

# 2024 ATHLETE INFORMATION GUIDE

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[www.ironman.com/im-new-zealand](http://www.ironman.com/im-new-zealand)

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

Ph: 09 601 9590



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# RACE DIRECTOR MESSAGE



Welcome to the 40th ANZCO Foods IRONMAN New Zealand.

Whether this is your first IRONMAN experience, or you are returning we look forward to celebrating your 2024 IRONMAN journey in Great Lake Taupō.

This year we mark 40 years of the oldest IRONMAN outside of Kona, Hawaii. From the first edition of this race at Mission Bay, Auckland, to the race it is today here in Taupō, we've had 40 years of amazing memories, incredible stories, and proving that Anything Is Possible.

Taupō is the home of IRONMAN in New Zealand, which would not be possible without the support of the community of Taupō. Throughout your visit you will be supported by the locals that make this event like no other.

As we return for the 26<sup>th</sup> year to this stunning region I'm proud to call home, we recognise our principal partners Taupō District Council and ANZCO Foods, along with our family of sponsors. We thank them all for their support of the event. I would also like to acknowledge Tūwharetoa Māori

Trust Board for allowing access to Great Lake Taupō and their continued support.

Behind the scenes we have a team of local directors all from Taupō, who lead an army of 1800+ Mercury Volunteers, supporting you every step of your IRONMAN. Their commitment ensures the event is a success each year.

Please read this document carefully as it has all the information you need for a successful and safe race.

Remember to say a special thanks to the Mercury Volunteers and to your team of supporters, family and friends that have helped you throughout your journey to get you to Taupō.

We look forward to seeing you at the start line on Saturday 2<sup>nd</sup> March.



**WAYNE REARDON**  
*Race Director*

# Putting the **IRON** in IRONMAN

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ANZCO Foods is proud to be the  
Title Partner of IRONMAN® New Zealand,  
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# 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 60 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.

**Kyle Davey**  
*Race Referee*

# RACE RULES



The event is sanctioned by Triathlon New Zealand

and raced under [IRONMAN Race Rules](#).

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 chain set, 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 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)

*Continued over page..*

# 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.

## 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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# WELCOME MESSAGE



## MAYOR DAVID TREWAVAS WELCOMES YOU TO TAUPŌ

It is my pleasure to welcome you, as one of the hundreds of incredible athletes descending on Taupō in 2024 - the 40th anniversary of the ANZCO Foods IRONMAN New Zealand and IRONMAN 70.3 New Zealand! Taupō is so excited to be the host for the 26<sup>th</sup> time in 2024, and we look forward to celebrating 40 years of IRONMAN history, stories, and achievements, while we watch you amazing athletes showing us that anything really is possible.

The Taupō District is considered the events capital of New Zealand and I believe we can really live up to that name! Each year we welcome many competitors from a huge variety of sports to our district. We love to see all the support behind these events, not only from the participants but also the spectators, sponsors, and the volunteers.

IRONMAN brings people like yourself from all over the country and globe together for an epic challenge, and we hope you enjoy your time in our beautiful piece of paradise.

We love to welcome all our participants with our true Kiwi spirit; while we support you and your families as you train and participate in this amazing world championship event.

While you are here, we really hope you get the chance to get out and about to further explore our town, recent winner of the Supreme Towns & Cities Award, and the wider Taupō District. We are proud of our community; our beautiful lake and all the lovely spots around it. Make sure to take the time to go out into our awesome town if you can and explore the beauty that makes this place so special.

2024 is a massive year of sport for IRONMAN in New Zealand, with Taupō hosting the VinFast IRONMAN 70.3 World Championship on 14 and 15 December. Good luck to those who gain one of the 50 qualifying spots for the World Championship, when participating at the IRONMAN 70.3 New Zealand in March!

On behalf of our community, I extend a warm welcome to the participants, spectators, sponsors and volunteers. We wish you all the very best for your IRONMAN challenge!!!!

Ngā mihi



**DAVID J TREWAVAS JP** 9  
*Mayor of Taupō District*

# EVENT SCHEDULE



Event Schedule is up to date as at 31.01.24 and is subject to change.

View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

## TUESDAY 27 FEBRUARY 2024

Time	Event	Location
9:00am - 5:00pm	Pre-race massage service (paid service)	Massage Marquee, North Domain

## WEDNESDAY 28 FEBRUARY 2024

Time	Event	Location
9:00am - 4:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
9:00am - 4:00pm	Event information @ North Domain	North Domain
9:00am - 5:00pm	Performance Bicycle Tuning Service Centre	North Domain
9:00am - 5:00pm	Pre-race massage service (paid service)	Massage Marquee, North Domain

