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WHERE

EVENTS

HAPPEN

MARGARET RIVER REGION

Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

Choose your dream adventure

- Wander further along the Busselton Jetty, the longest tourist jetty in the Southern Hemisphere.
- Recharge your spirit and try coasteering, stand up paddle boarding or horse riding.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and learn the stories of this region.
- Catch world class waves with over 130 km of coastline and 75 breaks to choose from - there's a wave here for everyone.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves – Jewel, Lake, Mammoth and Ngilgi.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.

Follow us at @WesternAustralla #WAtheDreamState



WESTERN AUSTRALIA

WESTERNAUSTRALIA.COM

WELCOME MESSAGES



On behalf of the City of Busselton, I extend a warm welcome to you, your family and friends. The City of Busselton is excited to again sponsor and host the 2023 GWM IRONMAN Western Australia in Busselton.

In its 19th year, this world-class event provides a wonderful opportunity to showcase the region's natural beauty, taking place on the iconic Busselton foreshore and Tuart forest.

The race will bring together athletes of all ages and abilities. 2023 IRONMAN Western Australia has qualifying slots for the 2024 VinFast IRONMAN World Championships. Coupled with Busselton being renowned for the place for a personal best, the competition is set to be fierce.

Don't forget to take advantage of direct flights between Melbourne and Busselton. Busselton Margaret River Airport is located 6.5km from the Busselton town centre.

Our wider region offers many other attractions. Known for its world-class craft breweries, wineries, beaches and surf breaks. Busselton, Dunsborough and Yallingup are friendly and bustling towns offering great relaxed dining and fantastic entertainment. Discover locally owned retailers with a diverse mix of clothes, gifts, books, gourmet produce and homewares.

Thank you to the hundreds of local volunteers, key partners, sponsors and event organisers who make this exceptional event the success that it is.

I wish you all a safe and memorable race.

Tony Nottle
Chief Executive Officer - City of Busselton



WELCOME MESSAGE FROM HON RITA SAFFIOTI MLA, DEPUTY PREMIER; MINISTER FOR TOURISM AND HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT

The Western Australian Government is a proud sponsor of the IRONMAN WA through Tourism WA's Regional Events Program.

The program enables the Government to support medium to large events in regional Western Australia to boost tourism and local jobs, increase community vibrancy and participation (including outside of the typical tourist season), and further develop regional areas.

It also plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique points of difference and diverse attractions, particularly through media coverage of events.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, through helping regional economies and communities to grow and thrive.

Events are a vital part of this plan, with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism Western Australia, to attract visitors and encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the dreamlike South West region.







A

RACE DIRECTOR MESSAGE



Welcome to GWM IRONMAN
Western Australia and to the spectacular
Busselton region, an outstanding event
destination and a favorite of the IRONMAN
Oceania team. We thank Tourism Western
Australia, the City of Busselton and GWM for
their continued support of this great event that
allows us to return to this spectacular location
again this year.

The 2023 edition of IRONMAN Western Australia is the 19th edition of the event, which debuted in 2004. The event will continue to include the IRONMAN 70.3 on the same day.

GWM IRONMAN Western Australia offers a great opportunity for those Athletes looking to qualify for the 2024 IRONMAN World Championships in Kailua-Kona, Hawaii or Nice, France, where there are 50 Female slots (Nice) and 20 Male spots (Kona) up for grabs.

After four successful years The ROKA Swim Course will remain in the 2-lap rolling Swim Start format along the Busselton Foreshore, athletes will need to leave the water, complete a short run on the sand and re-enter the water for their second lap.

The bike course this year will depart town via Marine Terrace to allow for a new finish line layout. The HOKA run course changes direction this year heading east to begin with four laps of the scenic Busselton foreshore and thanks to our title partner GWM there will be increased course entertainment for you to enjoy as you pass the famous Busselton Jetty.

This year see's the finish line relocating to the lawn in front of Shelter Brewing, with a beer garden, live entertainment, big screen, and lots of athletes achieving their dreams we invite the entire community to join in the fun.

We here at IRONMAN Oceania are continuing to take steps forward to be more sustainable. Working closely with the City of Busselton we hope to ensure the City and the Busselton Foreshore is kept in pristine condition post event. We ask all Athletes to assist us on this journey and ensure that you are discarding of rubbish in the appropriate manner and using the discard areas out on course at the Aid Stations.

Please ensure that you read the entire Athlete Information Guide before the race to ensure you have all the information you need for racing.

We wish all participants the best of luck and hope that you enjoy your time in Busselton and the South West region.

We look forward to seeing you all cross the Iconic Finish Line.



Kieran Burgess Race Director

RACE REFEREE MESSAGE



To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty tent, please observe the following:

- · Ride on the left side of the bike lane
- Crossing the Centreline do not cross the centreline at any time during the Cycle leg
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- · Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race, and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:

Blue card 5-minute penalties include:

- Drafting following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- · Illegal pass passing on the left
- Littering discarding items, e.g., tyres, bottles, gel wrappers etc., this applies on any part of the course, except within designated litter zones near aid stations
- Passing more than one athlete the athlete who
 is making the pass can only 'drop in' between
 other athletes if the distance between the
 athletes is more than the legal draft zone.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty tent.

Yellow card 30-second penalties to be served at the next penalty tent include:

- Blocking riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes
- Helmet failing to have your chin strap securely fastened when moving with your bike, this penalty will be served in transition

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:

- · Offensive and unsportsmanlike behaviour
- Public personal toilet
- Outside assistance (from anyone other than a race official)
- Use of a device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However, during the race, the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets

Disqualification Process

- A technical official will advise you of your disqualification by blowing a whistle, calling your number, advising you of the nature of the infringement and showing you a red card
- Having been disqualified you have the option to continue in the race and protest the disqualification to the Head Referee after you finish the race. Note that you must signal your intention to protest within 15 minutes of finishing and complete the protest paperwork within 30 minutes of finishing

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

We sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Sue Fairweather

Race Referee



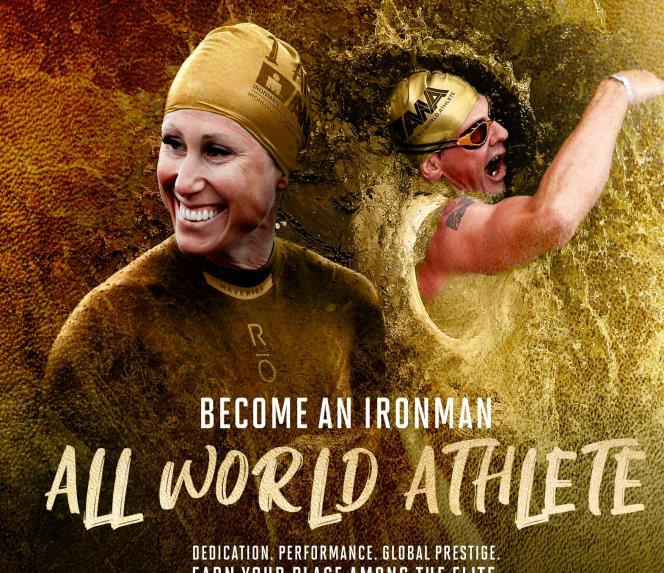


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ELEMNTRIVAL

wahoo



DEDICATION. PERFORMANCE. GLOBAL PRESTIGE. EARN YOUR PLACE AMONG THE ELITE.



