. WHITE STREET WEAR bags must be handed in no later than **07.15**.

The STREET WEAR bag is to be picked up in the «After-Finish» area in Athletes Garden at Christiansborg Castle, where you will enjoy a meal at the finish.

TOILETS

Toilets are available in Transition 1 all morning until it closes at 07.30.

During the race day toilets will be available throughout the course at the different aid stations.

IF YOU HAVE LOST OR FORGOTTEN YOUR TIMING CHIP ON RACE MORNING, PLEASE CONTACT AN IRONMAN OFFICIAL, AND THEY WILL PROVIDE YOU WITH A NEW ONE.

CUT OFF TIMES

02:20:00 🏊

09:30:00 🏊 + T1 + 🚴

15:45:00 🏊 + T1 + 🚴 + T2 + 🏃

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

INTERMEDIATE CUT-OFFS

Due to road closures, the following intermediate cut-offs are in force.

11.15 Cut-off north Taarbæk (21,6 km)

14.00 Last competitor must begin the second bike loop – Skodsborgvej (93,1 km)

16.00 Cut-off Dageløkkevej (143,5 km)

Due to the athletes' safety, cut-off times must be respected. Race marshals will tell you if you did not make it in time.

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

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





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ON-COURSE NUTRITION PRODUCTS

BIKE COURSE

Gatorade Ready-to-Drink Bottles (750 ml)

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. The 750 ml Thirst Quencher bottles will be available for touchless collection.

226ers Race Day Bar

226ers Race Day Bars are rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins. These easy-to-chew, gluten-free, vegan bars will be available on the bike course in different flavors, with or without BCAAs.



RUN COURSE

Red Bull Energy Drink

Red Bull Energy Drink is a lightly carbonated, functional beverage containing taurine, caffeine, B-vitamins, and sugars. One 250 ml can contains 80 mg caffeine, about the same as a cup of coffee. The product will be served on the run course diluted with water in paper cups.

Gatorade Powder

Gatorade products have the FLUIDS to help replace what you sweat out, ELECTROLYTES to aid in rehydration, and CARBS to help refuel working muscles. Pre-filled cups will be available for athletes to collect contactlessly.

Maurten GEL 100 & GEL 100 CAF 100

These are true gels: a biopolymer matrix filled with a unique blend of fructose and glucose (ratio of 0.8:1) which enables uptake of up to 100 grams of carbohydrates per hour. GEL 100 CAF 100 contains 100 mg of caffeine. Both contain no added flavors, preservatives or colorants and are vegan-friendly.

226ers Vegan Gummy Bar

30g energy bars that are easy to chew, digest, and carry. Perfect in both training and competitions, giving your body the energy it needs while maintaining a high level of physical performance.



RACE DAY

CUPS AND GELS SHOULD BE THROWN IN THE BINS PROVIDED, NOT ON THE GROUND.

ATHLETES WILL BE ISSUED A RED card/DSQ IF CAUGHT LITTERING BY A RACE OFFICIAL.

BIKE AID STATIONS

Aid station 1: KM 21 + KM 164

Aid station 2: KM 33 + KM 100

Aid station 3: KM 66 + KM 133

- **Drinks:** Gatorade Sports Drink blood orange flavor and water in sport bottles of 75cl
- **Energetic bars:** 226ers Race day bars *strawberry, black/dark chocolate, apple & cinnamon, banana & ginger*
- **Energetic gels:** Maurten Gels (*with or without caffeine*)
- **Bananas**



RUN AID STATIONS

Lap 1: KM 1.3 + 2.2 + 3.9 + 5.6 + 7.8 + 9.5

Lap 2: KM 11.7 + 12.6 + 14.3 + 16.0 + 18.2 + 19.9

Lap 3: KM 22.1 + 23.0 + 24.7 + 26.4 + 28.6 + 30.3

Lap 4: KM 32.6 + 33.4 + 35.1 + 36.8 + 39.0 + 40.8

- **Drinks:** Gatorade Sports Drink blood orange flavor, Water, Red Bull, Coca-Cola
- **Energetic bars:** 226ers Race day bars, 226ers *Gummy bars Cherry & Cola*
- **Energy gels:** Maurten Gels (*with or without caffeine*)
- **Bananas, oranges and salty products**

Drinks are served in cups.





RACE MORNING SCHEDULE

Plan your arrival at the venue and race morning flow according to the schedule below.

Be aware of road closures in the morning. All roads and traffic on Bike Course and Run Course closes already at 06.00.

See page 8 for information about parking, train-transport and suggestions for arrival.

GROUP	TRANSITION 1 OPEN + WHITE BAG DROP	WARM UP AREA OPEN	PRE-SWIM WAITING AREA OPEN	PRE-SWIM AREA OPEN	START TIMES
GROUP A RED swim caps Est. swim time: < 01:00	05.00 - 07.30	06.20 - 06.50	06.40 – 06.50	06.50 - 07.00	07.00
GROUP B ORANGE swim caps Est. swim time: 01:00-01:04	05.00 - 07.30	06.25 – 06.55	06.45 – 06.55	06.55 - 07.05	07.05
GROUP C BLUE swim caps Est. swim time: 01:04-01:08	05.00 - 07.30	06.35 - 07.05	06.55 - 07.05	07.05 - 07.15	07.10
GROUP D PINK swim caps Est. swim time: 01:09-01:12	05.00 - 07.30	06.40 - 07.10	07.00 - 07.10	07.10 – 07.20	07.15
GROUP E GREEN swim caps Est. swim time: 01:13-01:17	05.00 - 07.30	06.50 – 07.20	07.10 - 07.20	07.20 – 07.30	07.20
GROUP F PURPLE swim caps Est. swim time: 01:18-01:23	05.00 - 07.30	07.00 – 07.30	07.20 – 07.30	07.25 – 07.35	07.25
GROUP G WHITE swim caps Est. swim time: > 01:24	05.00 - 07.30	07.10 – 07.40	07.30 – 07.40	07.35 – 07.45	07.35

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SWIM

COURSE

The 3.8 km swim will take place in the lagoon at Amager Strandpark and is a one loop (counterclockwise). Swimming in confined waters, gives a calm swim with hardly any waves or current, and spectators are there to cheer you on along the entire swim.

SWIM START

In order to give you the best possible swim experience, this event will implement a rolling swim start for age group athletes. Age group athletes will enter the water in a continuous stream, 6 athletes every 6 seconds, through a controlled access point from 07.00. The swim start will be divided into 7 start groups, depending on expected swim time. Athletes choose their start group in registration, when you pick up start gear.

Volunteers will be in the staging area with signs and will assist with this process. Being as accurate as possible with your self-seeding within your swim starting group will make for the best swim.

Start time	Group	Swim cap colour
07.00	A	RED
07.05	B	ORANGE
07.10	C	BLUE
07.15	D	PINK
07.20	E	GREEN
07.25	F	PURPLE
07.35	G	WHITE

The timing chip will register each athlete's start time when they cross the timing mat at the swim entry ramp.

There will be optional warmup in the water prior to the start, but ONLY in the designated area (see map). If you want to use this option, make sure you do not spend too much time in the water to follow the flow for your designated group. See full time schedule for the designated swim start groups on page 32.

CUT OFF TIME

Each athlete will get 2 hours and 20 minutes to complete the swim course regardless of when they start the swim.

Any athlete who takes longer than 2 hour and 20 minutes to complete the swim will not be allowed to continue and will receive a DNF.

LOST CHIP

If you have forgotten your timing chip on race morning or loose it during the swim, you are able to get a new timing chip in the transition area (at race morning at swim start). Please contact an IRONMAN official, and they will issue a new chip. The swim cap must be worn throughout the swim. Should you be in any kind of need; lifeguards will be in the water to help you.