## THURSDAY 29 FEBRUARY 2024

Time	Event	Location
8:00am	Undie Run	The Finish Line, North Domain
9:00am - 5:00pm	<b>Athlete check-in IRONMAN and IRONMAN 70.3</b>	<b>Main Marquee, North Domain</b>
9:00am - 5:00pm	Wetsuit checking (prior to check-in)	Main Marquee, North Domain
9:00am - 5:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
9:00am - 5:00pm	Event information @ North Domain	North Domain
9:00am - 5:00pm	Kids Fun Run check-in	Event Information, North Domain
9:00am - 5:00pm	Sports and lifestyle expo	North Domain
9:00am - 5:00pm	Performance Bicycle Tuning Service Centre	North Domain
9:00am - 5:00pm	Pre-Race massage service (paid service)	Massage Marquee, North Domain
11:00am	IRONMAN Transition tour followed by Race Director Q&A	Transition, Kaimanawa Reserve
1:00pm	IRONMAN Transition Tour followed by Race Director Q&A	Transition, Kaimanawa Reserve
3:00pm	Professional athlete briefing	Rimu Room, Great Lake Centre
5:00pm	Welcome to Taupō presentation and IRONMAN pro panel	Te Atea Tapuaeharuru - 20 Roberts St

# EVENT SCHEDULE



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FRIDAY 1 MARCH 2024		
Time	Event	Location
7:00am - 7:55am	Kids Fun Run Check-in	Event Information, North Domain
8:00am	Kids Fun Run Start	Noth Domain
9am - 5pm	<b>Athlete check-in</b> IRONMAN and IRONMAN 70.3	<b>Main Marquee, North Domain</b>
9am - 11am	Women for Tri Breakfast	Lake Taupō Yacht Club
9:00am - 5:00pm	Event information @ North Domain	North Domain
9:00am - 5:00pm	Sports and Lifestyle Expo	North Domain
9:00am - 5:00pm	Performance Bicycle Tuning Service Centre	North Domain
9:00am - 5:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
9:00am - 5:00pm	Pre-Race Massage Service (paid service, bookings recommended)	Massage Marquee, North Domain
10:00am - 5:00pm	Wetsuit checking (prior to athlete check-in)	Main Marquee, North Domain
10:00am - 6:00pm	<b>COMPULSORY</b> Bike & Transition Bag Check-In	Transition Area, Kaimanawa Reserve
10:00am - 6:00pm	Timing chip collection (after racking bike)	Transition Area, Kaimanawa Reserve
10:00am - 6:00pm	Event information @ Kaimanawa	Transition Area, Kaimanawa Reserve
1:00pm - 2:00pm	Become One First Timer Seminar with Verna Jackson	Great Lake Centre

# EVENT SCHEDULE



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View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

## SATURDAY 2 MARCH 2024

Time	Event	Location
5:00am - 7:30am	Transition open	Transition Area, Kaimanawa Reserve
5am - 8pm	Event Information @ Kaimanawa	Transition Area, Kaimanawa Reserve
7:30am	Traditional Māori Welcome	Lake Taupō, Opposite Tui St
7:40am	Water Opens	Lake Taupō, Opposite Tui St
7:50am	<b>IRONMAN male professional start</b>	Lake Taupō, Opposite Tui St
7:52am	<b>IRONMAN female professional start</b>	Lake Taupō, Opposite Tui St
8:00am	<b>IRONMAN age group start</b>	Lake Taupō, Opposite Tui St
9:00am - 6:00pm	IRONMAN Merchandise Store	Merchandise Marquee, North Domain
10:00am - 12:00am	Event Information @ North Domain	North Domain
1:00pm - 11:00pm	Athlete Shuttle Bus - finish line to transition (approx. every 30 mins)	Great Lake Centre
7.30pm - 11pm	Bike & Gear Bag Collection	Transition Area, Kaimanawa Reserve

## SUNDAY 3 MARCH 2024

Time	Event	Location
1:00am	IRONMAN run course cut-off/race finish	
8:00am - 2:00pm	IRONMAN Merchandise Store (Including Finishers Range)	Merchandise Marquee, North Domain
8:00am - 2:00pm	Medal Engraving	Merchandise Marquee, North Domain
9:00am - 11:00am	Bike & Gear Bag Collection	Transition Area, Kaimanawa Reserve
9:00am - 11:00am	Event Information @ North Domain	North Domain
9:00am - 11:00am	Lost property, clothing drop, and personal needs collection	Event Information, North Domain
9:00am - 2:00pm	Post-Race Massage Service (Bookings Recommended)	Massage Marquee, North Domain
10:00am	<b>Awards Presentation</b>	<b>Te Atea Tapuaharuru - 20 Roberts Street</b>
11:00am	<b>2024 IRONMAN World Championship Roll Down Ceremony (male and female qualification)</b>	<b>Te Atea Tapuaharuru - 20 Roberts Street</b>

\*Please take note of the new location of the Awards and Roll down ceremony. If the weather is not suitable for the outdoor location, they will be moved to the Great Lake Centre. This will be announced on social media and an app notification.