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.

Are you ready to take your triathlon journey to new heights? Unleash your full potential and claim your place among the elite as an IRONMAN All World Athlete.



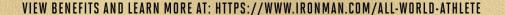






INSPIRING COMMUNITY







GOOD LUCK TRICLUBBERS

3D Triathlon Vietnam

4speed Triathlon Team

Adelaide Triathlon Club

Albany Triathlon Club

Albury Wodonga Triathlon Club

Allie Performance

Coaching

AMMJB Triathlon

Team

Armadale Triathlon

Club Inc

ASTRI MONT DORE

Auckland City Triathlon

Australian Chinese

Triathlon Inc

Australian Defence Triathlon Club

Azure TNQ

Balance Tri Club

Ballarat Triathlon Club

Ballina Triathlon Club

Balmoral Triathlon

Club

Bargara Triathlon Club

Bayside Multisport

Bayside Triathlon Club

Beckworth Racing

Benalla Triathlon Club

Big Sexy Racing LLC

Bintaro Trojan

Runners

Bondi Running & Triathlon Club Inc

(B.R.A.T)

Boost Coaching

Break Your Limits

Triathlon Club

Bunbury Triathlon Club

Burleigh Triathlon & Multisport Squad

Busselton Triathlon Club

Caerphilly Triers

Cairns Crocs Triathlon

Club

Caloundra Triathlon

Club Inc

Canberra Bilbys

Triathlon Club

Canterbury Triathlon

Club

Casey Cardinia

Triathlon Squad

Central Coast Triathlon

Central Florida Tri Club

CF Racing

City Tri Club (Inc)

CONTINGENT OF

AMATEUR TRIATHLETES

Coogee Triathlon Club

Coomealla Tri Club

Core4 Endurance

COS Coaching

Cronulla Triathlon Club

CUS Pro Patria Milano

Triathlon

CYCLING KAKIS

Darwin Triathlon Club

Dhakkan Athletes

Dinamic Multisport

Dubbo Triathlon Club

Dunedin Triathlon &

Multisport Club

East Coast Cycos

EFS Triathlon Club

Elevate Performance

Coaching

Elevate Tri Club

Eltham Tri And Open

Water Club

Embark

Energy Lab Triathlon

Engadine Triathlon

Club Inc

ERDINGER Active

TEAM

Esentai Triathlon

Exceed Triathlon Club

FC St. Pauli Radsport

Filipino International Triathletes (FiT)

FilOz Triathlon Club

Fingal Tri Club

FitSets.com

Fitter Radio Coffee

Club

Flow Endurance

FLOWITRI

FM TEAM

Fremantle Triathlon

Club

FUSION TRILIFE CLUB

gaertringer

Geraldton Tri Club

Go Getter Tri Squad

GoGetter Triathlon

Sauad

Goondiwindi Triathlon

Club Inc.

GPC Squad

Greensborough

Triathlon Club

HANOLTRIATHLON

CLUB

Hawthorn Triathlon

Club

Helix Triathlon

Hervey Bay Triathlon

Club Inc.

Hill Top Coaching

Hills Triathlon Club

Hong Kong Dragons Triathlon Club

Hurt Locker Tri

i4 Coaching

Imaniacz

IMark Sports Club

lpswich Triathlon Club

IRONGUATE

IRONRYAN

Jervis Bay Triathlon

Club Inc

JET Coaching

JT Multisport

Kalmar RC Triathlon

KGR

Knox Triathlon Club

Inc.

Koa Sports

Lakers Triathlon Club

Launceston Triathlon Club

Leichhardt &

Parramatta

Drummovne Triathlon

Club Inc (Lapd)

Live2Tri

M5 Acadamies

Macarthur Triathlon

Club

Maitland Triathlon

Club Inc

Mandurah Triathlon Club

Mayerick Athletic Club

Mavericks Coaching Alliance

Melbourne Triathlon

Club Inc

Melekon-Praetorian

Tri Team

Momentum Endurance

Coaching



GOOD LUCK TRICLUBBERS

Moore Performance

Multidimensional **Sports Coaching**

MyProCoach

Newcastle Triathlon Club

Noosa Tri Club

North Coast Triathlon

Club

North Harbour Triathlon Club

NQ Triathlon Academy

Nunawading Triathlon

Club

NVDM Coaching

Oceanic Triathlon Club

On Course Triathlon

Orange Cycle And Triathlon Club

OSK TRI Team

Thailand

Panthers Triathlon Club

PB3

PEDALOHAWKS

Performance Triathlon Coaching

Perth Hills Triathlon

Club

Perth Triathlon Club

Perth Triathlon Club

(Aus)

Phoenix Triathlon Club

WA

Port Macquarie

Triathlon Club

Powins Racing Team

Precision Race Team

Pursue Multisport

Pursue Multisports

RadStrong Tri

RAF Triathlon

Ratpack Multisport Inc

RC Coaching

RCBT

ReadyToTri

Red Dog Triathlon

Training

Redcliffe Tri Club

Redlands Cycling and

Multisport Club

Reed Perfromance

Group

Rockingham Triathlon

Club

S.A. Emergency

Services Triathlon Club

(Triple Zero)

Sansego Triathlon Club

Scarab Tri

Shepparton Tri Club

Simon Knowles

SKL

Somerset RC Tri

Somerset Spartans

Triathlon Club

South Bank Triathlon

Club

SouthPlus Multisport

Spaero Triathlon

SQUAD TAKUYA

SSG MultiSports

Stadium Triathlon Club

Standing Start

Triathlon

Sunshine Coast Tri

Club

Sunshine Coast

Triathlon Academy

SCTA

Sydney Triathlon Group

T:Zero Multisport

Tadonamo Triathlete

Team Carling

Team Next Stage

Team Pacer Rider

Team SL

Team T Rex

Team XTR

TEH Swimmers

TeraiMelayuSG

The Cupcake Carte

THE NETWORK

The STP Collective

Tianjin Triathlon Club

To The Start Line Tomaree Triathlon

Club

Toowoomba Triathlon

Club Inc

Townsville Tri Club

TRG Triathlon and

Multisport

Tri Alliance

Tri Logic Cornwall

Tri Nation

Tri-ActiV8 Triathlon

Squad

Tri-Anglia

Trianorte

TRIATHLON BUDDIES

Triathlon in Tokyo

Triathlon Oberwallis

Triathlon Tauranga

Tribe Triathlon Team Greece

TRICATORS

TriDorphins Elite

TriDubai

TriEdge Coaching

Trikings Triathlon Club

TRIMAC COACHING

TriMob

TriMotivate

Performance Coaching

Trinergy

Tri-Sport Taupo

Trisutto

TriVelo Coaching

Tuggeranong Vikings

Triathlon Club

Tulsa Area Triathletes

Tweed Valley Triathletes Inc

University of Western

Australia Tri Club

(UWA)