SWIM COURSE

1 loop
course distance - 3.8 km



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status 26.07.2023

subject to alterations



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- Paul, Seattle, WA

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ELEMNT RIVAL

wahoo

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 24.5°C. Wearing a wetsuit is prohibited when the water temperature is above 24.5°C and mandatory when the water temperature is below 16°C.

PROHIBITED WETSUIT: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

SWIMWEAR POLICY (non-wetsuit legal swims only)

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

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

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

All the rules can be found in the [IRONMAN Competition rules](#)

SWIM COURSE RULES

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- The wetsuit must not be removed before the transition zone (YELLOW card – 1 minute penalty).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other self-made markings are not allowed on the swim cap. You are permitted to wear a personal swim cap underneath the official swim cap.

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, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

2. RACE IN SHORTER EVENTS

Proper training is the best way to reduce anxiety. It's also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.

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, event athlete guide and pre-race communication to familiarize yourself with the course.

Keep in mind that everybody of water is different-educate yourself on water currents and surf conditions, if applicable. Study the event schedule to plan for optimal 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 and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

5. PAY ATTENTION TO WARNING SIGNS

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

6. DON'T USE NEW GEAR ON RACE DAY

Focus on controlling as many factors 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 an adequate warm-up prior to start. Spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race. It is also possible for some in-water warm up for 5 minutes just before entering "Pre-Swim Waiting Area".

8. CHECK OUT THE COURSE

Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.

9. START EASY – RELAX AND BREATHE

Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide. For events with a rolling swim start, don't overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide. Don't race at maximum effort from the start - ease into your swim.

Relax and focus on your breathing as you settle into a sustainable place.

10. BE ALERT AND ASK FOR HELP

In a race setting always stop at the first sign of a medical problem. The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim. If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat. Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don't use it to move forward, you won't face disqualification.

TRANSITION 1

TRANSITION FROM SWIM TO BIKE

When exiting the water, you will run to and enter the Transition Zone, where you will change to your biking apparel and get ready for the 180 km bike ride.

Right after entering the Transition zone, you must pick up your **BLUE BIKE BAG** with your bike gear from the designated bag rack. You then move forward to the changing area with benches and make your change. There are designated areas for athletes who need privacy while changing.

After completing your change, you will need to pack your wetsuit and other swim gear in the **BLUE BIKE BAG** and drop it in the numbered containers, placed after the changing area. The **BLUE BIKE BAG** can be picked up in T2 at Bike Check-out. Bike Check-out is open after the race at 16.00-00.00.

From here you will proceed to your bike and start the bike course.

Bike shoes must be clicked on the bike or in the blue bag. Do only start with shoes clicked on the bike if you're trained in getting your feet in shoes while on the bike. If your bike shoes are in the blue bag, they must be taken on at the changing area, before entering the bike area.

Remember to wear your bib number on the bike course, it must be visible from the back.

Please note that before removing the bike from its place at the bike rack, you need to have the chinstrap of your helmet securely fastened. The chinstrap must be always fastened when the athlete is in contact with the bike. Failure to do so may cause a penalty from one of the race marshals.

You must cross the bike mount line before mounting your bike. The line will be clearly marked and is located when exiting the Transition Zone.

Please note that there will be changing tents. You can use a poncho towel to change if you want too. Nudity is prohibited.



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BIKE

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COURSE

The Bike Course is 180 km with 2 loops, with a mix of city view, coastal line and countryside. You start at Amager Strandpark, do two loops in the northern part of Zealand, before entering Copenhagen city center and finishing at T2, which is located at the Danish National Bank. It is a course with a mix of long straights and rolling hills.

AID STATIONS

There will be 6 aid stations on the bike course:
KM 21 + KM 33 + KM 66 + KM 100 + KM 133 + KM 164

ELEVATION GAIN

+ : 1100 m
 - : 1070 m

MAIN DIFFICULTIES

- The Bike Course is a mix of rolling hills and long fast sections
- Take care when entering and leaving the two loops

CUT OFF TIME

SWIM + T1 + BIKE: 9h 30min

The bike course will close 9 hours and 30 minutes after the final athlete starts the swim. Each athlete will have 9 hours and 30 minutes to complete the swim, T1 and the bike course regardless of when they start the swim. Any athlete that takes longer than the above mentioned, will not be allowed to continue and will receive a DNF.

SAFTY FIRST

You must follow directions and instructions from race officials, race marshals, police and the National Guard officers. Failure to do so may cause disqualification from the race.

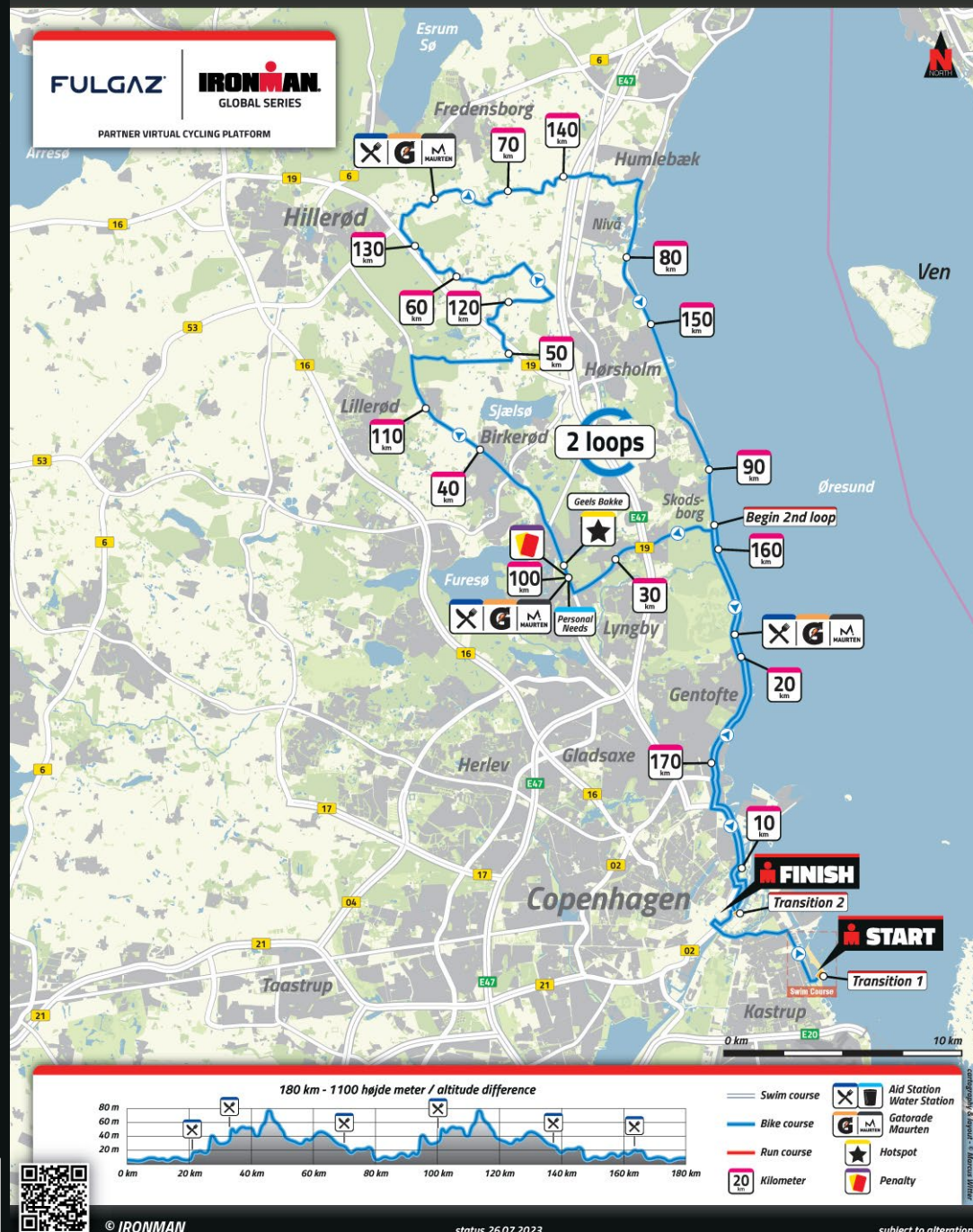
BIKE MEDICAL

If you need medical assistance on the Bike Course, paramedics on motorcycles will roam the Bike Course able to assist you. Contact an IRONMAN official in case you require medical assistance. At each of the Aid Stations, there will be a small first aid kit, able to aid minor injuries, such as scrapes and small cuts.