# GOOD LUCK TRICLUBBERS

# IRONMAN® TRICLUB

3D Tri Squad3P TRI MultisportDarwin and tri club Kennedy TeamPurple Patch XTRTeam ZootThe  
 TEAMAlbury Wodonga Triathlon ClubDashing Law RacingKIS FitnessRadStrong Cupcake CartelTITAN  
 Triathlon ClubAllie Iron TeamDavey Black Performance TeamKnox TriRancho Endurance sport club (CZ)To The  
 Performance Tri ClubDe Bruin Triathlon Club Inc.Koa Sports Tri ClubRatpack Start LineTomaree  
 CoachingANZA Cycling - TrainDubbo Triathlon SportsLakers Triathlon Multisport IncRC Triathlon  
 TriathlonArmidale ClubDunedin Triathlon ClubLas Vegas Triathlon CoachingReadyToTriRe ClubToowoomba  
 Triathlon ClubAtlas & Multisport ClubE3 TRI ClubLimerickTriathlon d Dog Triathlon Triathlon Club  
 MultisportsAuckland TribeEastern Bay of ClubLondon Fields TrainingRedcliffe Tri IncTOWER 26Tri  
 City Triathlon Plenty Triathlon and Triathlon ClubMacarthur ClubReed Performance AllianceTri Finish  
 ClubAustralian Defence Multisport ClubEastern Triathlon ClubMaitland GroupRiverland Münster e.V.Triathlon  
 Triathlon ClubBallarat Suburbs Triathlon Triathlon Club IncManawatu Triathlon Association of Hawke's BayTriathlon  
 Triathlon ClubBalmoral ClubEDO SportsElevate Triathlon Club Maryborough & Triathletes & Multisport TaurangaTriathlon  
 Triathlon ClubBanting Performance CoachingEltham Tri And District Triathlon Club (RATS)S.A. Emergency TOHOKUTRibe  
 Triathletes ClubBayside CoachingEltham Tri And IncMelbourne Triathlon Services Triathlon Club RacingTribe Triathlon  
 MultisportBayside IQ Global Racing Club IncMeteors (Triple Zero)Saint ClubTriDot Triathlon ClubTriDot Triathlon  
 Triathlon ClubBeckworth TeamENVE Triathlon ClubMK Gabriel TRISalt Lake Tri TrainingTriDubaiTriEgyp  
 RacingBeijing Elites RacingERDINGER Active PerformanceMoxie ClubSalton Sea Triathlon TTriMobTriMotivate  
 TriClubBeijing Long TEAMEuro Coast MultisportMr Smith's IronTeamMultisport ClubSansego Triathlon Performance  
 Yuan Triathlon Triathlon ClubFawz GoldMyProCoachNelson ClubSharks Triathlon CoachingTri-Sport  
 ClubBeijing Team 3BET ConceptFinish Strong Triathlon and Multisport Clubsisu- TaupoTriVelo  
 EnduranceBig Sexy RacingFitness LockerFitzroy Frogs ClubNeON Spartans Triathlon CoachingUmeå  
 Racing LLCBondi Triathlon TeamNewcastle ClubSouth Coast Sharks TRIADSVictor Harbor  
 Running & Triathlon Triathlon ClubFLOWITRIFolsom Triathlon ClubNICE Southern Stars Triathlon Triathlon ClubVoodoo  
 Club Inc (B.R.A.T)Boost ClubFLOITRIFolsom IRONMAN CLUBNinja ClubSouthland Triathlon TriWaitakere Triathlon &  
 CoachingBOSS Bike Triathlon ClubFoot AcademyNo Limits Endurance ClubStanding Start Multisport  
 MultisportBoulder Traffic Endurance Sport Endurance CoachingNorth Coast TriathlonStöcke TS ClubWarringah Triathlon  
 Triathlon ClubBSG Tri CoachingFortius Racing Endurance TeamFremantle Triathlon ClubNorth Harbour Triathlon Triathlon Club  
 Team C26 Triathlon TeamTriathlon ClubFSA Triathlon ClubNorthern Suburbs SCTASweat7 (NZ)Western Suburbs  
 TeamCairns Crocs Triathlon ClubFSTEAMFW Tri Triathlon ClubNunawading CoachingSydney Triathlon Club  
 Triathlon ClubCaloundra Club-Friends Who Triathlon ClubNZDF ToaTaranaki Triathlon & Triathlon  
 IncCanterbury Triathlon ClubHampstead ClubNunawading Triathlon GroupTaranaki Multisports ClubTeam  
 ClubCape Cod Triathlon ClubHampstead ClubNunawading Triathlon ClubOn Course BettyTeam Triathlon ClubWorld  
 TeamCentral Coast Triathlon ClubHangzhou Triathlon Oceanic Triathlon Orange Cycle HardCorTeam MultisportWuuss  
 Triathlon ClubCentral Paradise Triathlon Triathlon ClubOn Course And Triathlon ClubOSK MaunaTeam TriWyn RepublicYour  
 Florida Tri ClubHibiscus Coast Triathlon ClubOSK TRI Team MomentousTeam Training ZoneZipper  
 ClubChampion Harriers & Triathlon Clubi4 Coaching ThailandPanthers PereneTeam SFQTeam  
 FactoryChange Clubi4 Coaching ThailandPanthers PereneTeam SFQTeam  
 FitnessClub NameCNN BangkokIRONMAORliro ThailandPanthers PereneTeam SFQTeam  
 TRI NYONCoogee nprojectJ M Triathlon ClubPerth SheepTEAM Tri  
 Triathlon ClubCore 4 EnduranceJervis Bay Triathlon ClubPerth CoachingTeam  
 EnduranceCourt One Triathlon Club IncJT Triathlon Club VarloTeam  
 Triathlon ClubCronulla MultisportKapiti running (Aus)PlayTri Oceanside Vo2MultisportTeam  
 Triathlon ClubD3 MultisportKapiti running (Aus)PlayTri Oceanside Vo2MultisportTeam