UQ TRIADS

VanGang

Vietnam Triathlon Club

Vipers Triathlon Club

VOLTAN - VOLT Your

Cycling Companion

Wagga Triathlon Club

Warringah Triathlon Club

Wellington Triathlon

Club (NZ)

Western Suburbs

Triathlon Club (WSTC) Wilston Grange

Triathlon Club

Wyn Republic

Yarra Tri Club

Yoska Tri A New Life

RACE RULES



The event is sanctioned by Aus Triathlon and race under <u>IRONMAN Race Rules</u>.

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

RACE FINISH, TIMING, AND RESULTS

Section 2.05

- (e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:
- (i) Did not start ("DNS") Enters an Event but fails to start;
- (ii) Disqualified ("DSQ") Starts an Event and was disqualified;
- (iii) Did not finish ("DNF") Starts an Event but fails to cross the finish line, or crosses the finish line after the course closes; and
- (iv) Not classified ("NC") Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

SWIM

Section 4.01 General

- (c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)
- (g) Individual paddlers or escorts are prohibited; (DSQ)

Section 4.02 Wetsuit Rules

- (c) A wetsuit may cover any part of the body except the face, hands, or feet;
- (e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

- (a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC/ID Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)
- (c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;
- (h) Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the cycling segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly); and

RUN

Section 6.01 General

- (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 in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete's final race time);
- (d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

RACE RULES



FINISH LINE

Section 6.03 Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

PROTESTS

Section 3.06 Right of Protest or Appeal

(a) The Athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body and/or the Competition Rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the to the process set forth by the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the Athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each Athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



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Event Schedule is up to date as at 20/10/2023 and is subject to change. View the Event Schedule <u>online</u> and on the <u>IRONMAN Oceania App</u> for the most up to date.

THURSDAY 30 NOVEMBER 2023		
Time	Event	Location
10:00am – 4:00pm	Event Information Open	Foreshore Events Lawn
10:00am – 4:00pm	IRONKIDS Check-In Open	Foreshore Events Lawn
10:00am – 4:00pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
10:00am – 4:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
10:00am – 4:00pm	Athlete Check-In Open (Must be pre-booked)	Foreshore Events Lawn
10:00am – 4:00pm	Become One Activation Open	Foreshore Events Lawn

FRIDAY 1 DECEMBER 2023		
Time	Event	Location
6:00am – 8:00am	Practice Swim	Busselton Jetty Foreshore
6:30am – 7:30am	Women For Tri Practice Swim	Busselton Jetty Foreshore
7:30am – 8:30am	Legends Breakfast *Invite Only*	The Goose
8:00am – 10:00am	Women For Tri Morning Tea	Shelter Brewing Co.
10:00am – 6:00pm	Event Information Open	Foreshore Events Lawn
10:00am – 6:00pm	IRONKIDS Check-In Open	Foreshore Events Lawn
10:00am – 6:00pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
10:00am – 6:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
10:00am – 6:00pm	Athlete Check-In Open (Must be pre-booked)	Foreshore Events Lawn
10:00am – 6:00pm	Become One Activation Open	Foreshore Events Lawn
11:30am – 12:30pm	Final Race Director Update/Q&A	Busselton Foreshore Amphitheatre
2:00pm	GWM IRONMAN Western Australia Pro Panel	Busselton Foreshore Amphitheatre



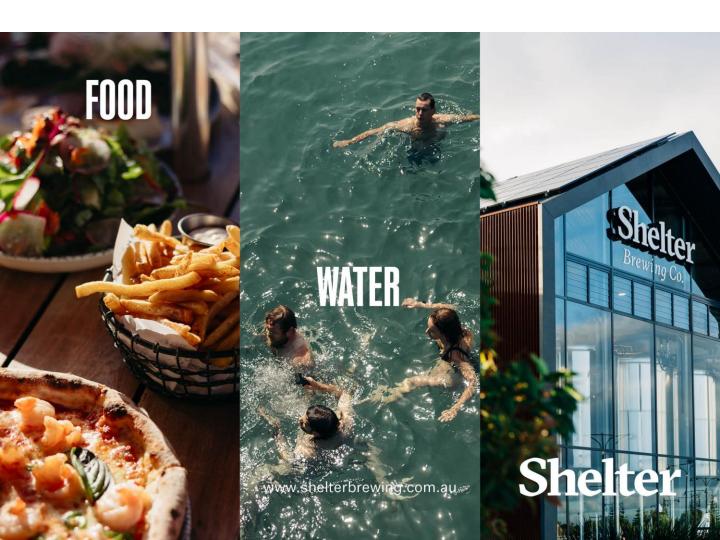
SATURDAY 2 DECEMBER 2023		
Time	Event	Location
6:00am – 8:00am	Practice Swim	Busselton Jetty Foreshore
7:00am – 8:15am	IRONKIDS Check-In Open	Information, Foreshore Events Lawn
7:00am – 8:15am	IRONKIDS Bike Racking Open	Transition, Signal Park
8:30am	IRONKIDS Race Start	Busselton Foreshore
9:30am* approx.	IRONKIDS Random Prize Draw	Shelter Brewing Co. Lawn
9:00am – 4:00pm	Event Information Open	Foreshore Events Lawn
9:00am – 4:00pm	Official Merchandise Store Open	Foreshore Events Lawn
9:00am – 4:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
10:00am – 3:00pm	Athlete Check-In Open (Must be pre-booked) Note: Last Chance to Check-In – you must Check-In by 3:00pm TODAY	Foreshore Events Lawn
10:00am – 3:00pm	Become One Activation Open	Foreshore Events Lawn
11:00am – 4:00pm	Compulsory Bike Racking & Transition Bag Drop Off GWM IRONMAN Western Australia Athletes (Must be pre-booked)	Transition, Signal Park
11:30am	GWM IRONMAN Western Australia Transition Tour	Transition, Signal Park
1:00pm	GWM IRONMAN Western Australia Transition Tour	Transition, Signal Park
3:00pm	GWM IRONMAN Western Australia Transition Tour	Transition, Signal Park



