



1.9KM SWIM • 90KM BIKE • 21.1KM RUN

ZELL AM SEE - KAPRUN • 3rd OF SEPTEMBER 2023

START 11:00 AM

Ironman_austria IRONMAN Austria



GET IN THE VIBE WITH 2022 HIGHLIGHTS



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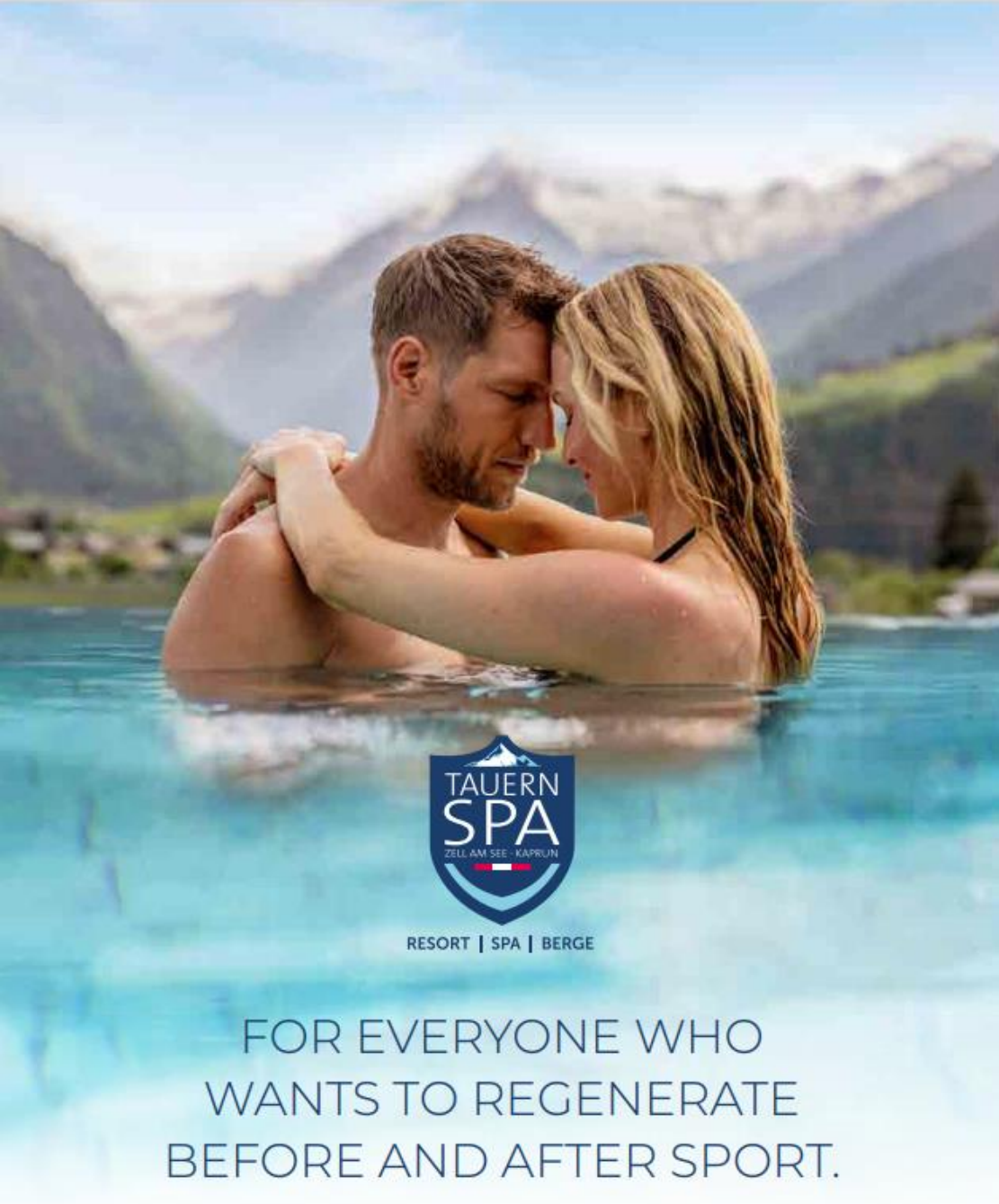
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WELCOME

...to the IRONMAN 70.3 Zell am See-Kaprun!

Finally the time has come and the IRONMAN 70.3 Zell am See-Kaprun is just around the corner. After many emotional moments and exciting races, the whole team is looking forward to welcoming you to this year's IRONMAN 70.3 Zell am See-Kaprun in the beautiful region of Zell.

With the goal of creating great and memorable race experiences for athletes as well as spectators and the local community alike, our team is always striving for improvement.

However, this would not be possible without the active support of our partners, sponsors, the participating communities and our helpers. That is why we would like to take this opportunity to thank them for their commitment and support over the years!

After the intense training and the long preparation, race day can finally come. Enjoy your racing experience within the breathtaking scenery lake Zell and the towering mountains.

We wish all participants a successful and unforgettable race. See you soon at the finish line!

With this in mind, have fun at the race!

Schörkmayer Patrick
Race Director



TOP 5 THINGS TO SEE IN ZELL AM SEE - KAPRUN

Visit the „Top of Salzburg“ at Kitzsteinhorn

Even the way to the summit is an experience in itself. Arriving at 3,029 metres above sea level, you have finally reached Salzburg's highest excursion destination: the panorama platform "Top of Salzburg" and the Gipfelwelt 3000. In summer, the glacier creates an impressive world of experiences for the whole family. In the Gipfelwelt 3000 you can look far into the Hohe Tauern, while on the Kitzsteinhorn Explorer Tour a National Park Ranger guides you through 4 climate zones.



Hiking Tour through the Sigmund Thun Klamm

Through rock and stone, the unbridled power of the water has formed the Sigmund Thun Gorge: an atmospheric, almost mystical place, a natural spectacle and an excursion destination that should not be missing from your to-do list. A walkway over paved boardwalks invites young and old to an excursion where the power of the water can be felt with every step.



Excursion to the Kaprun high mountain reservoirs

The two high mountain reservoirs Wasserfallboden and Mooserboden at 2,036 metres above sea level are testimony to one of the greatest engineering marvels in the region. Hidden in the mighty dam walls that keep the turquoise waters in check are the turbines that generate electricity all year round. Start a hike along the reservoirs or climb a peak of the Hohe Tauern. Interested in a guided tour of the dam wall? Then join us inside the huge structures and learn a lot of interesting facts about the construction, operation and maintenance of the giants. And if you dare, you can even climb the dam wall via a via ferrata.



Hiking on the Schmittenhöhe

A sensational hiking area for the whole family awaits you at the local mountain of Zell am See. The paths are beautiful and easy to walk, which enables you to fully concentrate on the view. Stroll along the high-altitude promenade or spend your day on the Pinzgau walk.



Panoramic cruise on the lake of Zell

The most beautiful view of Zell am See and the historic old town, the alpine landscape with green meadows and the snow-covered mountains of the Hohe Tauern can be enjoyed from the water: With the excursion boats you can take an idyllic trip on Lake Zell and discover the region from a completely new perspective.