JOIN THE PROGRAM [IRONMAN.COM/TRICLUBS](http://IRONMAN.COM/TRICLUBS)

# 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 page 13).
- Pre-book Women for Tri breakfast (women only).
- 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. **Note:** Event app will be updated at close of Check-In prior to race day. If any details are incorrect contact us [newzealand@ironman.com](mailto:newzealand@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. Don't forget your wetsuit!
- Rack bike and drop off transition bags
- 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 9:00am-11:00am Sunday 3<sup>rd</sup> March), street gear bag, bike pump, bike.

## POST RACE

- Have your medal engraved at the Official IRONMAN Merchandise store
- Attend World Championship Roll Down and presentations
- Upload your #medalmonday photo on your social media.
- Collect any left-over items and personal needs bags from Event Information

## WORLD CHAMPIONSHIP ROLL DOWN

- Bring photo ID.
- Bring your physical credit card (no apple pay etc accepted). See page 34
- Bring friends and family to celebrate.
- Check the event dates and that you can attend if successful at rolldown.

# IMPORTANT MEDICAL AND HEALTH INFORMATION



## MEDICAL INFORMATION

If you have a known medical condition, we highly advise that you take the following steps:

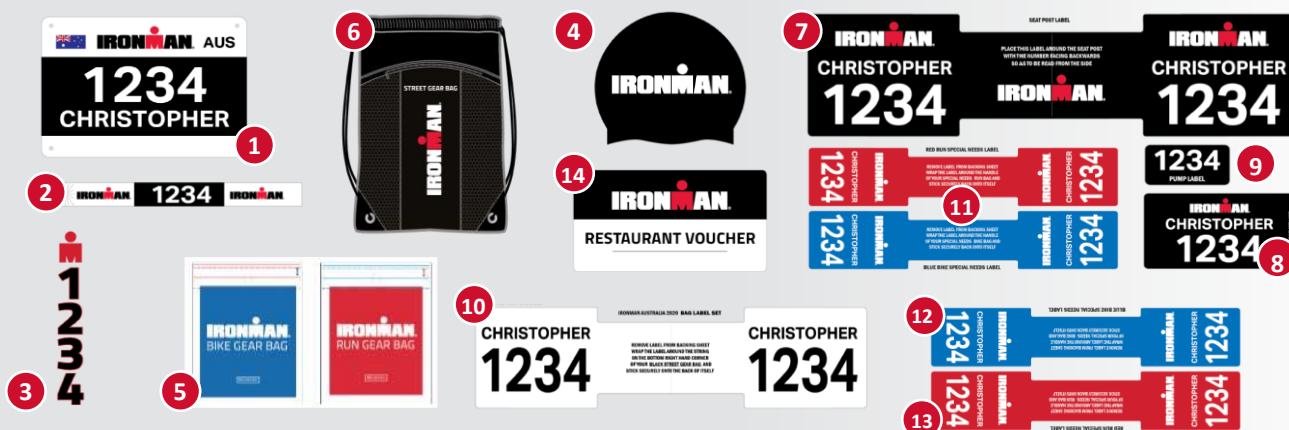
1. Please stop by the Help Desk at Athlete Check-In to get a special race day wristband on which you should write the details of your medical conditions(s).
  2. Please also write the details of your medical conditions(s) on the back of your athlete bib, which you will receive in your race packet.
  3. The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please stop at the Help Desk at Athlete Check-In
- Your safety is our primary concern. The medical team will be staffing the medical facilities at Transition (Kaimanawa Reserve) and the Finish Line (Tongariro North Domain). Medical resources will also be available while you are out on course.
  - If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
  - If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

### PLEASE DO NOT BE AFRAID TO ASK FOR HELP

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

- If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.
- During the swim: raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling "help." You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- During the bike: If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- During the run: same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- Helping another athlete – if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.
- Manage your Health and Safety on Race Day – Race Healthy, Race Smart.
- Please visit our Athlete Smart web page for more information regarding your health pre-race and during competition:
- <https://www.ironman.com/athlete-smart>

# RACE KIT



## RACE KIT COLOURS

- Black - Professional male
- Silver - Professional female
- Gold - Legends
- Blue - Taupō locals
- Black - 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 page 13

### 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 - No longer required

#### 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 Friday 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

\$30 voucher can be used at participating restaurants outlined on the [event website](#).