	SUNDAY 3 DECEMBER 20	23
Time	Event	Location
4:15am – 6:30am	Transition Open & Compulsory Helmet Check – GWM IRONMAN Western Australia Athletes	Transition, Signal Park
4:15am – 6:30am	Street Gear Bag Drop Off – GWM IRONMAN Western Australia Athletes	Transition, Signal Park
4:15am – 6:30am	Personal Needs Bag Drop Off – GWM IRONMAN Western Australia Athletes Only	Exit of Transition, Signal Park
4:15am – 11:00pm	Event Information Open	Shelter Brewing Co. Lawn
6:45am	GWM IRONMAN Western Australia Pro Male Race Start	Busselton Foreshore
6:47am	GWM IRONMAN Western Australia Pro Female Start	Busselton Foreshore
6:48am	GWM IRONMAN Western Australia Physically Challenged/ Intellectual Disability open Race Start	Busselton Foreshore
6:55am	GWM IRONMAN Western Australia Rolling Race Start	Busselton Foreshore
9:00am – 5:00pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
9:00am – 4:00pm	Sport & Lifestyle Expo Open	Foreshore Events Lawn
9:00am – 12:30am	Street Gear Bag Area Open	Recovery, IRONMAN Finish Line
2:45pm* Approx	First GWM IRONMAN Western Australia Pro Male Finisher Expected	IRONMAN Finish Line, Shelter Brewing Co. Lawn
3:50pm* Approx	Fist GWM IRONMAN Western Australia Pro Female Finisher Expected	IRONMAN Finish Line, Shelter Brewing Co. Lawn
6:00pm – 10:30pm	Bike Collection GWM IRONMAN Western Australia Athletes	Transition, Signal Park
6:00pm – 10:30pm	Bike & Run Transition Bag Collection GWM IRONMAN Western Australia Athletes (Note: Personal Needs bags will only be available Monday for collection)	Transition, Signal Park
12:30am* approx.	Expected last finisher/Race closes	IRONMAN Finish Line, Shelter Brewing Co. Lawn



MONDAY 3 DECEMBER 2023		
Time	Event	Location
8:00am – 2:0pm	Official IRONMAN Merchandise Store Open	Foreshore Events Lawn
7:00am – 10:00am	Bike & Run Transition Bags & Personal Needs Bags Collection GWM IRONMAN Western Australia Athletes	Transition, Westport Park
7:00am – 10:00am	Bike Collection GWM IRONMAN Western Australia Athletes	Transition, Westport Park
8:00am – 12:00pm	Event Information Open	Shelter Brewing Co. Lawn
10:30am	Official Results & 2024 VINFAST IRONMAN World Championship Qualifying Slots Posting	Busselton Foreshore Amphitheatre
11:00am – 5:00pm	GWM IRONMAN Western Australia Post Event Celebration	Busselton Foreshore Amphitheatre
11:30am – 1:15pm	2024 VINFAST IRONMAN World Championship Roll Down Ceremonies	Busselton Foreshore Amphitheatre
1:30pm – 3:00pm	GWM IRONMAN Western Australia Athlete Presentations	Busselton Foreshore Amphitheatre



ATHLETE CHECK LIST



PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with Event Schedule (know all check- in/drop off times).
- ☐ Pre-book massage (see pages 22-23).
- □ Pack photo ID in your luggage.
- ☐ Familiarise yourself with the course it is your responsibility to know this on race day.
- Check athlete list on event app. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via 1300 761 384 or westernaustralia@ironman.com

ONCE I ARRIVE (PRE RACE)

- ☐ Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
- ☐ Familiarise yourself with road closures.
- ☐ Check-In and collect race kit.
- □ Rack bike and drop off transition bags (see pages 26-27 for suggested items in your transition bags).
- Attend official practice swim during designated times.
- Pack items for race day.

RACE DAY

- ☐ Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.
- ☐ Enter Transition for last minute checks & drop off bike pump (if relevant).
- ☐ Drop off street gear bag (if relevant).
- ☐ Drop off personal needs bags (if relevant).
- ☐ Start the race be at the start line at least 15 minutes prior.
- ☐ Finish the race.
- Receive your medal.
- ☐ Grab your finisher towel.
- Collect your finisher shirt.
- Recover.
- ☐ Collect your items transition bags, personal needs bags (available Monday only), street gear bag, bike pump, bike.

POST RACE

- □ Have your medal engraved at the Official IRONMAN Merchandise Tent.
- ☐ Attend World Championship Roll Down, presentations & after party.
- Upload your #medalmonday photo on your social media.

IRONMAN WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- ☐ Bring photo ID.
- □ Bring your physical credit card (no apple pay etc accepted). See page 54
- ☐ Bring friends and family to celebrate.







RACE KIT





RACE KIT COLOURS

Black - Professional male

Silver - Professional female

Gold - Legends

Black and White - Age group athletes

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

Note: Timing Chips are to be collected during bike racking. For more information see pages 22

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.

NO WRISTBAND = NO ACCESS.

3. TATTOOS

Number Tattoo - Right bicep or forearm if tri-suit

has sleeves.

Category Tattoo - Left calf

Application:

Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

4. SWIM CAP

Provided ROKA swim cap must be worn during swim leg. If wearing another cap, the official cap must be worn on top.

Swim caps are latex – please contact event team if you have a latex allergy.

5. TRANSITION BAGS

Use bag supplied and attach relevant sticker. Includes equipment and items required for the race. Must be handed in on Saturday during bike racking.

6. STREET GEAR BAG

Place items required for post race (collected in the recovery area at finish line). Drop off race morning. Must use bag supplied.

7. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

8. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

9. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

10. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your street gear bag and stick securely onto the back of itself.

11. PERSONAL NEEDS STICKERS

Remove sticker from backing sheet wrap the label around the handle of your personal needs bag and stick securely back onto itself. Place corresponding coloured sticker to personal needs bag.

12. BIKE TRANSITION BAG

Remove sticker from backing sheet and place on handles of bike bag.

13. RUN TRANSITION BAG

Remove sticker from backing sheet and place on handles of run bag.

14. RESTAURANT VOUCHER

\$35 voucher can be used at participating restaurants outlined on the event website.



×



RESS PORT SOCKS

COMPRE

RACING V4.0





VENTILATION



PROTECTION



SUPPORT



*LIBÈRE TOUT TON POTENTIEL



OFFICIAL COMPRES

PRE RACE INFORMATION



VENUE



ATHLETE CHECK-IN

See pages 14-17 for time and location.

All packs will need to be collected during Athlete Check-In opening hours. Please note, no packs will be posted out prior to the event.

What you will need to bring:

Photo ID (driver's licence or passport).

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

WEIGH-IN

All athletes are required to complete the compulsory weigh-in process at Check-In. This record is critical for the medical response team to assist with the correct treatment if required.

TIMING CHIP

Pick Up: Upon exit during bike racking

Hot Tip: Place the timing chip somewhere safe after collection, eg with your helmet.

Drop Off: Timing chips will be collected after the finish arch and prior to entering Recovery.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.

PRE RACE INFORMATION



MASSAGE

Massage will be available for athletes post event at the Recovery marquee.