If you are involved in an accident with another person, e.g. another athlete, volunteers, spectators etc., be sure to remain at the location of the accident, until a member of the National Police Force is present.

QATAR
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COPENHAGEN

BIKE COURSE
2 loops
course distance - 180 km



BIKE TECH SUPPORT

There will be bike tech support roaming the course, which is able to assist you with your most basic mechanical needs. I.e. flat tire, broken cables etc. At each of the aid stations, you will find pumps, tubes and some basic tools. Please be aware that it is your own responsibility to carry extra tubes, tires, tools, etc. on your bike as you race. The bike techs and the tools at the aid stations are only there as an extra service, and is based on a first come, first serve practice.

The bike course is swept before the race, but we recommend using a solid racing tyre as you may come across flintstones.

SAG WAGON

There will be a Sag wagon on the bike course, able to pick you and your bike up, if you choose to withdraw from the race while on the FULGAZ Bike Course. Please approach an IRONMAN Official on course, and they will guide you to the nearest pick-up point. If you do not make the Course Cut-off, the SAG wagon will pick you up, wherever you are located on the course.

DROP OUT

If you decide to drop out, please inform a referee and only a referee.
Keep your timing chip for the check-out at T2 from 16.00 to 00.00.

LOST CHIP

If you lose or forget your chip during the bike leg, you need to get to the Penalty Tent in Transition 2 when you have finished your bike course. Here you will receive a new timing chip from the race marshalls.



BIKE RULES

Disc wheels are strictly forbidden on the front wheel but allowed on the rear wheel.

It is mandatory to obey traffic regulations.

Specificity of drafting: Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

Drafting is prohibited (blue card).

Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing.

Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).



BLUE CARD - BIKE

Blue card is used in case of drafting:



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

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

YELLOW CARD- BIKE

1 minute «stop & go» penalty. The athlete who receives this penalty must stop at the next upcoming penalty tent – either the one on the bike course or in transition 2. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

All the rules can be found in the IRONMAN Copenhagen 2023 regulations.

Completing in a triathlon event requires training on a bike. To be fully prepared, it's important that you arrive on event day healthy, fit, and equipped with the proper gear. Read on for an essential checklist to get you ready for any two-wheeled challenge.

1. IT STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly. Keep your bike clean and your chain lubed. Use front and rear lights when riding in low light conditions – this may be required by law in your area. Tires should be inflated to the recommended pressure.

2. LEARN THE BASICS

Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking. If you're unfamiliar with shifting gears, practice doing this in a low-traffic area. Practice riding a straight line, and cornering (right, left, U-turns).

3. SUIT UP

Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride. Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race. Choose clothing that is visible in low-light conditions.

4. BE PREPARED TO RIDE

Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. PLAN AHEAD

Always obey all traffic signals and signs. Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you. Select a ride distance appropriate to your fitness.

6. INFORM OTHERS

In the event of an incident, someone should know where you are riding. Always carry personal identification with you and emergency contact information. Carry a cell phone for emergencies.

7. STAY ALERT

Leave the playlists and podcasts for indoor workouts. Don't use your phone while riding – pull off the road if you need to make a call or send a text. Don't take photos and selfies while riding. Look at the road and the riders around you, not your bike computer. Be able to see and hear what is going on around you.

8. OBEY THE LAW

Always stop at stop signs and lights. Remember, cyclists have the same responsibilities as vehicles. Know the traffic laws for your area, especially those regarding riding two abreast or single file. Know where the vehicles are around you and anticipate that drivers may not see cyclists. When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9. COMMUNICATE

Use verbal and hand signals so others know if you are stopping or turning. Make eye contact with drivers and other cyclists. Watch for hazards in the road including potholes, debris, or water bottles. Visually and verbally communicate with the specific volunteer in the aid station you will be taking from, letting them know you are taking aid directly from them.

10. SAFETY FIRST

Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass. Your hands should always be able to get to the brakes quickly. Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.



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TRANSITION 2

TRANSITION FROM BIKE TO RUN

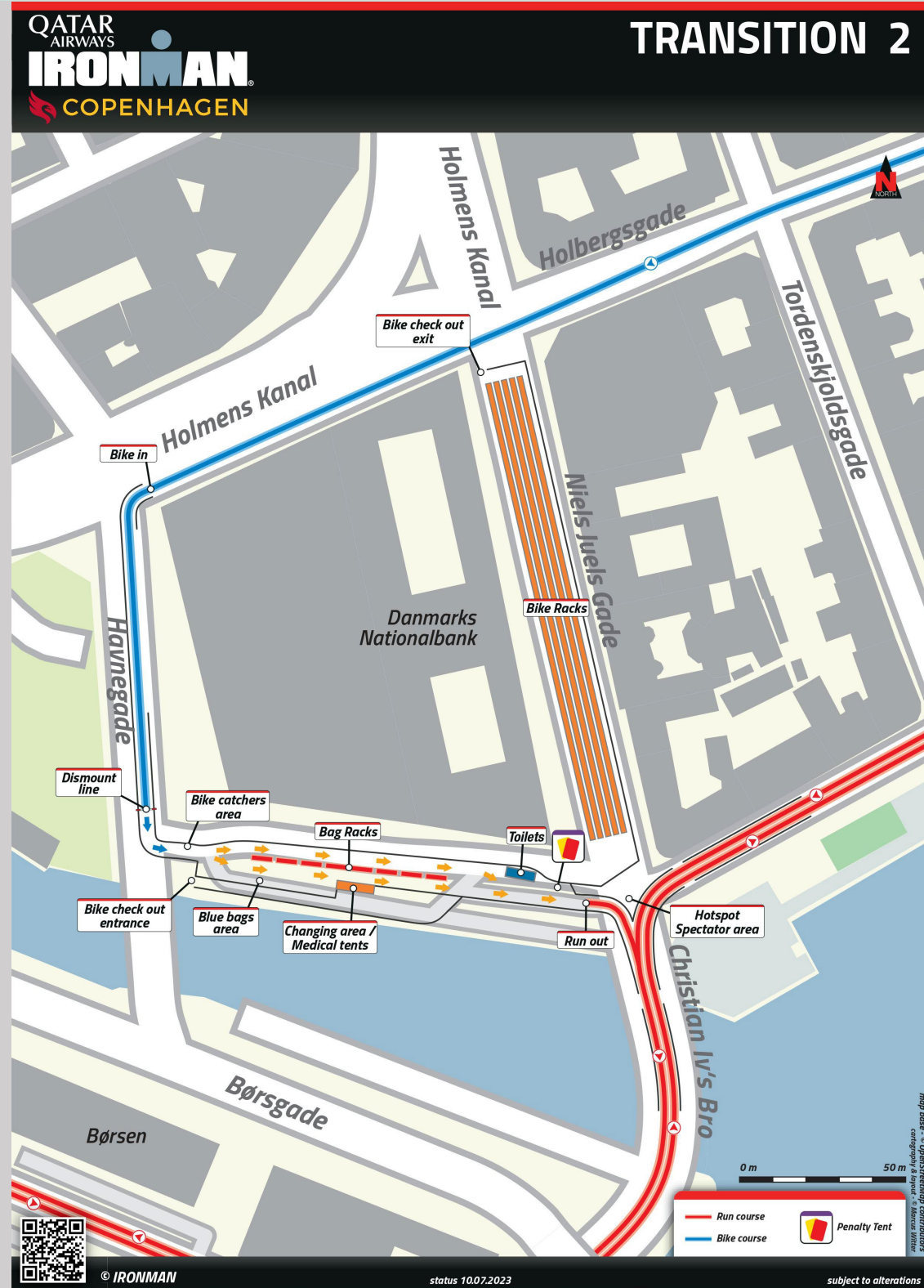
Heading into Transition 2, you will dismount your bike right before the bike dismount line. Volunteers will be standing by – ready to catch your bike. Please take your time to hand over your bike, so no accidents happen.