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# PRE RACE INFORMATION



## ATHLETE CHECK-IN

All race kits will need to be collected during Athlete Check-In opening hours at North Domain.

- Thursday 29<sup>th</sup> February 9:00am – 5:00pm
- Friday 1<sup>st</sup> March 9:00am – 5:00pm

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)
- Registration QR code
- Wetsuit (must be checked by CHECK CLEAN DRY prior to entering athlete check-in)

### Who can collect?:

Only the person registered can pick up their race kit at check-in.

Please note, 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 TriNZ and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

## TIMING CHIP

**Pick up:** Upon exit during bike racking, Friday 1 March, 10:00am – 6:00pm

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

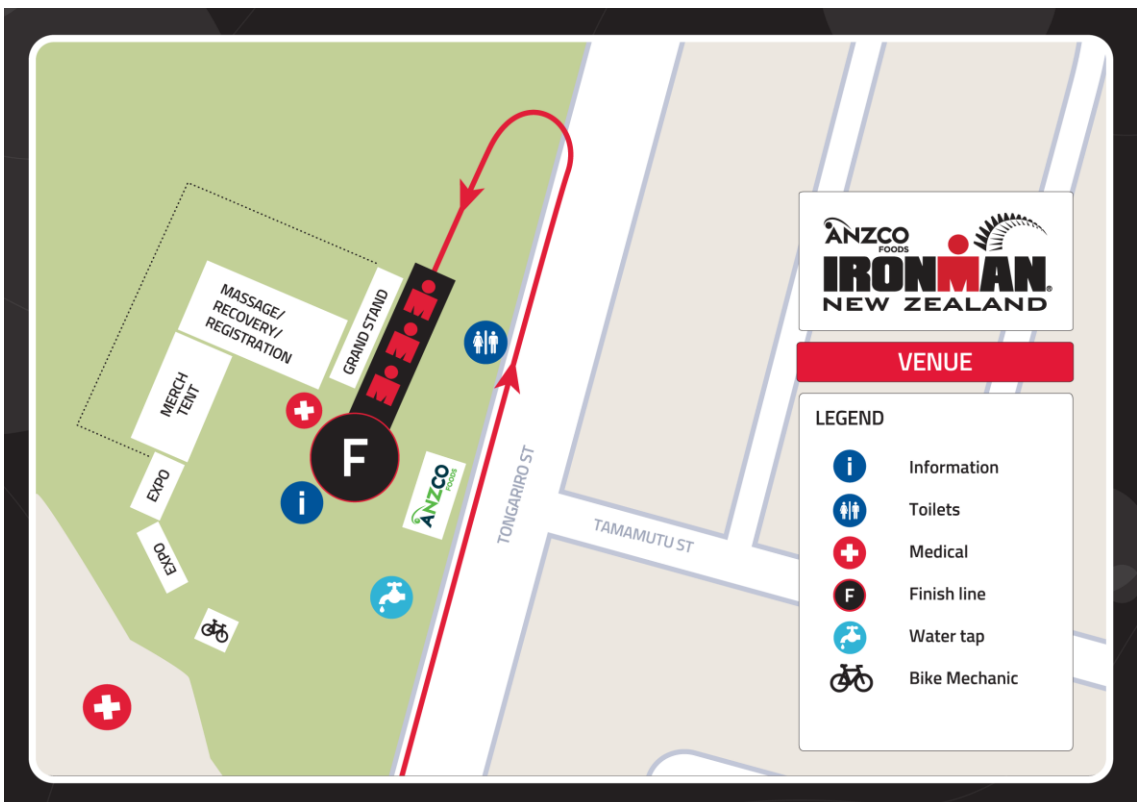
**How to wear:** Use provided strap to attach to left ankle

**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.

**Lost timing chips:** If your timing chip is not returned or is lost, you will be charged \$150NZD for a replacement.



# PRE RACE INFORMATION



## MASSAGE

Pre and post race massage therapy will be available from Tuesday 28<sup>th</sup> February to Sunday 5<sup>th</sup> March post race. View the Event Schedule (page 8) for times and location.

## BIKE MECHANICS

Bike mechanics will be available Wednesday 1<sup>st</sup> – Friday 3<sup>rd</sup> March, to offer minor mechanic services. This is a paid service and athletes are responsible for the cost included.

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

Bike course information on page 29 for more information.

## RACE DIRECTOR Q & A

Transition tours are followed by a Race Director Q&A, it is your opportunity to ask any last-minute questions and pick our Race Director's brain. A great opportunity for both seasoned triathletes or first timers.