For any pre-race massage or postrace day massage, please refer to our Massage Services Directory to find and book in with a local massage therapist, on our <u>website</u> here.

BIKE MECHANICS

Thursday, Friday and Saturday bike mechanics from Bike Dr will be available to offer minor mechanic services. This is a paid service.

A limited 'emergency service' will be available on race morning at transition for all athletes.

See Bike Course information on page 49 or on course support.

FINAL RACE DIRECTOR UPDATE AND Q & A

The Final Race Director Update and Q & A is your opportunity to ask any last-minute questions and it's a great opportunity for both seasoned triathletes or first timers.

View the Event Schedule (pages 14-17) for times and location.

PRF RACE TRAINING

Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore we ask you to be cautious at all times and courteous to the local community.

Swim: The swim is an open water ocean swim. Please take time to familiarise yourself with the swim course prior to your race start.

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast.

PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions).

CHANGED TRAFFIC CONDITITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day. Scan QR code to learn more about changed traffic conditions.





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.

PRE RACE INFORMATION



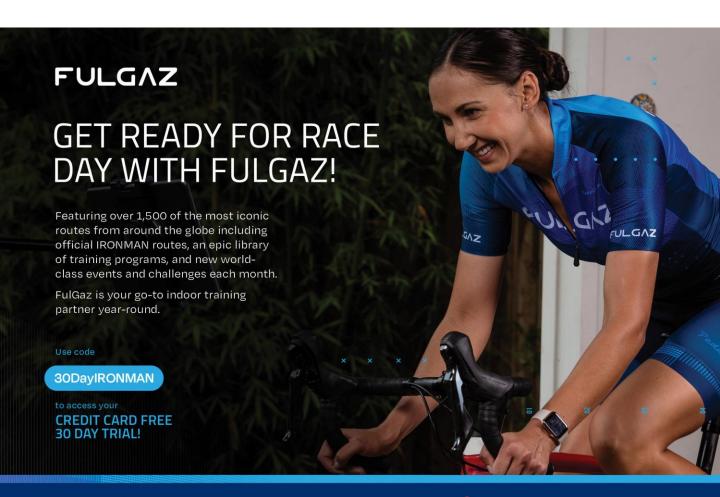
SHUTTLE BUSES

This year a shuttle bus service will be provided by Gannaways Charters & Tours for race weekend only, operating between Busselton and Dunsborough.

Shuttle buses are available to spectators and athletes.

Please follow this link: https://events.humanitix.com/ironman-event-shuttle-service to find out more about what shuttle services are available.

Please note that bikes will not be accepted onto this service.

















BAG DROP / COLLECTION



STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at recovery. You must use the IRONMAN drawstring bag provided to you during athlete check-in as your street gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (provided in your race kit) clearly stuck to the bottom of the handle.

Bag drop will be open race morning between transition and the start line, it will then be transported to the finish line, to be collected from the recovery tent.

Examples of items to Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear
- Please refrain from placing any valuables in your bag where possible.

PERSONAL NEEDS BAGS

Bag contents: Personal needs bags are used for special items required during the race, either nutritional or clothing items (eg extra pair of socks or light weight jacket). Please note the items will need to be able to fit within the bag dimensions. No valuable items should be placed within the personal needs bags.

How to purchase Personal Needs Bags:

IRONMAN branded bags can be pre-purchased online through your <u>Active Portal</u> or onsite at Athlete Check-In. Collection of the pre-purchased bags will be at Athlete Check-In. <u>Alternatively</u>, you can bring your own reusable bag (no larger than 20cm x 20cm).

Bag dimensions:15cm (H) x 19cm (W) x 15cm (D)

BIKE AND RUN TRANSITION BAGS

Bike and run transition bags contain items an athlete requires during the race. Any items required during for the race that cannot be attached to your bike must be placed within the relevant bag.

Your transition bags will be located within the change tent located in transition and are able to be accessed during the transition process. See pages 30-31 for transition process.

Drop off/collection: Dropped off during bike racking, collected with bike. Refer to <u>pages 26-27</u> for more details

Note: No access to transition bags on race morning.

Handy tip: Remember **blue bike** (blue bike transition Bag) and **red run** (red run transition bag).

Suggested Transition Bag Items Include:

Bike Transition Bag	Run Transition Bag
Bike shoes (or on	Running shoes
bike)	(compulsory)
Sunglasses	Race bib number
Surigiasses	(compulsory)
Socks	Sunglasses
Change of clothes	Hat/visor
Nutrition and fluids (or on bike)	Socks
Towel	Change of clothes
	Nutrition and fluids

BAG DROP / COLLECTION



	DROP OFF BEFORE RACE DAY
BIKE TRANSITION	Drop off at transition change tent (Signal Park) Saturday 2 December, 11:00am – 4:00pm
BAG	During race Collect your bag from your numbered hook in T1.
Swim to Bike	Remove your bike gear and place all swim gear into Blue Bike Transition Bag inside changing tent. Hand to volunteers on exit.
	Collect from Signal Park Sunday 3 Dec, 6:00pm – 10:30pm Monday 4 Dec, 7:00am – 10:00am
RUN TRANSITION	Drop off at transition change tent (Signal Park) Saturday 2 December, 11:00am – 4:00pm
BAG	During race Collect your bag from your numbered hook in T2
Bike to Run	Remove your run gear and place all bike gear into Red Run Transition Bag inside the change tent. Hand to volunteers on exit.
	Collect from Signal Park
	Sunday 3 Dec, 6:00pm – 10:30pm
	Monday 4 Dec, 7:00am – 10:00am

	DROP OFF RACE MORNING
STREET GEAR BAG	Drop into street gear bag truck (Signal Park) Sunday 3 Dec, 4:15am – 6:30am
	Street gear bag will meet you at the finish line in recovery.
	Collect immediately post-race from recovery area There is no access during race after exiting recovery.
PERSONAL NEEDS BAGS (if required)	Drop at Personal Needs truck (Signal Park) Sunday 3 Dec, 4:15am – 6:30am
	Blue: Bike Personal Needs - Marine Tce, 0.8KM & 90.8KM available lap 1 & 2
	Red: Run Personal Needs – Barnard Park, 0.9KM, 11.3KM, 21.8KM, 32.2KM
	Collect from Signal Park - Note: All uncollected bags will be donated or discarded Monday 4 Dec, 7:00am – 10:00am
BIKE PUMPS	Drop at bike pump area in transition after pumping tyres before race start Sunday 3 Dec, 4:15am – 6:00am
	Collect from Signal Park - No access during transition
	Sunday 3 Dec, 6:00pm – 10:30pm
	Monday 4 Dec, 7:00am – 10:00am

Note: When you collect your bike post race, all transition bags and bike pumps should be collected at the same time. Personal needs bags* to be collected Monday 7am – 10am.