You will then run to the changing area and pick up your **RED RUN BAG** and sit down on the benches where you change into your running apparel, there are designated areas for athletes who needs privacy while changing.

You need to put all your bike gear into the bag, including your bike helmet. Bike shoes must either stay on the bike pedals (clicked) or be placed in the **RED RUN BAG**. After completing your change, you will need to pack your gear in the **RED RUN BAG** and then rack it back on the rack, in the same place you took it from (marked with your number). Then when ready, you head out of the transition zone and start the run course.

After finishing the race, your **BLUE BIKE BAG** and **RED RUN BAG** can be found in Transition Zone 2 and can be collected along with your bike between 16.00 – 00.00. You need to have your race number and timing chip with you to be able to check out your gear.

All race bags and bikes have to be picked up before 00.00 Sunday evening. IRONMAN Copenhagen is not responsible for bikes not picked up after 00.00.



RUN

COURSE

The IRONMAN Copenhagen run course is a 42,2 km run, with start from T2 at the Danish National Bank and finish at Christiansborg Palace Square. The 4-loop course is relatively flat with varying surfaces and winds its way through the beautiful city center. You will pass side by side with the beautiful and famous buildings and castles of Copenhagen. The statue of The Little Mermaid and The Queen of Denmark's castle 4 times.

AID STATIONS

Lap 1: KM 1.3 + 2.2 + 3.9 + 5.6 + 7.8 + 9.5

Lap 2: KM 11.7 + 12.6 + 14.3 + 16.0 + 18.2 + 19.9

Lap 3: KM 22.1 + 23.0 + 24.7 + 26.4 + 28.6 + 30.3

Lap 4: KM 32.6 + 33.4 + 35.1 + 36.8 + 39.0 + 40.8

Cups and gels should be thrown in the bins provided, not on the ground.
Athletes will be issued a RED card/DSQ if caught littering by a race official.

CUT OFF TIME

15h 45min : SWIM + T1 + BIKE + T2 + RUN

Each athlete will have 15 hours and 45 minutes to complete the entire course. Any athlete that takes longer than 15 hours and 45 minutes to complete the entire course and does not finish before the run course is closed will receive a DNF. Any athlete that takes longer than 15 hours and 45 minutes to complete the entire course but crosses the finish line before the run course is closed will receive a NC (Not Classified) in the race results and will not be eligible for age group awards or for World Championship slots.

DROP OUT

If you decide to drop out, please inform a referee and only a referee. Keep your timing chip for the check-out at T2 from 16.00-00.00.

RUN RULES

Athletes may run, walk, or crawl.
During the run you must at all times wear the race number visible on the front.

A shirt must be worn at all times during the run, and not zipped open beneath your breastbone.

Coaching is allowed only on the side of the race. It means that the coaches are not allowed to follow athletes directly on the course.

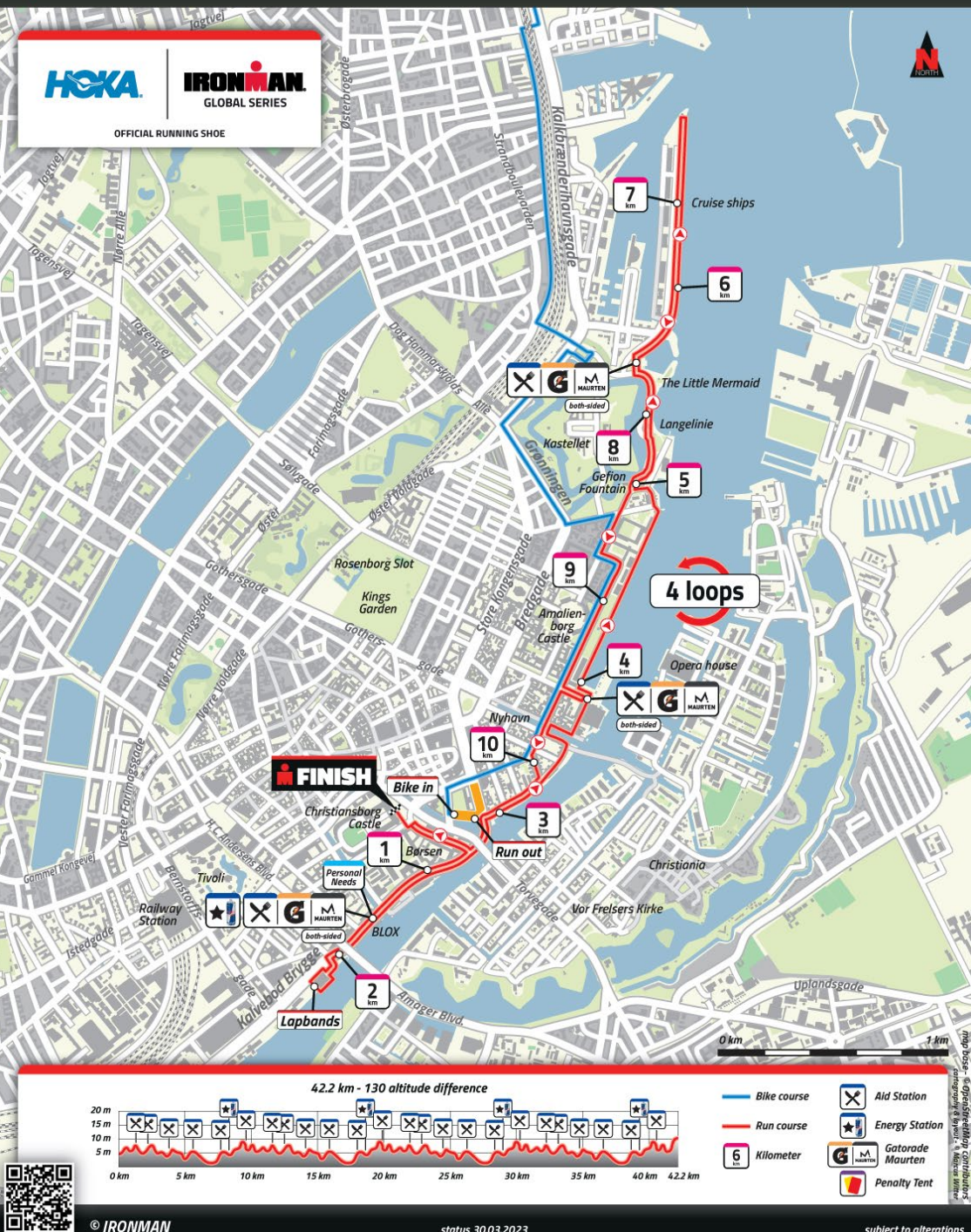
Athletes cannot accept help from anyone during the race.