Thursday 29 February - 11:00am

Thursday 29 February - 1:00 pm

All tours and Q&As will take place in Transition at Kaimanawa Reserve

## PRE-RACE TRAINING

Ensure you are always aware of and obey the New Zealand 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 COURSE

Keep inside the buoys: Please keep inside the 200m red and white marker buoys, as it is an authorised boating and jet-ski lane on the outside of the buoys.

Avoid golf balls: It can be dangerous to swim unwittingly into the Hole-In-One golf activity, and you should wear a brightly coloured swim cap at all times.

## BIKE COURSE

ETA (East Taupō Arterial) Bypass: We do not recommend that you ride on the ETA Bypass. It carries high volume of traffic including a high number of trucks and heavy transport. We have erected a number of safety signs along Broadlands Rd as a reminder.

Single file: Cyclists should ride in single file on the course at all times.

Be visible: Please ensure you are easily visible to motorists by wearing high-vis jackets or bright coloured cycle clothing. Avoid dark colours that blend with the vegetation and are not easily visible.

## RUN COURSE

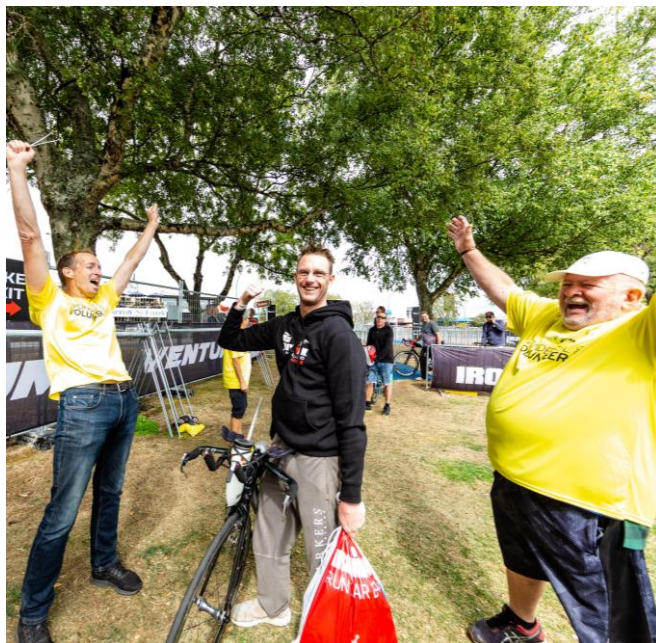
Stay on the paths: Please run on the paths where possible and be courteous to other users.

## CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

[IMNZ24 Road Closure Map](#)

Follow the link below for detailed Road Closure and Detour Route Maps, and the best way to get around on Race Day.





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# CHECK, CLEAN, DRY



There is currently a Biosecurity Alert in the central North Island for the unwanted invasive species of freshwater gold clam. These clams have been found in the Waikato River, and threaten to spread throughout other freshwater waterways, including Great Lake Taupō.

In order to minimize the risk of this spread, in consult with the Department of Conservation, we ask all our athletes to complete an increased Check, Clean and Dry process for your wetsuits before arriving in Taupō.

- All athletes must bring their wetsuit to athlete check-in to be checked by the Department of Conservation prior to check-in.
- ALL WETSUITS will need to be checked by the DOC team at athlete check-in on either Thursday or Friday before you'll be

allowed to pick up your race kit, so please bring your washed wetsuit along with you for checking and tagging.

If you do not complete the Check, Clean and Dry process, you will not be allowed to check-in or start the race.

We thank you in advance for your cooperation with this task, as we hope to keep Great Lake Taupō clean, clear and pest free for many more generations to enjoy.

If training in Lake Taupō prior to athlete check-in, please use the below guide to determine if you need to disinfect your gear.

For instructions see

[www.biosecurity.govt.nz/check-clean-dry](http://www.biosecurity.govt.nz/check-clean-dry)

1. My wetsuit, booties and goggles were last used in:	2. Do I need to Check Clean dry ?	Follow the Cleaning instructions & see Check Clean Dry staff for your ticket
Another lake or river or an estuary that contains freshwater <u>less than 30 days ago</u>	<b>YES</b>	For Check Clean Dry, use the clam-specific version: Hose down with tapwater (onto grass and not into a stormwater drain) Soak in 55deg C water for 5 minutes or freeze till solid (overnight) Dry to touch, inside and out, then leave for 2 days. <i>Note—If you just washed your wetsuit in cold water or in a shower, you then still have to follow the above.</i>
Lake Taupō, a chlorine pool or the sea, OR another lake or river OR an estuary that contains freshwater <u>more than 30 days</u>	<b>NO — good to go</b>	You're fine for today, but do read the new guidelines so you're up to speed for when you do move to another lake, river or estuary
It's borrowed gear	<b>MAYBE — check</b>	Check with the owner and then see the two boxes above.

# PRE-RACE INFORMATION



## RESTAURANT PROGRAM

In your gear bag, you will receive two \$30NZD restaurant vouchers to spend at selected restaurants in Taupō Thursday 29 February – Sunday 3 March. We encourage you to book tables early so you can celebrate with your family, friends and other TriClub mates and help us to support the local businesses in Taupō. [Click here](#) for a list and brief description of participating restaurants.