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AWARD-WINNING . GREAT TASTE . VEGAN-FRIENDLY





TRANSITION



PRE RACE

TRANSITION TOURS

Tours will be held by Rob Gough and take approximately 30 minutes. The tour will include:

- Flow of transition
- · Change tent functionality
- Entry/exit points
- · Suggested setup
- Opportunity for Q&A

View the Event Schedule (pages 14-17) for times and location.

BIKE RACKING

View the Event Schedule (pages 14-17) for times and location.

Prior to Entry:

- · Attend Athlete Check-In
- · Secure bike seat post sticker

Bike Checks:

- Conducted by AusTriathlon upon entry.
- You, the athlete are responsible for your bike being in safe working order.
- Officials will be checking for things such as:
 - End plugs on handle bars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with IRONMAN Rules.

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

TIMING CHIPS

Pick Up: Upon exit during bike racking/on exit of athlete check-in.

Hot

Tip: Place the timing chip somewhere safe after collection, e.g. with your helmet.

Drop Off: Timing chips will be collected within recovery .

Lost During Race: If you lose your timing chip during the race, inform Event Staff within transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.

THE PROVEN CLASSIC







With a legacy over 50 years in the making, it's the most scientifically researched and game-tested way to replace electrolytes lost in sweat.

Gatorade is specifically made to help keep you hydrated, which is why it's trusted by some of the world's best athletes.

MADE IN AUSTRALIA FROM LOCAL AND IMPORTED INGREDIENTS.
AND AVAILABLE AT ALL AID STATIONS ON COURSE.





unrivalled elegance

Wherever you go in the world, one airline goes further to make it feel unforgettable. Fly with the World's Best Airline and experience the exceptional.

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GOING PLACES TOGETHER

TRANSITION



RACE DAY

HELMET CHECK

AusTriathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

You will need to place your helmet on your bike as you will have no access to your Bike Transition Bag on race morning.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. See IRONMAN Rules.

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit. All bike pumps which aren't collected during bike collection times will be donated.

You will have the opportunity to make any lastminute tweaks/adjustments to your bike. Ensure all items are either attached to your bike, or transition rack. No items will be allowed on the ground next to your bike. This includes any tubs, bags etc.

POST RACE

BIKE COLLECTION

View the Event Schedule on pages 14-17 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure all transition bags, personal needs bags and bike pumps are collected at the same time.



IRONMAN ATHLETES RECEIVE

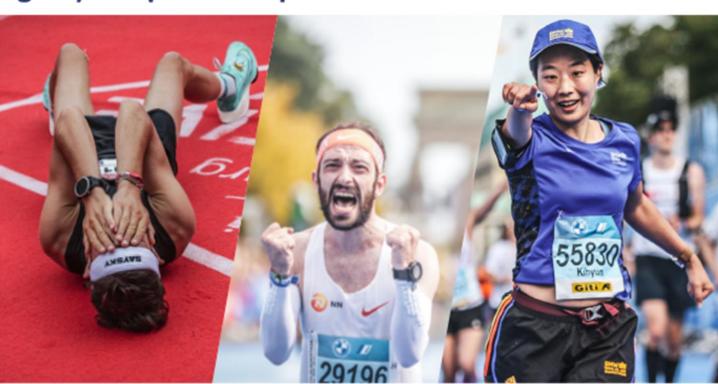


NATIONAL STORAGE





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





F O T O S P O R T O G R A F . C O M F L A T

AID STATIONS



PRE SWIM

Glasses drop table (collection at swim exit)

TRANSITION AID STATION (SWIM TO BIKE & BIKE TO RUN)

Will Offer:

- Water
- Gatorade (Lemon-Lime flavour)
- Vaseline
- Sunblock
- Toilets

RIKF AID STATIONS

In Australia we ride on the left-hand side of the road and aid station and take-ups will normally be with the left hand.

Aid Station Locations:

The Bike Course has 4 aid stations located approximately 20km apart.

- B1 Tuart Drive 23km, 113km
- B2 Stirling Rd 44km, 134km
- B3 Ludlow-Hithergreen Road 66km, 156km
- B4 Marine Terrace (Lap 2 Only) 90.8km

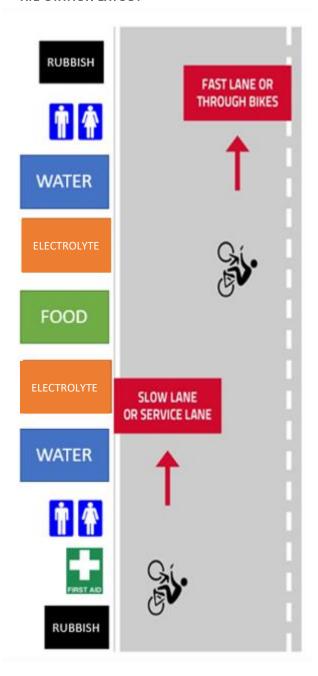
Will offer:

- Water
- Gatorade (Lemon-Lime flavour)
- Maurten Energy Gels caffeinated and noncaffeinated
- · HIGH5 Energy Bars Berry flavour
- Vaseline (situated in toilets)
- Sunscreen
- Insect repellent
- Toilets

Process:

Slow down when entering a bike aid station, don't stop! If you do not require any product from a bike aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the by calling out as per your needs.

AID STATION LAYOUT



AID STATIONS



RIIN AID STATIONS

The Run Course has 3 aid stations located approximately 2km apart.

- R1- Volunteer Marine Rescue, Double Sided -1.5km, 6.7km, 12km, 17.1km, 22.4km, 27.6km, 32.8km, 38km
- R2 Russel St, Double Sided 3.3km, 5km, 13.7km, 15.4km, 24.2km, 25.8km, 34.6km, 36.3km
- R3 Gale St, Double Sided 8.2km, 10.1km, 18.6km, 20.5km, 29.1km, 31km,39.5km, 41.4km

Will offer:

- Water
- Gatorade (Lemon-Lime flavour)
- Maurten Energy Gels caffeinated and noncaffeinated
- HIGH5 Energy Bars Berry flavour
- Red bull will be supplied on course at Run Aid Station 1 only and served in a diluted formula of 50% Red Bull and 50% water
- Cola
- Bananas
- Anzac Biscuits
- Lollies
- Vegemite
- Pretzels
- Vaseline (situated in toilets)
- Ice
- Sunscreen
- Insect Repellent
- Visibility Aids
- Toilets

PROCESS:

Keep left when approaching a run aid station, don't stop! If you do not require any product from a run aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the by calling out as per your needs.

DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.