YELLOW CARD - RUN

1 minute «stop & go» penalty. The athlete who receives this penalty must stop immediately upon receipt of the card. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race once the penalty has been carried out.

[GPX track >>> Click here](#)

QATAR
AIRWAYS
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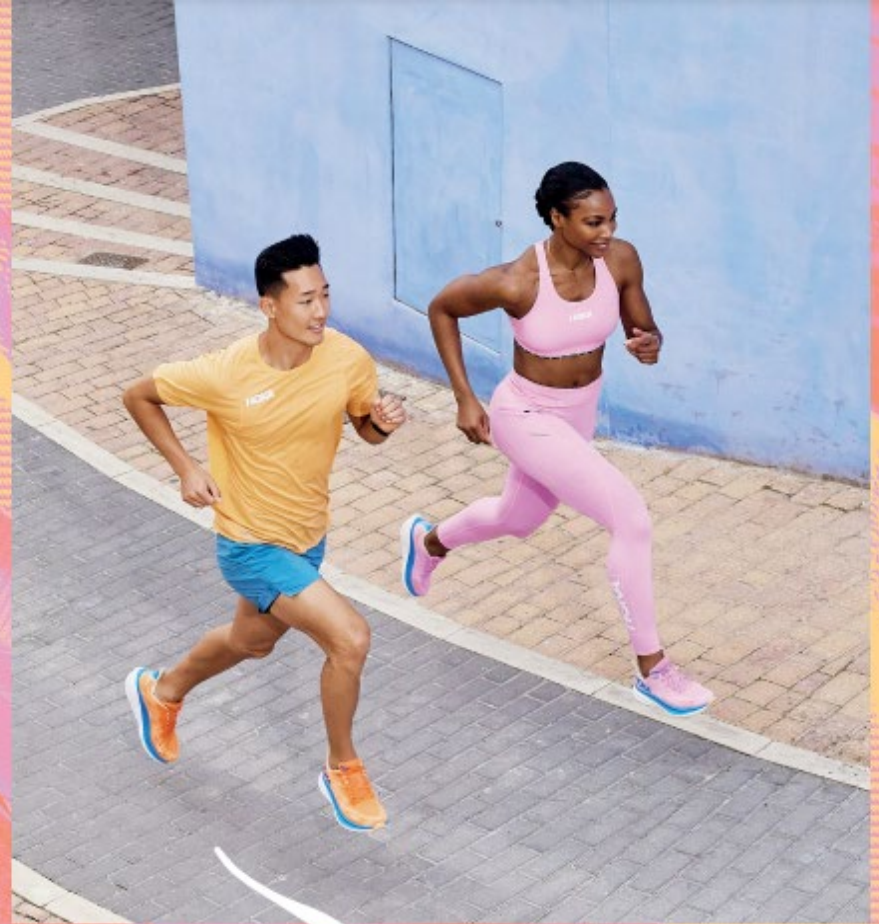


Don't try this on race day*



* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

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for the ultimate smooth ride



HOKA FLY HUMAN FLY

FINISH LINE

FINISH LINE PARTY

The moment we have all been waiting for, the last meters after 3.8 km swimming, 180 km bike ride and 42.2 km running.

Enjoy it, hear the crowd, feel all the emotions – this is your day! Be a crowd pleaser, pose for the cameras – it could be you in the headlines of the evening's television news or on the front cover of the race magazine next year!

Close to the Finish Line, put your bib on the front side. Zip your trisuits above the sternum.

You must cross the Finish Line alone. Fans, kids or pets are not allowed to cross the line due to safety measures.



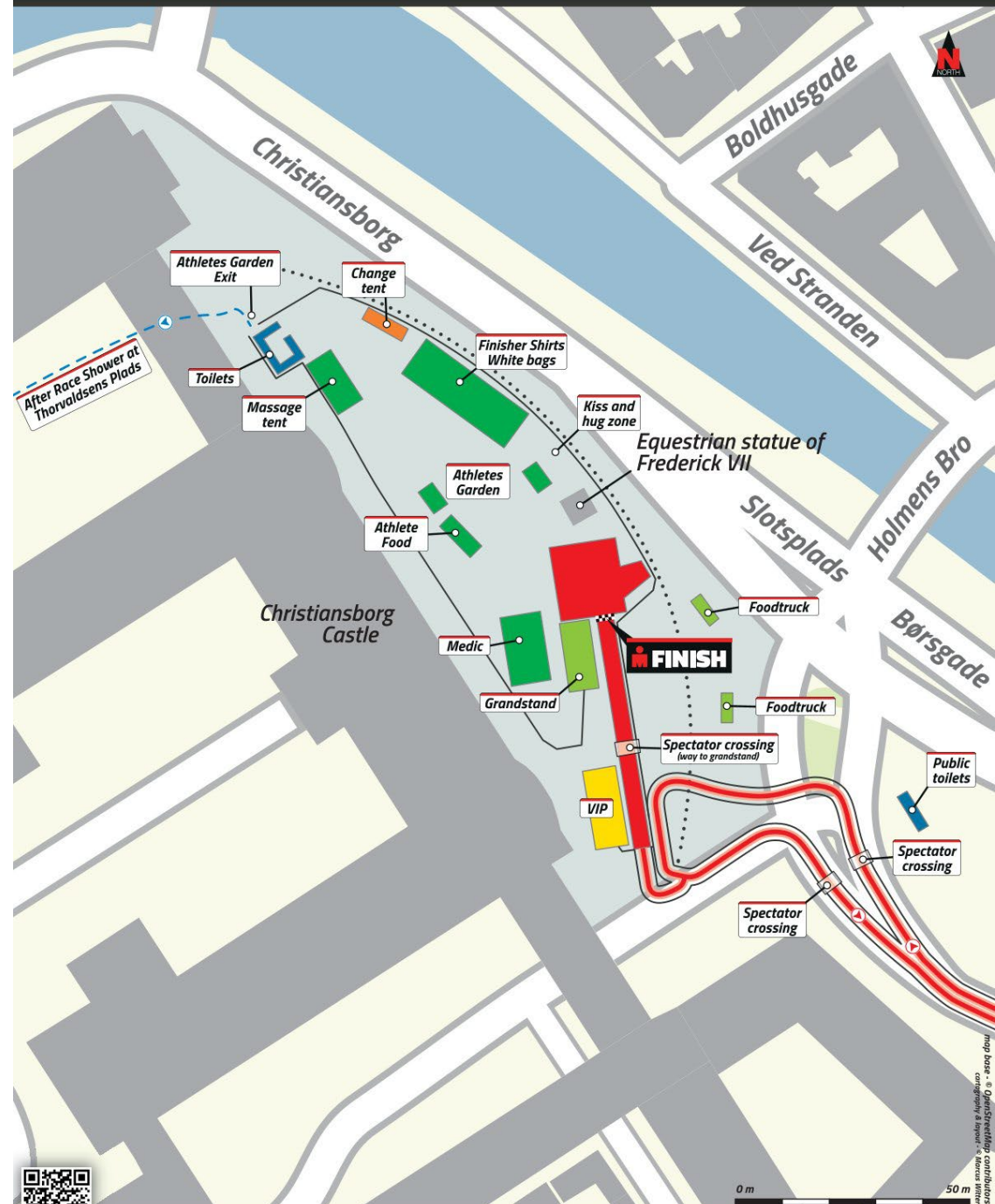
RING THE FIRST-TIMER BELL

If this is your **first IRONMAN**, then please help us celebrate your big accomplishment with you. Ring the "First-timer bell" located at the run-up near the Finish line and this will make the crowd cheer for you.