*\*Restaurants are paid by IRONMAN for the vouchers used at their venue.*

## BECOME ONE SEMINAR FOR FIRST TIMERS

*Friday 1 March | 1:00pm-2:00pm | Theatre, Great Lake Centre*

All athletes are welcome to join the Become One seminar held in the Great Lake Centre Theatre with our annual host and wealth of knowledge, Verna Cook-Jackson.

Valuable for anyone who is competing at 2024 IRONMAN New Zealand for the first time.

## BECOME ONE TENT

*Thursday 29 February | 9am – 5pm | North Domain*

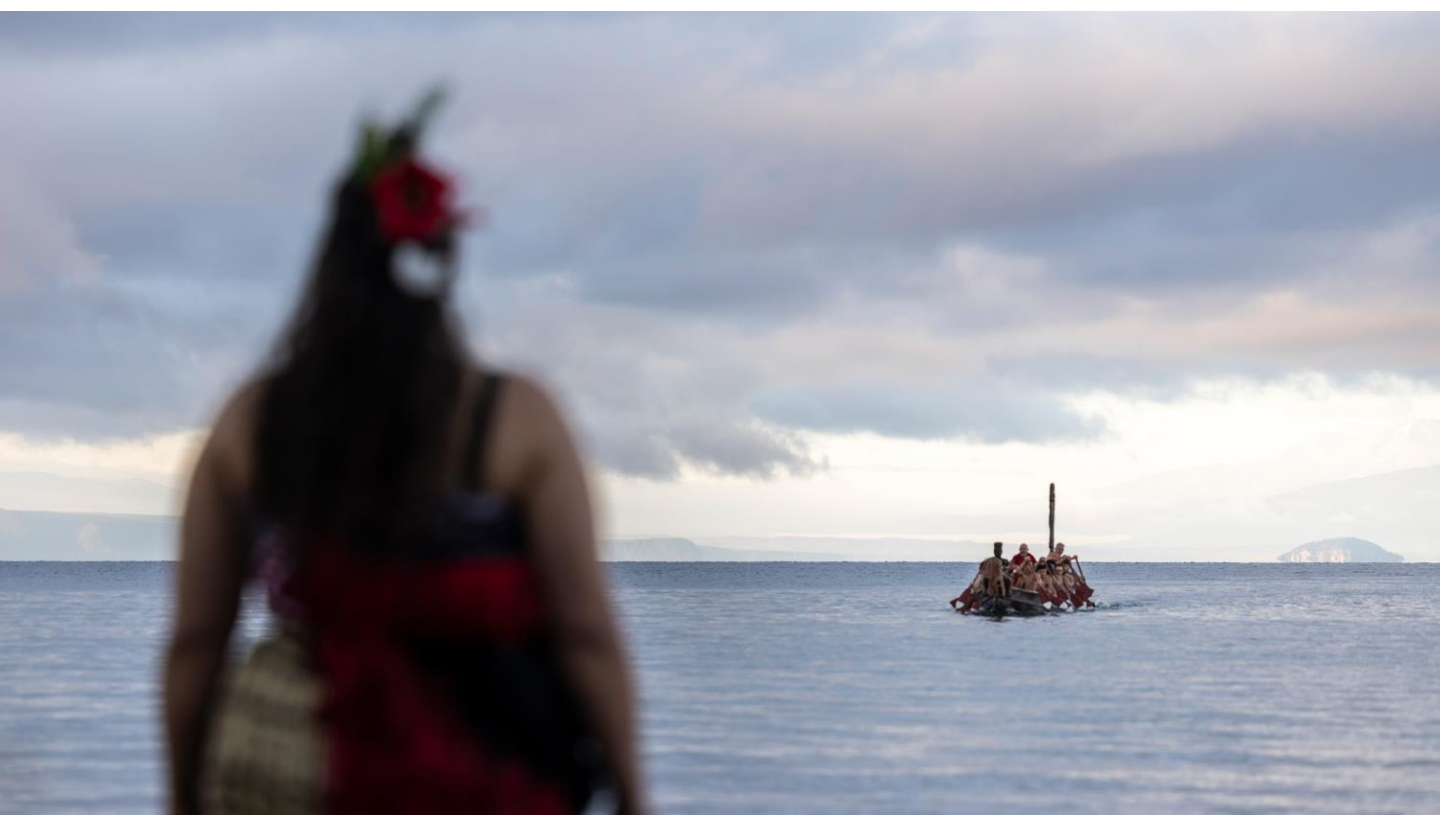
*Friday 1 March | 9am – 5pm | North Domain*

Visit the Become One tent and chat to qualified IRONMAN coaches to calm those first-time jitters. While you're there, collect your first timer sticker and Become One wristband.