CHECKLIST

☐ PRE RACE

- ☐ Directions to:
 - Registration/ IRONMAN store
 - Athlete Check-In
 - Race start & Race finish
- ☐ Photo ID
- ☐ Valid annual triathlon license or day pass (*possibility to buy on site*)
- ☐ Bike adjustment
- ☐ Study the race courses
- ☐ Plan and test your nutrition
- ☐ Attend athlete's briefing

☐ RACE DAY - SWIM

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

☐ RACE DAY - BIKE

- ☐ Helmet
- ☐ Bike repair kit / tools
- ☐ Bike shoes and socks
- ☐ Bike pump
- ☐ GPS watch or bike computer
- ☐ BIB number
- ☐ CO2 cartridge(s)
- ☐ Spare Tube
- ☐ Extra nutrition
- ☐ Vaseline
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Race belt or safety pins

☐ RACE DAY - RUN

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

☐ VARIOUS

- ☐ Towel
- ☐ Post race clothing
- ☐ Contacts or Rx glasses
- ☐ Body Glide / Vaseline
- ☐ Lip balm
- ☐ Hair ties
- ☐ Medical goods needed (e.g. insulin pen)
- ☐ **Your good mood :)**



SCHEDULE

FRIDAY 01. SEPTEMBER 2023

| TIME | DESCRIPTION | LOCATION |
|-------------|---|-------------------------|
| 09.00-18.00 | IRONMAN Expo | FPCC |
| 09.00-18.00 | Official IRONMAN Store | FPCC |
| 09.00-18.00 | IRONMAN 70.3 Zell am See-Kaprun Registration | FPCC |
| 09.00-18.00 | Registration IRONKIDS | FPCC |
| 10.00 | PRO Race Briefing | Tauern Spa |
| 11.30 | Pressconference | Tauern Spa |
| 13.00-15.00 | Official swim practice - free entrance with athlete´s wristband | FPCC |
| 09.00-16.00 | Registration NIGHT Run Austria in Zell am See-Kaprun | FPCC |
| 17.15 | Warm Up NIGHT Run Austria in Zell am See-Kaprun | City Center Zell am See |
| 17.30 | Start NIGHT Run Austria in Zell am See-Kaprun | City Center Zell am See |
| 18.00 | Ö3 Disco | City Center Zell am See |
| 18.30 | Official Opening IRONMAN 70.3 Zell am See-Kaprun and Awards NIGHT Run Austria in Zell am See-Kaprun | City Center Zell am See |



SCHEDULE

SATURDAY 02. SEPTEMBER 2023

| TIME | DESCRIPTION | LOCATION |
|----------------|--|-----------------------|
| 09.00-16.00 | IRONMAN 70.3 Zell am See-Kaprun Registration | FPCC |
| 09.00-18.00 | IRONMAN Expo | FPCC |
| 09.00-18.00 | Official IRONMAN Store | FPCC |
| 09.00-10.00 | Race Briefing Englisch | FPCC |
| 10.00-11.00 | Race Briefing Deutsch | FPCC |
| 09.00-12.00 | Registration IRONKIDS | FPCC |
| 12.30 | Race Briefing IRONKIDS | Strandbad Zell am See |
| 13.00 | Start IRONKIDS | Strandbad Zell am See |
| After the race | Awards IRONKIDS | FPCC |
| 12.00-18.00 | IRONMAN 70.3 Zell am See-Kaprun Bike Check-In | Schütteldorf |
| 13.00-15.00 | Official swim pratice – free entrance with athlete´s wristband | Schütteldorf |

SCHEDULE

SUNDAY 03. SEPTEMBER 2023

| TIME | DESCRIPTION | LOCATION |
|-------------|--|------------------------|
| 09.00-18.00 | IRONMAN Expo | FPCC |
| 09.00-18.00 | Official IRONMAN Store | FPCC |
| 09.00-10.45 | Transition area open | Schütteldorf |
| 11.00 | PRO Men start | Strandbad Schütteldorf |
| 11.02 | PRO Women start | Strandbad Schütteldorf |
| 11.10 | AGE GROUP Rolling start | Strandbad Schütteldorf |
| 16.00-21.00 | IRONMAN 70.3 Zell am See-Kaprun Bike Check-Out | Schütteldorf |
| Ca. 20.00 | Last Finisher | Finish Line |
| 20.00 | Award Ceremony & Slot Allocation | FPCC |



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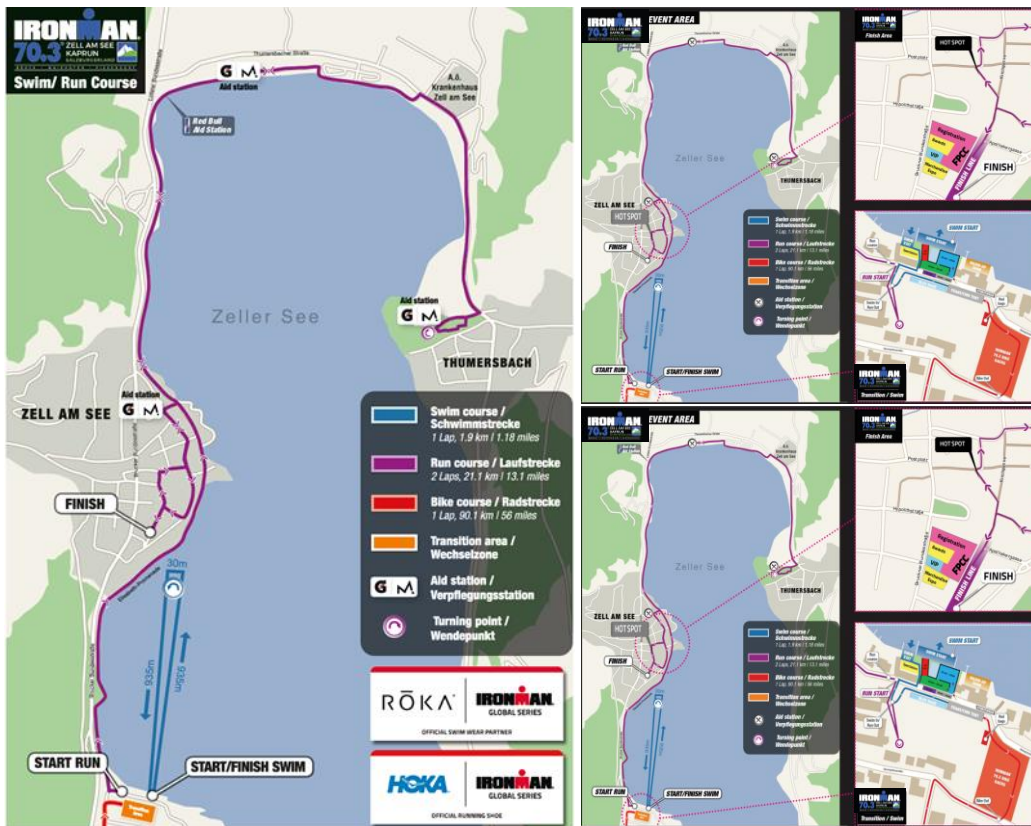
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EVENT VENUE



The IRONMAN 70.3 Zell am See-Kaprun event venue is located at the beautiful Zeller See and is spread over two different event areas.

The transition area and the swim start are located at the district of Schüttdorf which you find in the South of Zell am See. The official swim training, the bike check-in, the swim start, and the bike check-out are located there.

In the city center of Zell near/in the Ferry Porsche Congress Center, you will find the finish area, the registration and the IRONMAN Village with Expo and IRONMAN Merchandise.

The award ceremony and slot allocation will also take place in the Ferry Porsche Congress Center.

PARKING UND SHUTTLES

The parking possibilities in the city center (Ferry Porsche Congress Center and finish area) and in Schüttdorf (transition area and swim start) are very limited.

All event visitors can use the Maximarkt & Areit parking lots free of charge. Free train and bus shuttles to downtown Zell am See and Schüttdorf are available from these parking lots on Saturday and Sunday.

In addition, the following public transportation is available free of charge:

Pinzgau Railway:

Zell am See- Tischlerhäusl – Kitzsteinhornstraße – Areitbahn – Bruckberg – Zellermoos- Bruckberg Golfplatz – Fürth – Piesendorf – Walchen – Jesdorf Bergfried – Niedersill ([Here you can find the timetable](#))

Bus:

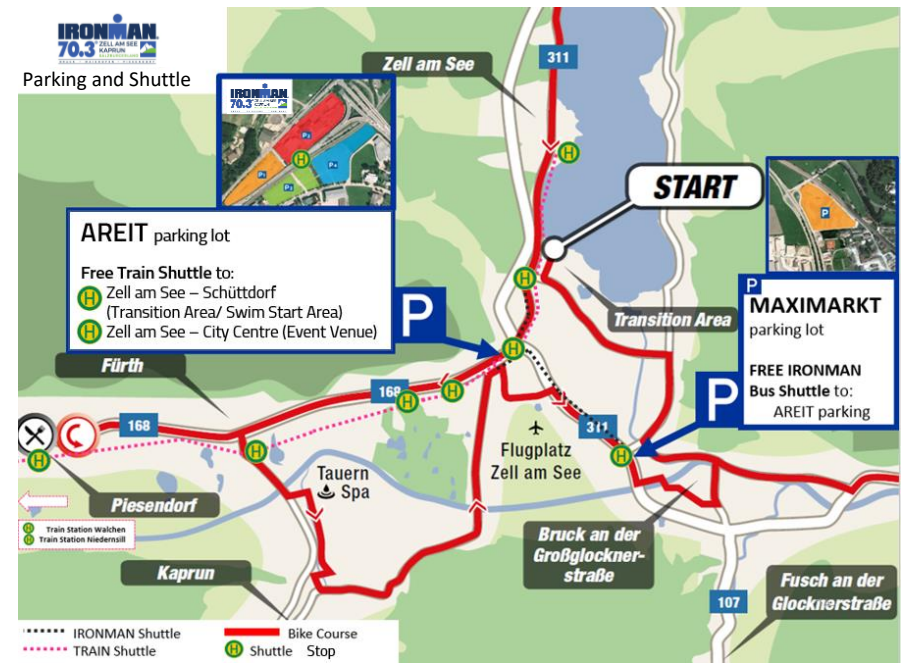
Line 70: Thumersbach – Zell am See – Schüttdorf – Bruckberg