ATHLETES GARDEN

1. The medal will be given to you just after the Finish Arch.
Medal engraving is available in the After Finish Area.
2. Say hi to your relatives at the "Kiss and hug zone", and when you're ready, go into Athletes Garden, where you can find:
 - a) Your White Street Wear Bag
 - b) Your well-deserved Finisher Shirt
 - b) Massage
 - c) Post-race Burger & Banana cake
 - d) Changing area
 - e) Medal engraving

There will be showers available for all athletes after exiting the Athlete Garden. Turn left through the courtyard towards Thorvaldsens Plads (see blue dotted line on map).





WHY PLANT-BASED POST-RACE FOOD?

We know you know about global warming. In Denmark there is a big focus on being first-movers in sustainable initiatives. Events also have to be part of this journey.

Among other things; the transition bags are in Ocean Waste Plastic, the cups at aid stations are in bamboo, and the food we serve is plant-based. And no, that's not all IRONMAN does. On European and global level, a lots of initiatives have been implemented and are underway. From materials to transport.

As a new addition this year, we donate all leftover fruit and bananas from our aid stations, to a local Copenhagen based company: BANANA. They use these to produce irresistible banana cakes and ice cream for the Copenhagen crowd and you.

We know that not everyone wants to eat a plant-based burger when you finish an IRONMAN. But we have chosen to go together with Denmark's best plant-based food supplier, The Organic Boho. With experience from last year, and development throughout the year, together we have made the tastiest plant-based burger in the world.

This year you will also get a tasty banana cake from BANANA on the side. This is made from leftover bananas and will for certain treat your after-race sweet tooth.

By eating plant-based post-race food at IRONMAN Copenhagen, you are helping us help the environment and the city of Copenhagen towards becoming a part of a greener world.

We hope that you will enjoy the burger and banana cake!

Bon appetite.

BANANA



SUSTAINABILITY

FINISHER MEAL AND OTHERS

See previous page around finisher meal for why this event have chosen to have plant-based meal as a part of "doing something".

As well the transition bags are in ocean waste plastic. But overall, we can't change everything to be sustainable at once but do some part for now.

ON-SITE PRINTING

As a step towards a more environmental-friendly IRONMAN event, we are using on-site printing to reduce the use of paper. It also means faster registration for athletes and less waste of paper, a win for everyone. The whole IRONMAN Europe in 2022 saved 25 906 registration packages and 122 937 envelopes, which would otherwise have been waste after the events.

ADVICE

Please use public transport, shuttles offered by the organisation or soft transport such as cycling.

Encourage car-sharing to get to the event.

Take only the necessary quantities from the refreshment stands. Any leftover products will be distributed to a local association, so don't waste them.

Buy local food while travelling. The Copenhagen region is full of delicious food, so now is the time to enjoy it.



BIKE & GEAR CHECK-OUT

BIKE & GEAR CHECK-OUT – SUNDAY 20TH AUGUST

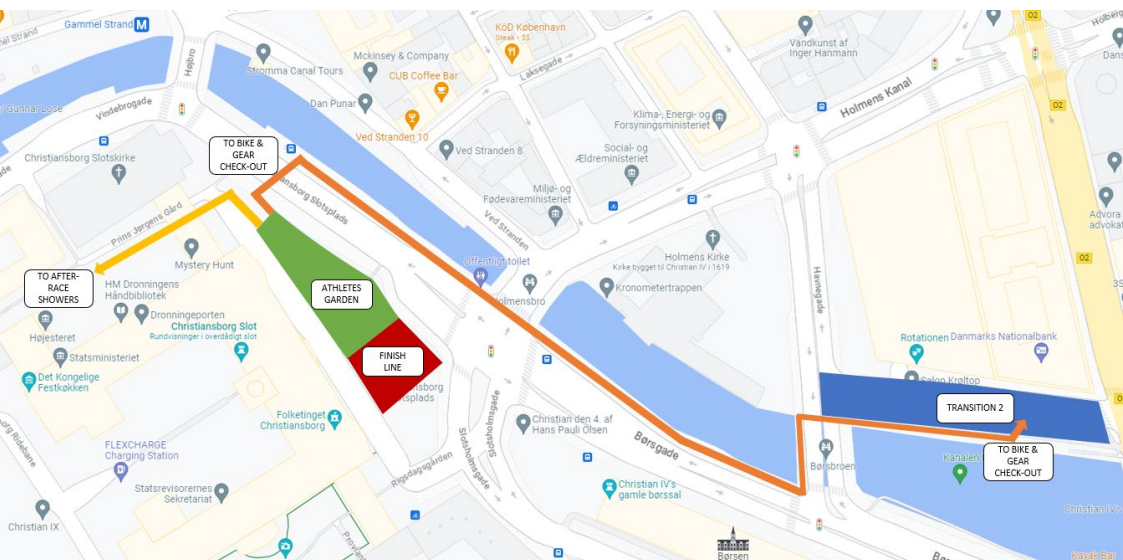
OPENING HOURS	DESCRIPTION	LOCATION
16.00 – 00.00	Check-out Bike and Transition bags	Transition 2, The Danish National Bank

Do not forget to keep your chip with you. You need it to get your gear and your bike back during the check out. **You must present your bib and athlete wristband at the check-out.**

HOW TO GET THERE

The Bike and Gear Check-out will take place in Transition 2 at the Danish National Bank. When you exit the finish line area and Athletes Garden, turn right and follow the road outside of Athletes Garden, south towards T1.

Follow the ORANGE line on the map to the Bike & Gear Check-out.



AWARDS CEREMONY

AWARDS CEREMONY - MONDAY 21ST AUGUST

OPENING HOURS	DESCRIPTION	LOCATION
10.00	Awards Ceremony	Next House Copenhagen, Bernstoffsgade 27, 1577København

- Trophy for the Top 3 of each age group category
- Trophy for the Top 3 TriClubs

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

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SLOT ALLOCATION

SLOT ALLOCATION - MONDAY 21ST AUGUST

OPENING HOURS	DESCRIPTION	LOCATION
10.00	Slot Allocation	Next House Copenhagen, Bernstoffsgade 27, 1577København

SLOT ALLOCATION

2023 IRONMAN Copenhagen will award slots for the VinFast IRONMAN World Championship in Kailua-Kona, Hawai`i , to be held on October 14, 2023 (women) and October 26, 2024 (men).

- **50 QUALIFYING SLOTS FOR WOMAN 2023**
- **20 QUALIFYING SLOTS FOR MEN 2024**

Please note, slot allocations are subject to change and may be verified, [here](#).

RULES

To accept a slot to the 2023 or 2024 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony and must be checked in at the entrance. No slot will be awarded afterwards.

Photo ID is required to be presented and credit card payment must be made at this point. We DO NOT accept cash or cheques.

The amount is 1400 USD + Hawaii GE tax (65.94 USD) + 62.16 USD Active fee

Shortly, you will receive a registration link from the World Championship Team. This must be complete for you to be a confirmed athlete; no additional payment will be required.

Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN World Championship. It is your responsibility to check travel requirements before accepting the slot.

HOW DOES THE AGE GROUP SLOT ALLOCATION WORK?

