

# FIRST TIME IRONMAN CHECKLIST



SCHEDULE



COURSES



ATHLETE GUIDE



## Before travelling:

- ☐ Check the schedule and make your plan accordingly
- ☐ Read the Athlete Guide
- ☐ Check your registration status here: [Active Account Login](#)



Travel to Zell am See-Kaprun

## Before going to registration (see Event Schedule):

- ☐ Take your ID
- ☐ Prepare your QR code (you can find it in the race week or confirmation email)
- ☐ Annual license or cash (if you don't have an Austrian annual license you can purchase a one day license on site in cash)

In registration you will pass the license control at the entrance. Then you have to go to one of our desks to collect your racepack.

## Our staff will give you:

- ☐ Bib number
- ☐ Wristband
- ☐ Stickers (read the instructions on the backside)
- ☐ Swimcap
- ☐ Backpack (with blue, red and white transition bags; pick up station: white tent next to the expo tent)

## Next step will be going to the hotel to prepare everything for the bike check-in:

You need to leave everything listed below in transition on Saturday.

- ☐ Put the stickers on your bike, helmet and transition bags (read the instructions on the backside)
- ☐ Prepare the blue bag with your bike clothes
- ☐ Prepare the red bag with your running clothes
- ☐ Check your bike

- ☐ Attend the race briefing!

## It's time to go to transition!

(see Event Schedule)

### At the entrance, the referees will check:

- ☐ Bib number
- ☐ Your helmet with the sticker (put your helmet on)
- ☐ Your bike with the sticker (on the seat-post)
- ☐ Your blue and red bag with the sticker (with clothes inside, you still have access on race morning)

### And then:

- ☐ Leave your bike in your rack number
- ☐ Leave your blue bag in your hanger (with the helmet inside)
- ☐ Leave your red bag in your hanger

Please don't leave your GPS device on the bike or other valuable objects. Place everything in the bags. Nutrition: you can leave it on your bike now or on race day in the timeframe that the transition is open.

- ☐ At the transition exit you will receive your timing chip (helmet, bike, bib number, red and blue bag must stay in the transition area - you still have access on race morning)



Sleep well

## It's your Race Day! Before leaving, don't forget your:

- ☐ Timing chip (put it on your left ankle)
- ☐ White bag
- ☐ Wetsuit

## Before your swim start:

(see Event Schedule)

- ☐ Go to transition to check your bike, fill your bottles... (optional)
- ☐ Put your wetsuit on (depending on the water temperature allowed, mandatory or prohibited)
- ☐ Put your street clothes in your white bag and leave it in the white bags area

- ☐ Go to the swim start area and select your starting box
- ☐ Enjoy your race!

## Congratulations for your amazing race!

- ☐ Collect your medal
- ☐ Collect your finisher t-shirt
- ☐ Collect your white bag
- ☐ Check your result (information during the Race Briefing)
- ☐ Go to transition to checkout your bike and give back the timing chip (see Event Schedule)
- ☐ Access to Athlete Garden with food and drinks (FPCC)

- ☐ Awards and Slot Allocation (see Event Schedule)