Line 71: City center

Line 640: Zell am See- Bruck-Taxenbach- Rauris – Bucheben

Line 660: Zell am See – Kaprun – Kitzsteinhorn

Line 680: Zell am See – Maishofen – Saalbach - Hinterglemm



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- Low bib number
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- Early Access to IRONMAN store before public opening
- 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

PLEASE BRING THE FOLLOWING

- 1 **Valid Identity Card with your photo**
- 2 **QR-Code** from the Registration Confirmation email or Race Week email)
- 3 **Your Austrian annual triathlon license.** If you don't have one, you can buy a one-day-license from the Austrian Triathlon Federation on site for € 16,- in cash.

**According to the requirements of the Austrian Triathlon Federation
ONLY Austrian triathlon annual licenses are accepted!**

YOU RECEIVE THE FOLLOWING

- 1 **1x BIB number, 1x Swim Cap, 3x Transition Bags** (blue bag/bike, red bag/run, white bag/Street Wear)
- 2 **1x bike sticker, 1x helmet sticker, 1x Bike Guide sticker, 3x transition bag stickers** (blue, red, white)
- 3 **Athlete Wristband – free entry to:**
 - Official swim training
 - Transition zone

ALL ATHLETES HAVE TO PICK UP THEIR STARTER BAGS UNTIL SATURDAY, 02 SEPTEMBER, 16 O'CLOCK! AFTER THIS TIME, NO MORE COLLECTION IS POSSIBLE AND THE ATHLETE IS NOT ALLOWED TO START!

THE TIMING CHIP WILL BE HANDED OUT AT THE BIKE CHECK-IN.

REGISTRATION

REGISTRATION TIMES

| DATE | TIME | LOCATION |
|-------------------------------|-------------|----------|
| Friday, 01st September 2023 | 09.00-18.00 | FPCC |
| Saturday, 02nd September 2023 | 09.00-16.00 | FPCC |



White, red and blue transition bag



Starter Package

BITTE BEACHTE

Please note that no BIB numbers will be assigned for this race before registration begins.



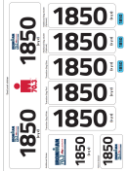


Race numbers will be assigned on a first-come, first-served base at the registration desk. AWA Gold / AWA Silver, Nirvana and TriClub Pole Position athletes keep their privileges.

All athletes must wear all official starting gear issued at athlete check-in.

This includes the official swim cap, athlete wristband, bike stickers, BIB number and timing chip. Failure to comply will result in a disqualification (DSQ).

STARTER PACKAGE

YOUR STARTER PACKAGE INCLUDES

| | |
|--|--|
| <p>1x BIB NUMBER: You must wear your race number on your back for the bike leg and on the front for the run leg. You can use safety pins if you wish. However, since you will have to change your BIB number in the transition area, it is strongly recommended that you get a running belt to save time, make the transition easier, and avoid holes in your clothes.</p> |  |
| <p>1x SWIM CAP: You must wear the swim cap for the swim, which you will receive when you pick up your BIB number.</p> |  |
| <p>STICKERS: You will also receive a sheet of stickers; please put the appropriate stickers on your bike, helmet, and bags: 3 stickers for the bike, run, and street wear bags, 2 additional stickers, 1 sticker for the seat post of your bike, 1 sticker for the front of your helmet, 1 sticker for your wristband, and 1 bike guide sticker.</p> |  |
| <p>1x ATHLETE WRISTBAND: When you pick up your race number, you will receive a wristband with a QR code. This wristband identifies you as an official athlete and must be worn throughout the race week: You must put the sticker on it, which will be given to you when you pick up your BIB. The wristband is required for medical identification and grants you access to the transition area and all athlete areas during, before and after the race. You may not remove your bike and/or equipment from the transition area after the race if your wristband is not attached to your wrist.</p> |  |
| <p>1X ATHLETE BACKPACK: you can pick it up next to the Merchandise tent</p> <p>2X TRANSITION BAGS AND 1x STREET WEAR BAG: Your personal belongings must be placed in these bags (see next page).</p> |  |

Certain items provided must be worn: the official swim cap, athlete wristband, stickers, BIB number and timing chip. Failure to comply with this rule will result in **disqualification**.

STARTER PACKAGE

TRANSITION BAGS



BLUE BAG/ BIKE BAG

The blue bag should contain the gear you will need for the bike course, including your helmet with the sticker on the front, your BIB number, your shoes if they are not attached to the bike, your jacket, food, sunglasses, etc. After using your blue bike bag to transition from swim to bike, put your swim gear in this bag.

Drop off in the transition area during Bike Check- In:
Schütteldorf- Saturday from 12.00 - 18.00
You have access on race morning



RED BAG/ RUN BAG

This bag should contain the equipment you will need for the run: running shoes, socks, food, etc. After using your red running bag to transition from bike to run, put your bike gear in this bag, including your helmet.

Drop off in the transition area during Bike Check- In:
Schütteldorf- Saturday from 12.00 - 18.00
You have access on race morning



WHITE BAG/ STREETWEAR BAG

This is the bag for your street clothes: In it you can store all the extra clothes you wear before the race and everything you need after the race.

Do not put anything of bigger value or pumps in it!

Drop off on race day: pre-start area swim start, exit transition area.
Return station is inside the FPCC after the race

DO NOT FORGET TO PUT THE STICKERS ON YOUR BAGS



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RACE BRIEFING

SCHEDULE

| DATE | TIME | DESCRIPTION | LOCATION |
|------------|--------------|-----------------------|------------------------------|
| 02.09.2023 | 9.00- 10.00 | Race Briefing English | FPCC |
| 02.09.2023 | 10.00- 11.00 | Race Briefing German | FPCC |
| 02.09.2023 | 12.00- 18.00 | Bike Check- In | Transition Zone (Schüttdorf) |

RACE BRIEFING

The race briefing takes place during the race week. There, athletes will receive important information about the specifics of the course, the rules and cut-off times for each discipline, and most importantly any last-minute changes that may occur due to weather conditions.

The meetings will be held in German and English (see schedule above). In addition, there will be an **ONLINE** briefing in advance.

TIMING CHIP



WHAT IS THE TIMING CHIP FOR?

The chip registers your individual start time when you cross the timing mat at the swim start and provides you with your swim time, bike time, run time, finish time, transition splits, overall, and age group results.

WHEN AND WHERE TO PICK UP THE TIMING CHIP?

You will receive your timing chip at the bike check-in.

WHEN AND WHERE TO WEAR THE TIMING CHIP?

It must be worn on the left ankle during the entire race. Please note that you will need the timing chip at the bike check-out (chip against bike). Thus, keep it on even if you drop out of the race.

The chip for timing is on loan. You must return the chip to the timing company or you will be charged for the cost of replacement.

BIKE CHECK-IN

MANDATORY BIKE AND TRANSITION BAG CHECK-IN

Drop off your bike and your transition bags in the transition area (Schüttdorf)

Before entering the transition area, please put on your helmet and close the chin strap. Please also be prepared for the following checks:

- a visual inspection of the bicycle
- a check of the brakes and the helmet
- a check that the BIB numbers are attached to your bike and helmet, and a check of your athlete wristband.