“Age Group” refers to a grouping of athlete peers based on their gender and age range. For example, ‘Male 25-29’ is one Age Group, and ‘Female 25-29’ is another. Your Age Group is determined by your age as of December 31st of the year of the event. For example, if you are Male and turn 25 in 2023, then your Age Group Category for any race in 2023 is M25 – 29.

THE SLOT ALLOCATION PROCESS: The following Slot Allocation Process will be conducted for each gender separately:

BEFORE RACE DAY

Each Age Group with registered athletes is tentatively allocated one slot each (an “Initially Allocated Slot”). All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.

ON RACE DAY

If there are no starters in an Age Group, then that Age Group’s Initially Allocated Slot is removed and pooled with the Proportionally Allocated Slot
The Proportionally Allocated Slots are then distributed among all Age Groups based on the number of starters in each Age Group. This allocation is based on the ratio of athletes in each Age Group within the gender, i.e., the more athletes in an Age Group, the more slot allocations they receive.

AFTER THE RACE

Before Roll Down

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

DURING ROLL DOWN

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots

OTHER INFORMATION

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any World Triathlon Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

PLEASE NOTE!
YOU NEED TO BE CHECKED IN BY A VOLUNTEER AT THE ENTRANCE TO THE CEREMONY TO BE ABLE TO CLAIM A SLOT.



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

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GLOBAL RECOGNITION



EXCLUSIVE BENEFITS



COMPETITIVE RANKING



INSPIRING COMMUNITY



LEARN MORE

VIEW BENEFITS AND LEARN MORE AT: [HTTPS://WWW.IRONMAN.COM/ALL-WORLD-ATHLETE](https://www.ironman.com/all-world-athlete)

SIDE EVENTS

5K HOKA FUN RUN

We're gathering for a cozy run. Guiding 5km around the lagoon of Amager Strandpark. If someone wants to run faster, they're welcome, but all levels are welcome.

Some partners will attend as well.

- Thursday August 17th 17.30
- For free! No sign up, just show up for a cozy evening run and time.
- Meeting point: At the blue HOKA tent outside IRONMAN Village. Look after the HOKA arch.
- Facebook Event: <https://www.facebook.com/events/689572972997951/?ref=newsfeed>



4:18:4 COPENHAGEN (MINI-TRIATHLON)

A mini-triathlon for all beginners and those who wants to challenge themselves on short-distances with 400m swim, 18km bike and 4km run.

- Friday August 18th 18.00
- DKK 525,00 (on Tier 1)
- For information and sign-up: <https://www.4184-danmark.com/>
- Facebook Event: <https://www.facebook.com/events/731441371935102>

LIVE INTERVIEWS

In IRONMAN Village there will be a stage and couches where you can sit and listen to informal interviews with professionals and other interesting athletes.

There is a guarantee that you can get some tips and tricks for the race, and other inspiring insights into the training and life. Exact program will follow on the Facebook event.

- Thursday August 17th 12.00-15.00
- Friday August 18th 12.00-15.00
- Facebook Event:

Thursday: <https://www.facebook.com/events/1986146415092155/?ref=newsfeed>

Friday: <https://www.facebook.com/events/201983779197439/?ref=newsfeed>

IRONKIDS

The IRONKIDS Copenhagen is a festive race for children aged 0 to 12. No ranking or timing on this event. **Only fun and pleasure.**

- Saturday August 19th 11.00-12.00
 - 09.00-10.50 Registration
 - 10.50 Gathered warm up
 - 11.00 Start for 0-3 years (300m)
 - 11.20 Start for 4-7 years (600m)
 - 11.35 Start for 8-12 years (1000m)

- Price: For free
- A parent needs to sign up the kid online.
- Meeting Point: Registration and event is outside of IRONMAN Village at Amager Strandpark
- Facebook event: <https://www.facebook.com/events/3565875423740149/?ref=newsfeed>
- Each kid get a start-number (BIB-number) before, and a medal after the race.

[REGISTER HERE](#)

IRONKIDS



SIDE EVENTS

MORNING YOGA

A yoga session at the beach next to IRONMAN Village. Just show up, bring a towel or mat and you are good to go.

Friday August 18th 10.00-11.00 & Saturday August 19th 10.00-11.00

- Join for free!
- Meeting point: At the beach next to the IRONMAN Village entrance
- Facebook Event:

Friday: <https://www.facebook.com/events/5810521689047246/?ref=newsfeed>

Saturday: <https://www.facebook.com/events/609968991275623/?ref=newsfeed>



SWIM PRACTICE & TIPS

Get tips and tricks for the swim course from an experienced swim coach, to get you tuned in before Sunday.

- Friday August 18th 14.00-15.00 & Saturday August 19th 10.00-11.00
- Join for free!
- Meeting point: At the beach next to the swim start.
- Facebook Event:

Friday: <https://www.facebook.com/events/952976955914822/?ref=newsfeed>

Saturday: <https://www.facebook.com/events/2324947794378619/?ref=newsfeed>

HEAD REFEREE'S MESSAGE

Henrik Bjørndal
IRONMAN Copenhagen
Head of referee

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 2023 IRONMAN Copenhagen Rules.

REMINDER OF PENALTIES

BLUE CARD

The athlete will be disqualified if he receives three BLUE CARD penalties. DRAFTING is the only violation that will result in a BLUE CARD violation and an athlete will incur a time penalty *(to be served in the next upcoming penalty tent, located at bike course or at the exit of the transition 2)*.

YELLOW CARD

YELLOW CARD violations (stop and go penalty) require an athlete to stop next to the referee on the Run course or at the next upcoming Penalty tent at the Bike course. It is the referee who starts the stopwatch, and who authorizes the athlete to start again on the race, once the penalty has been carried out. IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive YELLOW CARD violations.

RED CARD

An athlete receiving a red card will be immediately disqualified.

BLUE CARD

1 blue card: five-minute time penalty
2 blue cards: additional five-minute time penalty
3 blue cards : DSQ
Penalty served in first meet penalty tent on the bike course / transition
e.g. Drafting

YELLOW CARD

1 minute Stop and Go time penalty served next to the referee at the Run course or at the next upcoming Penalty tent at the Bike course
e.g. Blocking the progress of other athletes

RED CARD

Disqualification (DSQ)
e.g. Non-compliant material or equipment

ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

2023 Rules

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.

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

All the rules can be found in the IRONMAN Copenhagen 2023 regulations and the particularities of the race in this athlete guide.

IRONMAN COMPETITION RULES

IRONMAN Copenhagen will be sanctioned by the rules included in the IRONMAN 2023 Competition Rules. For more information regarding these rules, please visit the following webpage: [Competition Rules \(ironman.com\)](https://www.ironman.com/competition-rules)
The Danish Triathlon Federation will sanction and enforce the rules that are included in the IRONMAN 2023 Competition Rules.

Please inform your family, friends, coach and supporters that they are not allowed to accompany alongside you in the race, and that you are not allowed to receive any outside assistance. If this is not respected, you will be penalized.

For safety reasons it is vital that if an athlete drops out of the race at any time (especially before, during or after the swim) the athlete MUST inform a race official about this.

You are expected to follow directions and instructions from all race officials, race marshals and race management. Only race marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have ultimate and final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.

Fraud, theft, abusive treatment of volunteers or other acts of poor sportsmanship are grounds for immediate disqualification and will result in the athlete being suspended from any race in the IRONMAN series in the future.

MEDICAL

There will be medical assistance and facilities throughout the race. In the finish area medical staff will be ready to assist you after completing the race.

Competing in an IRONMAN race may cause serious damage to the body. Please bear in mind that the right hydration before and during the race can be vital for your success in the race. Remember that you race at own risk, and that the race organizers cannot be held responsible for any injury, damage - or in extreme cases, death - during the race.