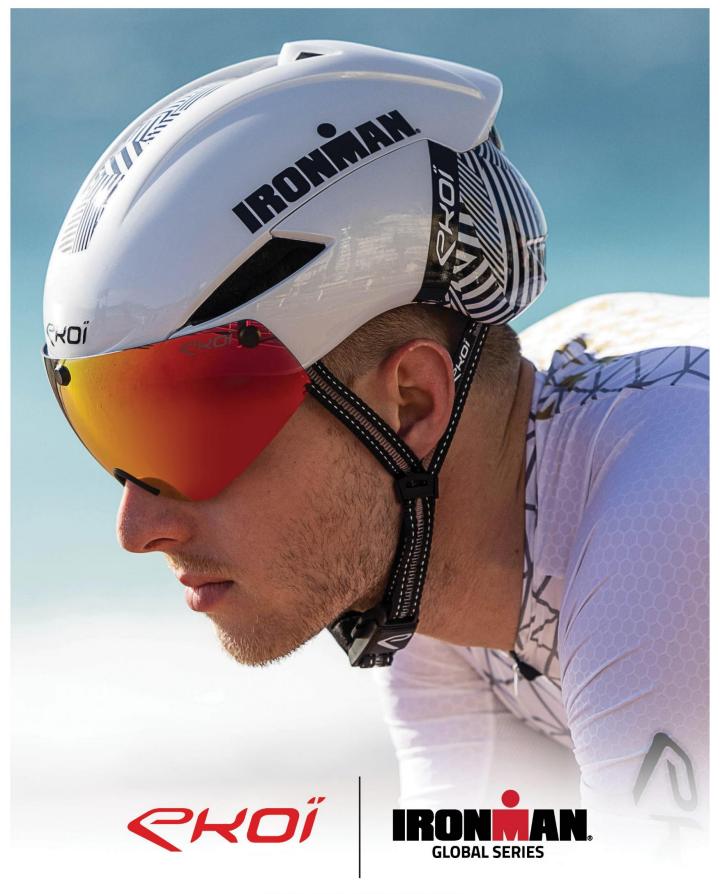
AID STATION LAYOUT



VIPER TRISUIT, A WORLD CHAMPION TRISUIT







2023 OFFICIAL BICYCLE HELMET



FIND US AT EVERY IRONMAN EVENT OR ONLINE

RACE DAY INFORMATION



CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim – 2 hours 20 minutes from athlete's individuals start time

1hr 19min - Aussie Exit, Start Lap 2

Bike – 10 hours 30 minutes from athlete's individual start time

- 6hr 30min Start Lap 2 at Queen St Lap Turn – 90km
- 7hr 25min Forest Beach Rd/Layman Rd intersection outbound – 110km
- 8hr 27min Stirling Rd U-Turn 134km
- 9hr 50min Tall Tree Crecent U-Turn 165km

Run – 17 hours from athlete's individual start time

- 13hr 51min Passing Finish Line outbound, Start Lap 3 – 21.2km
- 15hr 25min Passing Finish Line outbound, Start Lap 4 – 31.6km
- 16hr 7min Russel St Aid Station (R2), Lap 4 inbound – 36.3km
- 16hr 32min Passing Finish Line inbound on Lap 4 – 39.1km
- 16hr 45min King St Turnaround 40.5km

Should an athlete fail to meet their individual race leg cut off time, they will be listed as not classified (NC) and not be ineligible for any awards or world championship slots. Should an athlete fail to meet the course closure times (based on the final athlete in the water), they will be listed as a DNF.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and/or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

CONTIGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

RACE DAY INFORMATION



FINISH LINE PHOTO

Sportograf is the official event photographer.

How to Get your Best Photos:

Ensure your helmet sticker visible on the FRONT of your bike helmet.

- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- Smile and celebrate when you cross the finish line! Don't worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery

Your personal race photos will be available within 24-48hrs after the race at https://www.sportograf.com/en

FINISHER SHIRTS

Finisher shirts will be available to all official finishers post-race and can be collected from the designated area within Recovery.

RECOVERY PROCESS & AREA

After passing the finish line arch, volunteers will present you with your finisher's medal and towel.

You will then follow the recovery process and have the below available to you:

- · Timing chip removal
- · Weigh-in
- Street gear bag & bike transition bag collection
- · Finisher t-shirt collection
- · Recovery food/drink
- Massage
- Medical support (if required)
- Male, Female, Non-Binary change tents
- Official finisher photo by Sportograf

Important: Make the most of the facilities post finish before you exit the area and return to your family or friends. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- · Gatorade Electrolyte Lemon Lime
- · Soft drinks
- · Chocolate Milk
- Fruit
- · Variety of hot foods
- Ice Cream
- Red Bull

POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Oceania App
- Event website
- Finishers Certificate www.multisportaustralia.com.au

No access to online services? Visit our Event Information who can assist.

MFNAI FNGRAVING

Medal engraving is available at the Official IRONMAN Merchandise store. View the Event Schedule (pages 14-17) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected at the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Please note: No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or westernaustralia@ironman.com



ROKA SWIM COURSE 3.8KM



Cut off – 2 hours 20 mins from athlete's individuals start time

WARM IIP SWIM

Professional & Age Group Athletes: There will be a warm up swim available to the side of the swim starting area.

PROFESSIONAL SWIM START

Professional athletes will start their race in a mass start format from the beach. View the Event Schedule (pages 14-17) for start times.

PHYSICALLY CHALLENGED / INTELLECTUAL DISABILITY SWIM START

Physically Challenged and Intellectually Disability athletes will be communicated to by the Race Director of their start time and process.

If you are a PC/ID athlete and require support, please contact us at

westernaustralia@ironman.com or on 1300 761 384.

ROLLING START

View the Event Schedule (pages 14-17) for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

Four different Start Zones are available, depending on an athlete's expected swim time:

- · Zone 1. Under 1hr 5 minutes
- Zone 2. 1hr 5 minutes to 1hr 16 minutes
- Zone 3. 1hr 16 minutes to 1hr 25 minutes
- · Zone 4. Over 1hr 25 minutes

Zone signage will be displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

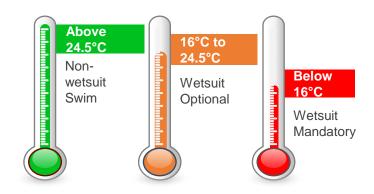
At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.

WETSUIT RULING



Wetsuits will be optional if the water temperature is up to and including 24.5 degrees Celsius and mandatory

if the water temperature is below 16 degrees Celsius. See Race Rules on page 5-6 for more information.

A provisional wetsuit ruling will be posted at

Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

See Race Rules on pages 11-12 for more information.

Professional athlete wetsuit ruling will vary – see IRONMAN Race Rules.

SWIM CAPS

All Roka swim caps provided will be latex based. If you have a latex allergy, please contact us at westernaustralia@ironman.com or 1300 761 384.

ROKA SWIM COURSE 3.8KM



COURSE MAP



ROKA SWIM COURSE

Cut off – 2 hours & 20 minutes from athlete's individual start time.

3.8km – Incorporating the superb Busselton Foreshore start that we know that you love, the course sees the swimmers stay closer to shore, meaning less exposure to the weather and better swim conditions. This 2-lap course sees athletes exit the water after the first lap, complete a short run, and re-enter the water to start their second lap.

SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

SWIM CAPS

All Roka swim caps provided will be latex based. In the case you are allergic, please contact us at westernaustralia@ironman.com or via 1300 761 384.

Click here to view Age Group swim cap colours.



BIKE COURSE 180KM



COURSE MAP



Cut off - 10 hours 30mins from athlete's individual start time

180km – The fast and 2-lap course starts by heading along the coast initially, before entering the spectacular Tuart Forest. There's great views of both coast and bushland to keep your mind occupied, as well as some great wildlife to keep an eye out for.

Please be aware of the physically challenged athletes that are on the course for the safety of all.

TRAFFIC

Event and personnel vehicles/motorbikes will be out on course during the event.

A STEP AHEAD OF YOUR TRAINING PLAN?





Explore more here.

HOKA RUN COURSE 42.2KM



COURSE MAP



Cut off - 17 hours from athlete's individual start time

42.2km – The relatively flat 4-lap course heads East before heading back West to pass along the iconic Busselton Jetty. Enjoy views across the amazing Geographe Bay and soak up the atmosphere along the newly redeveloped Busselton Foreshore.

Please be aware of the physically challenged athletes that are on the course for the safety of all.

TRAFFIC

Event and personnel vehicles/motorbikes will be out on course during the event.

NIGHT VISIBILITY

Athletes who are running post sunset will be required to wear glow sticks or provide a suitable alternative to increase athlete visibility. Glow sticks will be provided at the relevant aid station.

PROGRESS HAS NO PAUSE



SHOP NOW

CARBON X 3

THE REVOLUTIONARY CARBON RACER,
JUST GOT FASTER.

HCKA

PRESENTATIONS



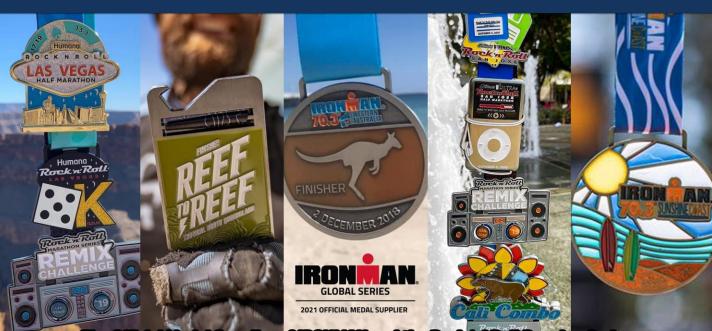
PRESENTATIONS

View the Event Schedule (pages 14-17) for time and location.

- Age Group each age group will be awarded 1st- 3rd place trophies.
- Professional athletes will be recognised 1st 8th place.
- · 5-time Finisher Awards.
- · Legends Inductions and Milestone Awards.



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The Official Medal Supplier of IRONMAN and the Rock 'n' Roll Running Series

WORLD CHAMPIONSHIP QUALIFICATION (ROLLDOWN)



QUALIFYING SLOTS:

This event offers **50 Female Age Group** Qualifying Slots to the 2024 VinFast IRONMAN World Championship in Nice, France on September 22, 2024, and 20 **Male Age Group** Qualifying Slots to the 2024 VinFast IRONMAN World Championship Kailua-Kona, Hawaii, on October 26, 2024.

Please note, slot allocations are subject to change and may be verified, <u>here</u>

To accept a slot to the 2024 VinFast IRONMAN World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony at the advertised time and location, as detailed in the event guide. Photo ID is required to be presented and payment must be made at this point in time.

PAYMENT:

Male 2024 IRONMAN World Championship, Kona, Hawai'i - USD \$1450 (inclusive of taxes and processing fees) / AUD \$2275.12

Female 2024 IRONMAN World Championship, Nice, France – USD \$1450 (inclusive of taxes and processing fees) / AUD \$2275.12

- Credit card only (no amex, diners or cash payment).
- Physical card including full card number, expiry date and cvv must be available (no applepay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

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 31 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 Rolldown:

 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 reallocated, within the same gender, to the Age Group with the highest ratio of starters to slots

During Rolldown:

 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.

ADDITIONAL EVENTS



RESTAURANT PROGRAM

The 2023 GWM IRONMAN Western Australia Restaurant Program will return this year from Thursday 30 November to Thursday 7 December.

Collect your \$35 voucher when you Check-In, this voucher can then be used at any of the participating restaurants in exchange for a meal or drink.

See this link for more information on the restaurant program or follow the QR code below.



AWARDS FUNCTION

The awards and after party is open to all athletes, friends and families. Athletes upon entry will receive 6 tokens to be used for food &/or beverages. Please ensure you are wearing your athlete wristband to receive the tokens.

No wristband = no entry tokens.

2 token = one food item

1 token = one soft drink

2 tokens = one beer or wine

If you run out of tokens, we will have additional food tokens available for purchase onsite at \$35AUD for a set of 6 food tokens. The bar will be accepting cash. Friends and family will be able to purchase tokens also.



The City offers a place that is relaxed, safe and friendly, supporting healthy lifestyles and wellbeing. Sheltered along the shores of Geographe Bay, Busselton is a perfect location to host this world class event.

With much to do, we hope you have time to enjoy all that the South West region has to offer. You will be spoilt for choice with wineries, micro-breweries, gourmet produce and boutique retail offerings. Our beautiful landscapes, beaches and natural forests are well worth a visit.



www.busselton.wa.gov.au Connect with us









ADDITIONAL INFORMATION



VOLUNTEERS & LOC

The 2023 GWM IRONMAN Western Australia event requires the support of over 1,500 volunteers in order to deliver the event.

Our team of Volunteers at the event will be there to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! Without the Volunteers we wouldn't be able to run any IRONMAN events.

We would also like to thank the Local Organising Committee (LOC) for the hard work and dedication to the event.

OFFICIAL EVENT APP

The IRONMAN Oceania app has everything you need to know as an athlete or a spectator.

Available for both Iphone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- · Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list the of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!





IRONMAN LIVE

A static camera will be available at the finish line from the first finisher to the last.

You can find IRONMAN Live on the top left-hand corner of the webpage > www.ironman.com and the event name will appear. Alternatively, you can visit Event Information onsite if you need assistance.

GET SOCIAL



IRONMAN in Western Australia



@IRONMANOceania

#IMWA

WOMENFORTRI



WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

View the Event Schedule on page 14-17 for Women For Tri events.

ADDITIONAL EVENTS

• IRONKIDS Busselton

If you have any further questions, please don't hesitate to contact us at

westernaustralia@ironman.com or via 1300 761 384. Our team is here to support you along your IRONMAN journey and we look forward to seeing you at the finish line!

See you soon,

IRONMAN Western Australia Team



Support, technology, and services at every step of the way. From people who love the sport as much as you do.



EVENT PARTNERS

























