You must bring your helmet (with sticker), your bike (with sticker), your bike bag and your run bag (with sticker) and your BIB number to the bike check-in. You will have full access to your bike and transition bags on the morning of the race (09.00 - 10.45).

There will NOT be a large changing tent. The blue bag and the red bag will be deposited directly at the bag hangers, all changes of clothes will take place at the bag racks or in the nude changing area. The helmet must be in the blue bag, shoes can be clicked in on your bike or also in the transition bag.

Familiarize yourself with the transition area and check again where the entrances, exits, and toilets are located. The volunteers will be happy to answer any questions you may have.

BIKE CHECK IN

"Check-In" is a triathlon term that describes the moment when you drop off your transition bags and bike the day before the race.

Bike Service

The official bike service will also be onsite at this time.

A STEP AHEAD OF YOUR TRAINING PLAN?



Explore more here.

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2023 OFFICIAL BIKE TRANSPORT PARTNER

RACE DAY

THE MORNING OF THE RACE DAY

Got to the transition area on race day morning if needed

On race day, the transition area will open at 09:00 am (the official bike service will be on site during this time).

Check your tire pressure. The helmet must be in the blue bag (not on the bike). Shoes must be clicked into the pedals or in the blue bag.

The transition area will be closed after 10:45 am. Go to the swim start.

STREET WEAR BAG

Put your change of clothes into your white bag / street wear bag. Drop off is on race morning at the pre-start area until 10:50 am.

The Street Wear bag is to be picked up at the FPCC after the race.



Do not put anything of bigger value or pumps in it!

TOILETS

Toilets will be available at the various aid stations throughout the course. Please keep them clean.

CUTT OFF TIMES

CUT OFF TIMES

01:10:00



05:30:00



+

T1

+



08:30:00



+

T1

+



+

T2

+



Additional cut off times can be found in the [bike course!](#)

THE TIMES ARE CALCULATED ACCORDING TO THE INDIVIDUAL START TIME, NOT ACCORDING TO THE CANNON SIGNAL!

IRONMAN reserves the right to remove an athlete from the course and disqualify them if our course staff assesses that there is no way the athlete can finish the respective event (swim, bike, run) before the posted cut-off times based on the athlete's position, time, and average speed at that point.

Athletes who do not meet these time limits will be disqualified and will not be eligible for age group awards at IRONMAN 70.3 Zell am See-Kaprun 2023.



SWIM START

The swim start takes place at the Strandbad Schüttdorf right next to the transition area. At the youth hostel Schüttdorf you will find the swim warm-up area as well as the streetwear bag drop-off.

Schedule swim start:

- 11.00 Start Pro Men
- 11.02 Start Pro Women
- 11.10 Start Age Group-Athletes (Rolling Start)
- 11.35 Start last athlete
- Relays start at the end of the rolling start

**Cut Off Swim:
01:10 Stunden**

The timing chip registers the start time of each athlete as they cross the timing mat at the swim start ramp.

COURSE

The swim course leads 935m in the direction of Zell am See city center. Shortly before the shore you reach the first 90 degree turn buoy and after 30 meters the next 90 degree turn buoy. The course continues 935 meters back to the swimming exit at the Strandbad Schüttdorf.

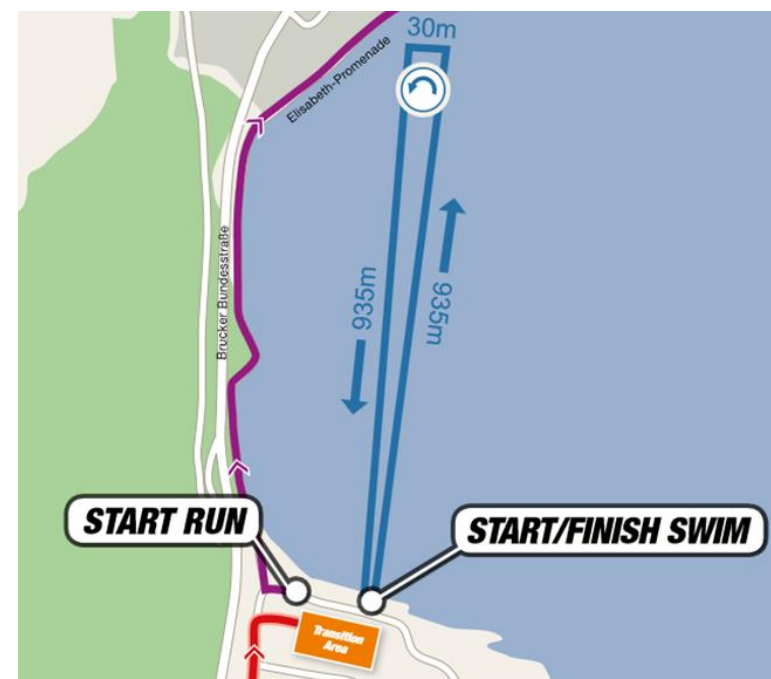
Swim exclusively on the right side of the buoys!

ROLLING START

What is a "Rolling Start"?

The athletes are divided according to their realistically (!) estimated swim time (self-assessment). It will take about 20-25 minutes until the whole field is in the water. This will expand the starting field, which will increase the quality of the swimming competition!

Replacement swim caps as well as replacement timing chips are available in the pre-start area. Ask our staff!





NEOPRENE SUIT – RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5° C). The wearing of a wetsuit is prohibited when the water temperature is above 24.5° C and mandatory when the water temperature is below 16° C.

PROHIBITED NEOPRENE SUIT:

De Soto Water Rover wetsuits must not be more than 5mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with underarm reinforcement are NOT allowed.

SWIMWEAR REGULATION

(only if there is a ban for neoprene suits)

The swimwear must be 100% textile. In simple terms, this generally means that the suits must be made only of nylon or lycra and must not contain any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, must not extend above the elbow, and must not extend above the knees.

The swimwear may have a zipper. A competition suit may be worn under the swimwear.

In case you cannot finish the swim it is absolutely necessary to inform an official team member (water rescue staff or competition judge)!

SWIM COURES - RULES

- It is forbidden for the athletes to wear their start number during the swim (disqualification).
- It is forbidden to give all or part of their equipment to a third party when leaving the water.
- Fins, gloves, paddles and swimming aids (including pull buoys) of any kind are not allowed.
- Swimming goggles and face masks may be worn. Snorkels are prohibited.
- The wetsuit must not be taken off before the transition area (YELLOW card - 1 minute time penalty).
- Any assistance needed during the swim will result in disqualification if you have advanced.
- IRONMAN race management and medical staff reserve the right to remove athletes from the course if deemed medically necessary.

SWIM CAP

The official swim cap must be visible and "clean". Stickers or other homemade markings are not allowed on the swim cap. It is allowed to wear a personal swim cap under the official swim cap.

Swimming open water in a triathlon is very different from swimming in a pool. To reduce stress, it's important that you arrive on race day healthy, fit and prepared.

Here's a top 10 checklist to help you prepare.

1. PREPARATION FOR THE RACE CONDITIONS

Race day should not be your first open water swim. Make sure that some of your training is appropriate for real competition conditions, including water temperature, proximity to other swimmers, orientation (including water clarity, depth and distance perception), and wearing a wetsuit if necessary.

2. START AT SHORTER EVENTS

Proper training is the best way to reduce anxiety. It is also a good idea to compete in shorter distance triathlons or individual sports (e.g. open water swimming) as well as participate in courses and club activities to prepare for open water conditions.

3. CHECK OUT COURSE DETAILS

It is important that you prepare yourself both mentally and physically before race day. Read the race website, athlete's guide and pre-race communications thoroughly to familiarize yourself with the course. Remember that each body of water is different-inform yourself about currents and surf conditions, if applicable. Study the event schedule to plan for optimal arrival and preparation.

4. CHECK YOUR CARDIOVASCULAR SYSTEM

As a training athlete, you should work with your doctor to take the proper steps to assess your health. The American Heart Association and the European Society of Cardiology provide recommendations for cardiac evaluation of competitive athletes. These include a physical exam, as well as an assessment of your family history and personal heart health, and possibly a recommendation for additional diagnostic testing. Regardless of where you live, we recommend that you consult your physician before participating in a race.

5. NOTE WARNINGS

If you experience chest pain or discomfort, shortness of breath, lightheadedness or fainting during exercise, or have other medical concerns or symptoms, contact your doctor immediately.