This is a long-distance endurance event, so we advise all participants only to start the race if they have trained well, feel fit and don't have any physical problems – especially regarding the vital organs. If you have had problems with irregular heart rhythms in training, we would highly recommend that you see a specialist for a health check prior to the race.

ANTI DOPING

As a condition of participation in each IRONMAN and IRONMAN 70.3 events, all registered athletes are required to acknowledge and abide by IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing¹ and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency's anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

COMMON RULE, VIOLATIONS & PENALTIES

SUMMARY OF GENERAL COMPETITION RULES	PENALTIES	CARD
Public nudity or indecent exposure	DSQ	
Littering outside of the trash/rubbish drop zones	DSQ	
Using unsportsmanlike behavior	DSQ and potential suspension	
Failure to follow the prescribed course	DSQ	
Failure to wear a shirt or sport top during the bike or run	1 min Time penalty Stop-and-Go if remedied, DSQ if not remedied promptly	
Accepting assistance from anyone other than Race Referees, Race Officials or other Race participants in accordance with the Competition Rules	If it is possible to amend and return to the original situation then a 1 min Stop-and-Go Time Penalty will be assessed, If not: DSQ	
Giving another athlete a complete bike, frame, wheel(s), helmet, bike shoes, running shoes or any other item equipment which results in the donor athlete being unable to continue with their own Race	DSQ of both athletes	
Fraud by entering under an assumed name or age, falsifying an affidavit, or giving false information	DSQ and potential suspension	
Not stopping in the next penalty tent after being obliged to do so	DSQ	
Use of communication devices of any type, including but not limited to two-way radios, cell phones, smart watches, smart helmets, ... in any distractive manner during the race.	DSQ	
Use of any device that will distract the athlete from paying full attention to their surroundings, including but not limited to making and receiving phone calls, sending and receiving text messages, using social media, taking photographs, and using a device as a bike computer.	DSQ	

GOOD TO KNOW

ONE QUESTION?

Please send us a message on email to:
copenhagen@ironman.com.

LOST AND FOUND

During race week, lost and found items will be available **at Info Point**. After the race, we have the lost and found point at the finish line and at the prize ceremony and slot allocation.

Once the event is over, please contact copenhagen@ironman.com to find the missing items and arrange for their return. Shipping charges will apply.

**All unclaimed items will be donated within 30 days.*

SAFETY AND SECURITY

Athletes: Safety first, please do not take any unnecessary risks.

Be sure to give your emergency contact your bib and your Active account information.

Coaches: If an athlete is no longer visible on the tracker, it may only be a fault chip. In the event of an incident, the organization will reach out to the emergency contact directly.

If you are on site: You can go to the Medical Info Stand located in Athletes Garden, Hall 14 and around on the venue.

If you witness an **accident or health problem:**

Please contact +45 51 95 81 12 (medic coordinator)

When contacting our Security and emergency hotlines, please:

- *Keep calm*
- *Be specific about the information you provide*
- *Provide the athlete's bib number*
- *Indicate the exact location (e.g. the name of a marshal position), the reason for your call, the presence of witnesses*

HOW TO FOLLOW THE RACE?

GOING TO THE EVENT

The IRONMAN Copenhagen is a **big party** that will bring together thousands of athletes.

We invite you to come to the start at Amager Strandpark, to the finish at Christiansborg Palace Square, but also all along the SWIM and RUN course to encourage the athletes and live the IRONMAN atmosphere.

IRONMAN.COM

On the IRONMAN.com website, you will find all the essential details of the event as well as a link allowing you to access the LIVE race ranking, the position of your favorite athletes and other options.

IRONMAN TRACKER APP

The IRONMAN Copenhagen offers you real-time information and live results via the IRONMAN Tracker app.

Features include live participant tracking, instant notifications, leaderboards, map tracking, event notifications, event information and more!

- **Live Web Tracker:** See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace.
- **Live Leaderboard:** See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.
- **Live Map Tracking:** 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.

DOWNLOAD THE APP

FACEBOOK/INSTAGRAM

Make sure to follow us on our Social media pages: Facebook: IRONMAN Denmark (@IronmanDanmark) Instagram – ironmandenmark.





SPORTOGRAF

Sportograf is proud to be the official photographic service of the athletes at IRONMAN Copenhagen.

We will provide you with our «Foto-Flat» which includes all your amazing personal content from various prime locations along the course, as well as beautiful photographs of the scenic views and the race day in general.

Order your race images here: www.sportograf.com

If you have marked in your registration that you wish to see your race photos, you will receive a direct link from Sportograf around a week after the race.

HELP US TAKE YOUR BEST PHOTOS:

- Please be sure to keep your number visible in front of your HELMET to help us identify more of your photos.
- Check out our photo spots and smile for the camera - even if it hurts!
- Celebrate when you cross the finish line! Don't worry about stopping your watch, the timing company will ensure an accurate record of your achievement.

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



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IRONMAN HOTSPOT

EXPERIENCE IRONMAN COPENHAGEN AND THE FAMOUS GEELS BAKKE ATMOSPHERE

Geels Bakke is considered a beautiful gateway to Copenhagen, with its broad road and surrounded by forest on both sides.

All athletes ride up the hill two times, first time after 33 KM and second time after 100 KM.

This will give you a great opportunity to cheer and take part of the celebration with both the athletes and the other spectators. Up the hill there will be music, food and celebration for all.

So grap your family and friends – and go to Geels Bakke on Sunday, August 20th.

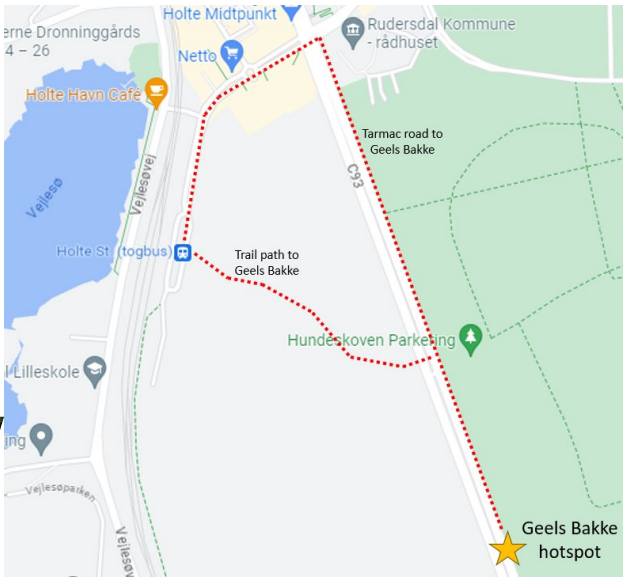
Facebook Event: <https://www.facebook.com/events/940249363710776/?ref=newsfeed>



FACTS ON GEELS BAKKE

Length: 575 m

Elevation: 20 m, 3,6-5,4 %



HOW TO GET THERE

The easiest way to arrive at Geels Bakke is by S-train.

Take line A towards Hillerød station. After 29 minutes you will arrive at the station. See departure times in the table.

After arriving at the train station there is two paths to Geels Bakke on foot. Follow the red dotted line showed on the map, either through the forrest or around the tarmac road.

Adress: Geels Bakke, Kongevejen, 2840 Holte

SEE YOU AT GEELS BAKKE!

S-train	Copenhagen Central station → Holte station	Holte station → Copenhagen Central station
Line A	Departure every 10 minutes at 03, 13, 23, 33, 43, 53	Departure every 10 minutes at 05, 15, 25, 35, 45, 55

HAVE A
GREAT RACE