6. DO NOT USE NEW EQUIPMENT ON RACE DAY

Focus on controlling as many factors as possible on race day. You should never compete with equipment you have not trained with; this is not the time to test new equipment. Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories are working properly. Prepare for the unexpected by having backups of all your equipment.

7. WARM UP ON RACE DAY

Be there early enough on race day so you can warm up sufficiently before the start. Take 5 to 10 minutes to loosen your muscles with arm swings and other gentle movements. Light jogging or brisk walking can also help stimulate circulation and prepare your body for the race.

8. FAMILIARIZE WITH THE COURSE

Familiarize yourself with the course by learning about the water conditions, the entry and exit areas, and the colors and locations of the turn buoys.

9. START SLOWLY - RELAX AND BREATHE

On race day, follow the swim start format instructions provided in the event's athlete manual. For events with a rolling start, do not overestimate your abilities. Line up in the correct position according to the instructions in the athlete's handbook. Do not start with maximum effort but take a relaxed approach to the swim. Relax and focus on your breathing as you settle into a stable position.

10. BE ALERT AND ASK FOR HELP

Always stop during a race at the first sign of a medical problem. IRONMAN race rules allow competitors to stop or rest at any time during the swim. If you or another athlete need assistance, raise your hand to alert a lifeguard or safety boat. You can also hold on to a fixed object such as a raft, buoy or dock. As long as you do not use it to move forward, you will not be disqualified.

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.

Maurten GEL 100 & GEL 100 CAF 100

Maurten GEL 100 & GEL 100 CAF 100 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 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

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.

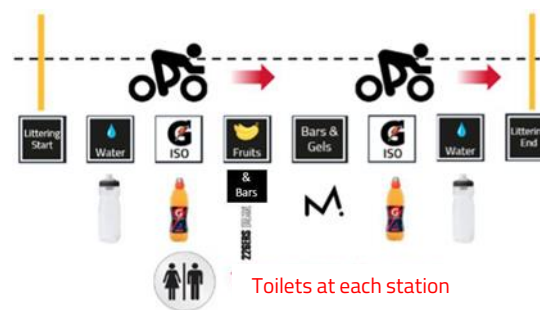


RACE DAY

BIKE AID STATIONS

On the IRONMAN 70.3 Zell am See-Kaprun bike course there are three aid stations at different locations:

Dienten am Hochkönig – KM 32 | Hof – KM 52 | Piesendorf – KM 71



RUN AID STATIONS

On the IRONMAN 70.3 Zell am See-Kaprun run course we offer you refreshment stations at different locations. Two of them can be reached on both sides, so you will pass them twice per lap. One refreshment station is accessible from one side. Additionally there is the Red Bull Energystation. Generally there will be a refreshment station every 2 to 2,5 km.



CUPS AND GELS MUST BE DISPOSED OF IN THE DESIGNATED AREA (MARKED):

ATHLETES WILL BE PENALIZED IF THEY ARE CAUGHT BY A RACE OFFICIAL DISCARDING OUTSIDE OF THESE AREAS.

BORN IN THE LAB, PROVEN ON THE COURSE.

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.



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Materials



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ELEMNT RIVAL

wahoo

TRANSITION ZONE

The IRONMAN 70.3 Zell am See-Kaprun transition area is located in the Alois Latini Stadium in Zell am See Schüttdorf right next to the swim start in the Strandbad.

Immediately after entering the transition area, you must take your **BLUE bike bag** with your cycling gear from the designated bag rack. You will then sit on the benches and change. There are designated areas for athletes who need privacy while changing.

After you have changed, you must put your wetsuit and your other swimming utensils in the **BLUE bike bag** and hang it back on the rack (marked with your number) in the same place where you took it off

You will continue to go to your bike and head towards the transition exit on to the bike course.

Bicycle shoes must be attached to the bicycle or put on before entering the course.

Please note that you must have the chin strap of your helmet securely fastened before removing the bike from its place on the bike stand. The chin strap must always be closed when the athlete is in contact with the bike. Failure to do so may result in a penalty by one of the competition judges.

Do not forget your BIB number!

Before you get on to your bike, you must cross the ascension line. The line is clearly marked and is located after the exit from the transition area.



RACE MORNING

On race day the transition area will be open from 09.00 am until 10.45 am (The official bike service will also be onsite during this time).

Bike Check- out: Sunday 16.00 - 21.00 in Schüttdorf.

DURING THE RACE

The sticker with your BIB number must be visibly attached to the front of your helmet. The second sticker with your BIB number must be attached to the seat post of your bike.



RŌKA

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IN THE WORLD.

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- Paul, Seattle, WA

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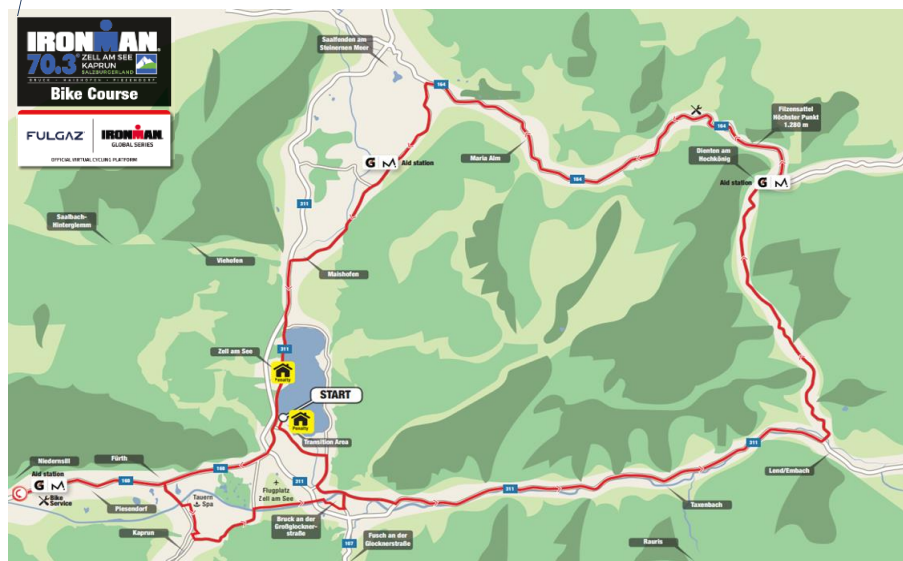
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AVAILABLE ON



BIKE COURSE



The bike course is a 90-kilometer loop with a total of 870 meters of altitude. Fast passages like on the expressway as well as a mountain climb up the Hochkönig with a subsequent descent will make your triathlete heart beat faster. The highest point of the route is the Filzensattel, the pass lies at 1280 m above sea level.

Aid stations are located in Dienten am Hochkönig, Hof, and Piesendorf where you can refill your energy storage. The Penalty Box is located in Zell am See at the JET gas station and in the transition area.

The bike service is located at:

Transition area and Hinterthal (just after the descent from Filzensattel)
In addition, bike service motorcycles are on the route.

LOST TIMING CHIP

If you lose or forget your chip during the bike stage, you will get a new one in the transition area near the penalty tent.

It is advised to be cautious on the entire course as there may be road damages or other critical points! Use the time before the race and inform yourself in detail about the bike course!

BIKE COURSE

ALTITUDE PROFILE

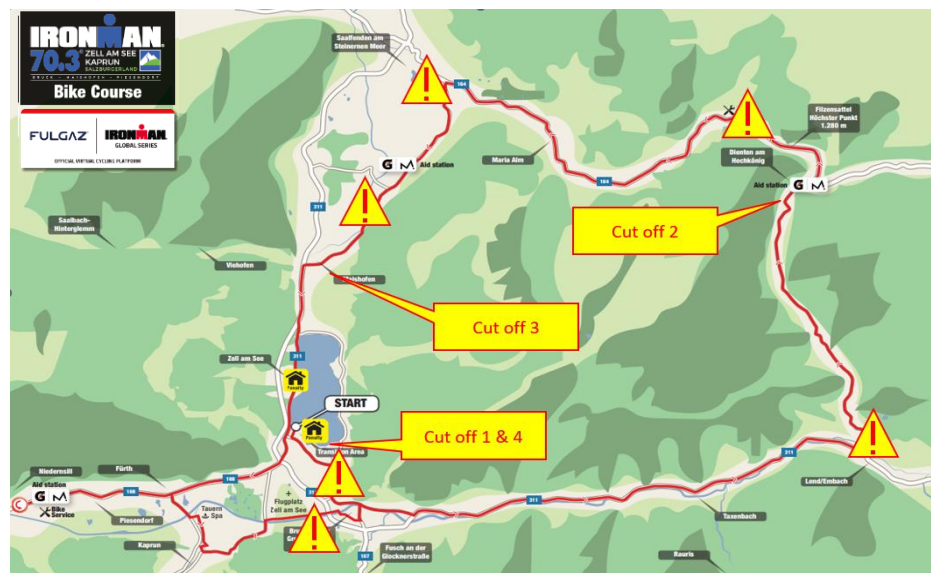
Elevation



Main ascent "Filzensattel"

length: 13 km | Height difference: 650m | Max. Percentage of increase: 14%

CRITICAL PLACES



| Location | Description |
|---|---|
| Nature reserve, beginning and end of the bike route | Narrow road with 2 bridges made of wood, attention at the beginning and end of the bike course. |
| End of B311/ Start of ascent at Lend | Steep descent over a bridge followed by sharp turns with tightening! |
| Descent Filzensattel | Steep slope with tight curves |
| Saalfelden | Extreme curve |
| Gerling until Maishofen | Narrow road with sharp curves |
| Bruck | Narrow curve over a bridge |

BIKE COURSE

CUT OFF

The following locations on the bike course must be reached in the allotted time:

| Nr. | Location | Time last transit |
|-----|-----------------------------|-------------------|
| 1 | Bike Start | 12:50 |
| 2 | Dienten am Hochkönig | 14:15 |
| 3 | Maishofen | 15:30 |
| 4 | Transition Zone Swim + Bike | 17:05 |

Cut-Off after Swim and Bike - 5 hours 30 Minutes

RULES & PENALTIES

In case of you receiving a penalty always stop at the next penalty box!

! RED CARD (immediate disqualification):

- ! Littering (outside the littering zone)
- ! Unsportsmanship
- ! Using technical tools/equipment for help
- ! Coaching / support from outside
- ! Crossing the center line in the oncoming traffic sector

! BLUE CARD (5 minutes time penalty):

- ! drafting (12m, 25sec) --> 5 min time penalty
- ! blocking --> 5 min time penalty

! YELLOW CARD (1 minute time penalty – Stop & Go)

The referees will inform the athletes of a rule violation by showing a colored card (red, blue, or yellow) to the athlete. A red card will result in an immediate disqualification, yet you can continue to race.

Participating in a triathlon requires training on the bike. To be optimally prepared, it is important that you arrive on the day of the event healthy, fit and with the right equipment. Below you will find a checklist to help you prepare for any challenge on two wheels.

1. EVERYTHING STARTS WITH YOUR BIKE

Your seat and handlebars should be adjusted to the appropriate height and reach for you. Make sure all bolts are properly tightened so they don't come loose while riding, and that your brakes and gears are working properly. Keep your bike clean and the chain oiled. Use front and rear lights when riding in low light conditions - this may be required by law in the area. Tires should be inflated to the recommended pressure.

2. LEARN THE BASICS

Practice clicking in and out of the pedals, as well as starting, stopping, and emergency braking. If you are not familiar with shifting, practice this in a low-traffic area. Practice riding in a straight line and making turns (right, left, U-turns).

3. APPROPRIATE CLOTHING

Always wear an approved helmet during training and racing. The helmet needs to be closed all the time. It should fit properly, without moving on your head while riding, and should always remain strapped on while riding. Wear clothing that is appropriate for the weather conditions while riding and that helps maintain your body temperature when riding in cold or wet conditions, including during a race. Choose clothing that is highly visible in low light conditions.

4. BE READY TO RACE

Carry an adequate amount of water and food and have the ability to purchase additional supplies if needed. Know how to use a tire repair kit and appropriate tools and be sure to have them with you.

5. PLAN AHEAD

Always obey all traffic signals and signs. Ride on dedicated bike lanes, if available, and where there are normally other bicycles to ensure that vehicles are aware of you. Choose a route that suits your physical condition.

6. INFORM OTHERS

In case of an incident, someone should know where you are going. Always carry an ID card and your emergency contact information with you.

7. STAY ALERT

Keep playlists and podcasts for workouts on the roller at home. 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 or selfies while riding. Pay attention to the road and drivers around you, not your bike computer. Be able to see and hear what is happening around you.

8. ADHERE TO THE LAW

Always stop at stop signs and traffic lights. Remember that bicyclists have the same responsibilities as cars and other vehicles. Educate yourself about the traffic laws in your area, especially the rules about riding two abreast or back-to-back. Be aware of where vehicles are around you and expect that motorists may not see bicyclists. When passing a parked car or another cyclist, make sure there is enough room to avoid contact.

9. COMMUNICATION

Give verbal signals and hand signals so others know if you want to stop or turn. Make eye contact with motorists and other bicyclists. Watch for obstacles on the road, such as potholes, debris, or water bottles. Communicate visually and verbally with the particular aid worker at the aid station you are getting help from, and let them know you need help directly from them.

10. SAFETY FIRST

Drive as far as safely possible to the side of the road. There are situations where you need to position yourself on the road so that traffic cannot pass. This may be the case when you want to turn or when it is not safe for vehicles to pass. Your hands should always be able to quickly access the brakes. If you take unnecessary risks, you may gain a few seconds while driving, but you risk your life. Always drive smart.



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RUN COURSE

After 90km on the bike course you return to the transition area, park your bike according to your race number, take your red bag from the clothes rack, change your clothes at the designated place, and leave the transition area at the run exit.

The two-lap running course takes you from the event area first to the city center of Zell am See and then to Thumersbach. The alternation of quiet sections at the lake and the roaring applause of the spectators in the city makes the running course unique!

CUT - OFF Swim, Bike, and Run: 8 hours 30 minutes



RUN COURSE

RED BULL ENERGY STATION

The Red Bull Energy Station is located on the Northern shore of the lake. There you can get Red Bull and Red Bull with water.



RULES & PENALTIES

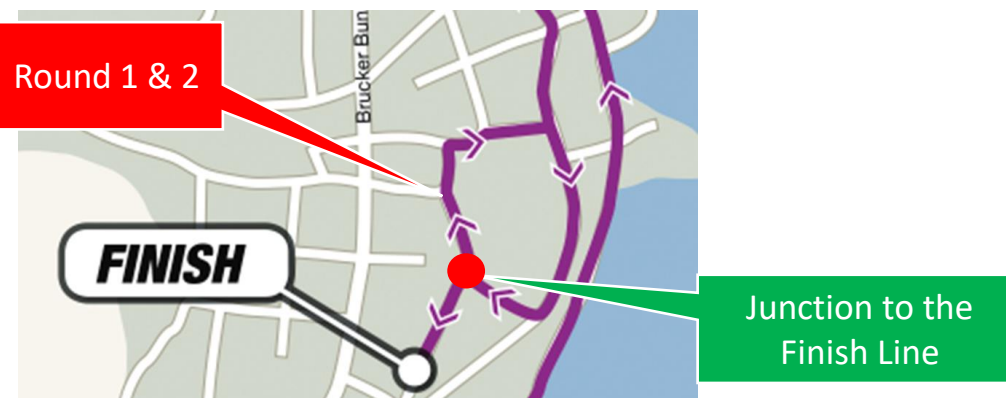
! RED CARD (immediate disqualification):

- ! Littering (outside the littering zone)
- ! Unsportsmanship
- ! Using technical tools/equipment for help
- ! Coaching / support from outside
- ! Taking abbreviations
- ! Crossing the finish line with family or friends

FINISH LINE

Relays are NOT ALLOWED to cross the finish line together.

If you already have 2 lap bands and have been to the turnaround in Thumersbach twice, turn left into the finish line before the town square. Follow the instructions of the IRONMAN staff. Right after the finish line you will find the last refreshment station where you can get drinks.



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.

Find exclusive offers for IRONMAN registered athletes on: maurten.com/ironman



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HOKA FLY
HUMAN
FLY

SAFETY

RACE CANCELLATION

If for any reason the race has to be cancelled, you will see the black flag. In this case follow the instructions of the IRONMAN staff on the course!



SWIM SAFETY

In case you cannot finish the swim it is absolutely necessary to inform an official (water rescue staff or competition judge)!

TRAFFIC

Please expect traffic at all times during the race even if the course is closed at that time. Always stay on the right and overtake on the left.

KNOW THE COURSE

It is your responsibility to know the course and rules!

Course description:

<https://www.ironman.com/im703-zell-am-see-course>

Download all the rules:

<https://www.ironman.com/competition-rules>

ÖTRV Sportordnung – rules of the Austrian Triathlon Federation:

<https://www.triathlon-austria.at/de/service-termine/downloadcenter#oetrv-verbandsordnung>

AFTER THE RACE/ AWARDS CEREMONY

- ! Finish line refreshments and white bags (Street Wear) can be found at the Ferry Porsche Congress Center after the race.
- ! Showers and massage are located in the gym of the new middle school Zell am See (showering before the massage is mandatory!).
- ! Free train shuttle from the train station Zell am See to the train station Tischlerhäusl
- ! Bike Check-Out in the transition zone in Schüttdorf between 16.00 – 21.00. There is no Bike Check Out-Card but you need your athlete wristband and timing chip to check out your bike. **Bike against Chip!**
- ! The objection period takes place from 7 p.m. – 7.30 p.m. at the Ask Me tent at the Expo
- ! Award ceremony and slot allocation will take place at 08.00 pm in the Ferry Porsche Congress Center.

ALWAYS ADVANCING — MORE THAN JUST MEDALS —
YOUR SOURCE FOR AWARDS, APPAREL & PROMOTIONAL PRODUCTS

The image displays a collection of various medals and promotional items. From left to right, there is a large silver medal with a red ribbon, a green medal, a yellow medal with 'no mountain high enough' text, a blue medal with 'IRONMAN' text, and a red medal with 'IRONMAN' text. Below these are several smaller medals and promotional items, including a 'no mountain high enough' medal, an 'IRONMAN' medal, and a 'FINISHER' medal. The background is a collage of various scenes, including a mountain, a city, and a person running.

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SLOT ALLOCATION

TIME SCHEDULE REMINDER

| DATE | TIME | DESCRIPTION | LOCATION |
|------------|---------------------------------|-----------------|----------|
| 03.09.2023 | Right after the Awards Ceremony | Slot Allocation | FPCC |

SLOT ALLOCATION

IRONMAN 70.3 Zell am See-Kaprun 2023 will award slots for the VinFast IRONMAN 70.3 World Championship 2024 in Taupō, New Zealand, which will take place on December 14th & 15th, 2024.

- **4 QUALIFICATION SLOTS FOR PROFESSIONALS (2 WOMEN / 2 MEN)**
- **40 QUALIFICATION SLOTS FOR AGE GROUP ATHLETES**

Please note that the slot allocation process may change. Stay up to date [here](#).

RULES

To receive a slot for the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in person at the Rolldown Ceremony on Sunday, September 03rd, 2023. No slot will be awarded after that. It is recommended to be present until the end of the Rolldown Ceremony, as there is a chance to get a slot until the end and slots could roll (back) to other age groups!

Photo ID must be presented and credit card payment must be made at this point. No cash or check payment possible.

Amount: approx. \$780.00 (USD) + Active Fee + Taxes

Shortly after that you will receive a registration link from the World Championship team. You have to fill in the required information to be considered a confirmed athlete; no additional payment is necessary.

Make sure you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check the travel conditions before accepting the slot.

HOW DOES THE SLOT ALLOCATION WORK?

The term "age group" refers to the grouping of athletes based on your gender and age group. For example, "Male 25-29" is one age group and "Female 25-29" is another. Your age group is determined by your age on December 31 of the year the event is held. For example, if you are male and will be 25 in 2023, your age group category for all races in 2023 will be M25 - 29.

THE SLOT ALLOCATION PROCESS:

The following slot allocation procedure will be conducted separately for each gender:

DAY BEFORE RACE DAY: Each age group with registered athletes will be provisionally allocated one starting slot (an "initially allocated slot"). All other slots available for the race (the "proportionally allocated slots") will be allocated only on race day.

RACE DAY: If there are no starters in an age group, the originally allocated starting slot of that age group will be cancelled and merged with the proportionally allocated starting slot. The proportionally allocated slots will then be distributed to 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 gender, i.e. the more athletes in an age group, the more slot allocations they will receive.

AFTER THE RACE/ BEFORE SLOT ROLLDOWN: If there are no finishers in an age group that had one or more starters, the originally assigned slot for that age group within the same gender will be reassigned to the age group with the highest ratio of starters to slots.

AFTER THE RACE/ DURING SLOT ROLLDOWN: If a slot assigned to an age group is not claimed (after the rolldown for that age group is complete), then that unclaimed slot within the same gender will be assigned to the age group with the highest ratio of starters to slots.

Only age group athletes are eligible to receive qualifying slots for the Age Group World Championships. Athletes who have a current professional or elite status with a national triathlon federation that is a member of the WTC or have competed as elite athletes in international competitions during the calendar year are not eligible for age group starting positions. Athletes must not have professional or elite athlete status at the time of the event or at the time of the World Championships for which they have qualified. Any change in an Athlete's status prior to participation in an Event or a Qualifying World Championship must be immediately reported to WTC. If the athlete fails to make this notification, he/she will be disqualified from the event and may be subject to sanctions by WTC.



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RELAYS

SWIM START

The relays will start as the last group of the rolling start and are marked by a separate color of swim caps. Please be in the designated area at the end of the rolling start.

TRANSITION ZONE

Transfer from swim to bike & bike to run in the designated area (near Blue Bag/Run exit). See graphic

SHOWERS

For swimmers and cyclists, showers are available in the transition area (soccer stadium Schüttdorf). In addition, general showers are available in the gym of the new middle school Zell am See.

Finish Line: It is not allowed to cross the Finish Line together with all members of the relay. Only the runner is allowed to cross the Finish Line.





The IRONKIDS Austria in Zell am See-Kaprun is a time race for children born between 2008 and 2017 to get a taste of triathlon.

Saturday, 02. September 2023 at Strandbad Zell am See,
Esplanade 4-6, 5700 Zell am See

REGISTRATION

Online and on site* registration is possible until 02.09.2023, 11 am.

**Subject to availability.*

No cash payment / only credit card payment!

IRONKIDS REGISTRATION

CATEGORIES/YEAR OF BIRTH

2017, 2016, 2015, 2014

2013, 2012, 2011, 2010

2009, 2008

DISTANCE

50m Swim & 700m Run

100m Swim & 1200m Run

100m Swim & 2000m Run

BIB PICKUP ONSITE

Friday, 01. September 2023: 9.00 – 18.00

Saturday, 02. September 2023: 9.00 – 12.00

The starter package can be picked up by the parents/guardians with the email confirmation at the Ferry Porsche Congress Center and includes:

- BIB number, Swim cap, Finisher-Shirt
- Timing Chip (please hand it back at the Finish Line)
- A medal for every finisher and drinks in the Finish Area
- Check out Card (printed on the BIB number, detach from the BIB and take it with you to the Finish Line to pick up your kid)

FINISH LINE & EXIT

The parent or guardian must be present at the exit with the check-out card to pick up the child. Please be patient and do not push or yell. Please be considerate of the IRONKIDS staff, volunteers, and other parents/guardians around you. The process takes some time, but is essential for the children's well-being. We thank you for your patience and understanding, in the interest of all the children participating in the event.

IRONKIDS®

02.09.2023

Zell am See

| Freitag 01.09.2023 | Zeiten |
|--|---------------|
| Registrierung IRONKIDS - FPCC | 09.00 – 18.00 |
| Samstag 02.09.2023 | Zeiten |
| Registrierung IRONKIDS - FPCC | 09.00 – 12.00 |
| Rennbesprechung IRONKIDS – Strandbad Zell am See | 12.30 |
| Start IRONKIDS - Strandbad Zell am See | 13.00 |
| Siegerehrung IRONKIDS - FPCC | anschließend |

| Geburtsjahr | Distanz Swim/Run | Geburtsjahr | Distanz Swim/Run |
|-------------|------------------|-------------|------------------|
| 2017 | 50m / 700m | 2012 | 100m / 1200m |
| 2016 | 50m / 700m | 2011 | 100m / 1200m |
| 2015 | 50m / 700m | 2010 | 100m / 1200m |
| 2014 | 50m / 700m | 2009 | 100m / 2000m |
| 2013 | 100m / 1200m | 2008 | 100m / 2000m |



Anmeldung
t.ly/WrKe

Vor-Ort-Anmeldungen

KEINE BARZAHLUNG

01.09.2023 / 09:00 -17:00

02.09.2023 / 09:00 -11:00

/ironkidsaustria





The Night Run Austria in Zell am See-Kaprun is a time race over a distance of 4.2 km, where all genders from age 14 onwards are welcome to participate!

Friday, 01. September 2023, Zeller City Center

City Center Zell am See, 5700 Zell am See

REGISTRATION

Online and on site* registration is possible until 01.09.2023, 3 pm.

**Subject to availability.*

No cash payment / only credit card payment!

NIGHT RUN AUSTRIA REGISTRATION

CATEGORIES

- Individual (Men and Women)
- Team (2 team members) (Mixed, Men, Women)

The first three male and female individual athletes will receive an award as well as the fastest male, female and mixed team.

BIB PICKUP ON SITE

Friday, 01. September 2023:

9.00 - 16.00

To pick up the starter package for the team, only one team member needs to pick it up onsite at the Ferry Porsche Congress Center.

Your starter package includes:

- BIB Number
- Timing Chip (fixed on the BIB number)
- Finisher Shirt

NIGHT RUN AUSTRIA Presented by **THE IRONMAN GROUP**

01.09.2023
Zell am See

| Freitag 01.09.2023 | Zeiten |
|---|---------------|
| Registrierung Night Run Austria - FPCC | 09.00 – 16.00 |
| Aufwärmen Night Run Austria - Stadtplatz Zell am See | 17.15 |
| Start Night Run Austria - Stadtplatz Zell am See | 17.30 |
| Siegerehrung Night Run Austria - Stadtplatz Zell am See | 18.30 |

Anmeldung
t.ly/aR9T

Vor-Ort-Anmeldungen
KEINE BARZAHLUNG
01.09.2023 / 09:00 -15:00

/ironmanaustrianightrun

HEAD REFEREE'S MESSAGE

In order to understand the rules on race day, please take the time to read and understand them in the Athlete's Handbook and the IRONMAN 70.3 Zell am See-Kaprun 2023 Athlete's Guide.

BLUE CARD

Five Minute Time Penalty

"DRAFTING and BLOCKING" will result in a **BLUE CARD** and lead to a time penalty (to be served in the Penalty Tent (bike course)).

YELLOW CARD

One Minute Time Penalty

In case of violations for the **YELLOW CARD**, a 1-minute time penalty (Stop & Go) will be imposed, which will be served next to the referee e.g. mounting / dismounting before or after the mount / dismount line.

RED CARD

Disqualification (DSQ)

An athlete who receives a **RED CARD** will be immediately disqualified e.g. non-compliant material/equipment, littering, outside assistance

It is the athlete's responsibility to fully understand the rules and avoid penalties. The decision of the referee is final for violations of so-called conscience decisions and there is no possibility to file a protest.

Please treat other athletes, all volunteers and your referees with courtesy and consideration. Failure to do so is UNSPORTAL CONDUCT and may result in disqualification. I sincerely hope you have a great race and accomplish all of your goals.

For the IRONMAN 70.3 Zell am See-Kaprun the Sportordnung des ÖTRV (rules of the Austrian Triathlon Federation) apply:

<https://www.triathlon-austria.at/de/service-termine/downloadcenter#oetrv-verbandsordnung>

2023 RULES



IRONMAN COMPETITION RULES

The IRONMAN 70.3 Zell am See-Kaprun 2023 will be sanctioned according to the rules of the ÖTRV Sporting Regulations. For more information, please visit the following website:

[Downloadcenter \(triathlon-austria.at\)](https://www.downloadcenter.com.triathlon-austria.at)

Please inform your family, friends, coaches and supporters that they are not allowed to accompany you during the race and that you are not allowed to receive outside help. Failure to do so will result in you being penalized.

For safety reasons, it is imperative that an athlete who withdraws from the race at any time (especially before, during or after the swim) MUST inform a race official. You are expected to follow the instructions and directions of all race officials, course marshals and race officials. Only course marshals have the authority to disqualify an athlete. All lifeguards and medical personnel have final authority to remove an athlete from the race if the athlete is physically unable to continue the race without risking 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 excluded from all future IRONMAN Series races.

MEDICAL INFORMATION

There will be medical assistance and facilities throughout the race. Medical personnel will be available in the finish area to help you after the race is over. Participating in an IRONMAN race can cause serious physical damage. Please remember that proper hydration before and during the race can be critical to your success in the race. Remember that you start at your own risk and that race organizers cannot be held responsible for injury, damage - or in extreme cases, death - during the race. Since this is a long-distance endurance race, we advise all participants to compete only if they have trained well, feel fit and have no physical problems - especially regarding vital organs. If you have had problems with cardiac arrhythmias during training, we strongly recommend that you be examined by a specialist before the race.

ANTI-DOPING

As a condition of participation in all IRONMAN and IRONMAN 70.3 events, all registered athletes must acknowledge and comply with IRONMAN's Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes will be subject to in-competition and out-of-competition testing¹ and will be required to inform themselves of and understand all applicable rules and obligations (including, but not limited to, the World Anti-Doping Agency's Anti-Doping Rules governing prohibited substances and therapeutic use exemptions) prior to registering for events. In case of doubt, athletes are encouraged to ask questions and seek advice from qualified medical professionals.

RULES, VIOLATIONS & PENALTIES

| SUMMARY OF THE GENERAL RULES OF COMPETITION | PENALTY | CARD |
|---|---|------|
| Public nudity or indecent exposure | DSQ | |
| Littering outside the littering zones | DSQ | |
| Unsportsmanlike behavior | DSQ and a possible ban to start | |
| Failure to follow the prescribed course | DSQ | |
| Not wearing a shirt or sports top while cycling or running. | 5 Minutes Time Penalty during Bike (blue card) and 1 Minute Time Penalty during Run (yellow card) | |
| Accepting help from persons other than the referees, competition officials or other competitors in accordance with the competition rules | DSQ | |
| Giving a complete bicycle, frame, wheel (running wheels), helmet, cycling shoe, running shoe, or other piece of equipment to another athlete that results in the donating athlete being unable to continue his or her own race | DSQ beider Athleten | |
| Fraud by entering the country under a false name or age, falsifying an affidavit, or providing false information | DSQ and a possible ban to start | |
| Failure to stop at the next penalty tent after the athlete has been required to do so | DSQ | |
| Use of communication devices of any kind, including but not limited to radios, cell phones, smartwatches, smart helmets, ... in any distracting manner during the race. | DSQ | |
| Use of any device that distracts the athlete from paying full attention to his or her surroundings, including but not limited to making and receiving calls, sending and receiving text messages, using social media, taking pictures, and using a device as a bike computer. | DSQ | |



SPORTOGRAF

SPORTOGRAF

We are proud to introduce Sportograf as the official athlete photo service at IRONMAN 70.3 Zell am See-Kaprun.

They provide you with their "photo flat", which contains your personal pictures of various top locations around the course as well as the best impressions of the landscape and the race day in general.

Order your race photos here: www.sportograf.com

If you indicated that you would like to see your race photos when you registered, you will receive a direct link from Sportograf about a week after the race.

HELP US TAKE YOUR BEST PHOTOS:

- Please make sure your number is visible on your helmet so we can identify more photos of you.
- 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 performance.

Stay tuned and follow Sportograf on [Facebook](#) and [Instagram](#)

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





2023 IRONMAN WORLD CHAMPIONSHIP

NICE, FRANCE

September 10



2023 IRONMAN WORLD CHAMPIONSHIP

Kailua-Kona, Hawai'i.

October 14



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GOOD LUCK

THE IRONMAN TEAM AUSTRIA

Any questions? Contact us via Facebook or email:

Zell-kaprun70.3@ironman.com