## WELCOME TO TAUPŌ PRESENTATION AND PRO PANEL

*Thursday 29th February | 05:00 pm | Te Atea Tapuaeharuru - 20 Roberts St*

Haere mai ki Taupō, we invite all athletes and supporters to join us on Thursday 29 February, 05:00pm for a Welcome to Taupō presentation. Embrace the largest freshwater lake in Australasia you will swim in and soak up the vast scenic landscape you will race through.





**Hyperice**

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# 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 on Lake Terrace 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 [Active Portal](#) or onsite at Athlete Check-In. Collection of the pre-purchased bags will be at Athlete Check-In.

*Alternatively, you can bring your own reusable bag (no larger than 20cm x 20cm).*

**Bag dimensions:** 25cm (H) x 17cm (W) x 15cm (D)

**Drop off/collection:** Collect from Event Information at the North Domain, Sunday 9:00am – 11:00am. Any uncollected bags, the contents of the bag will be discarded & the bag will be reused/donated.

### On course locations:

**Bike:** on the 2nd lap, Rifle Range Road (91km)

**Run:** on Lake Terrace, opposite Titirapenga St (2nd lap only)

## 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 [page 25](#) for transition process.

**Drop off/collection:** Dropped off during bike racking, collected with bike. Refer to [page 24](#) 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 bike)	Running shoes (compulsory)
Sunglasses	Race bib number (compulsory)
Socks	Sunglasses
Change of clothes	Hat/visor
Nutrition and fluids (or on bike)	Socks
Towel	Change of clothes
	Nutrition and fluids

## CLOTHING DROP

The clothing drop zone is at the BIKE AID STATION 3 on the return leg to Taupō at approximately the 57.3km mark. All clothing must be marked clearly with your race number.

**Collection:** Numbered clothing is to be collected from Event Information at North Domain, Sunday 3rd March, 9:00am – 11:00am. All uncollected clothing will be discarded.



# BAG DROP / COLLECTION



## DROP OFF BEFORE RACE DAY

<b>BIKE TRANSITION BAG</b>  <i>Swim to Bike</i>	<b>Drop off at transition change tent</b> Friday 1 March, 10:00am – 6:00pm
	<b>During race</b> bag is handed to you by Mercury volunteers on entrance to transition. Remove your bike gear and place all swim gear into Blue Bike Transition Bag inside changing tent. Hand to volunteers on exit.
	<b>Collect from transition change tent</b> Saturday 2 March, 7:30pm – 11:00pm Sunday 3 March, 9:00am – 11:00am
<b>RUN TRANSITION BAG</b>  <i>Bike to Run</i>	<b>Drop off at transition change tent</b> Friday 3 March, 10:00am – 6:00pm
	<b>During race</b> bag is handed to you by Mercury volunteers. Remove your run gear and place all bike gear into Red Run Transition Bag inside the change tent. Hand to volunteers on exit.
	<b>Collect from transition change tent</b> Saturday 2 March, 7:30pm – 11:00pm Sunday 3 March, 9:00am – 11:00am

## DROP OFF RACE MORNING

<b>STREET GEAR BAG</b>	<b>Drop into street gear bag truck at swim start</b> Saturday 2 March, 5:00am – 7:30am
	Street gear bag will meet you at the finish line in recovery.
	<b>Collect immediately post-race from recovery area</b> Alternative collection, Sunday 3 March 9:00am – 11:00am from Event Information at North Domain <i>There is no access during race after exiting recovery.</i>
<b>PERSONAL NEEDS BAGS (if required)</b>	<b>Drop at personal needs bag truck near swim start</b> Saturday 2 March, 5:00am – 7:30am
	<b>Blue: Bike Personal Needs</b> on the 2 <sup>nd</sup> lap Rifle Range Road (91km)
	<b>Red: Run Personal Needs</b> on Lake Terrace, opposite Titiraupenga St (end of 2 <sup>nd</sup> lap only)
<b>Collect from North Domain</b> <i>Note: All uncollected bags will be discarded</i> Sunday 3 March, 9:00am – 11:00am	
<b>BIKE PUMPS</b>	<b>Drop at bike pump area in transition after pumping tyres before race start</b> Saturday 2 March, 5:00am – 7:30 am
	<b>Collect from transition - No access during race</b> Saturday 2 March, 7.30pm – 10:00pm Sunday 3 March, 9:00am – 11:00am

## DURING RACE

<b>CLOTHING DROP</b>	<b>Drop at on course clothing drop</b> Saturday 2 March during race.
	Available at B3 Aid Station (Broadlands Rd School 57.2km ) Once clothing is dropped, you cannot collect it until Sunday post-race
	<b>Collect from Event Information centre at North Domain</b> Sunday 3 March, 9:00am – 11:00am

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.

[maurten.com/ironman](http://maurten.com/ironman)

# TRANSITION



## RACE DIRECTOR Q&A AND TRANSITION TOURS

The transition tour will be followed by a Q&A with IRONMAN New Zealand's Race Director, to ask any questions you might have and to receive a great overview of the event.

Tours take approximately 20 minutes and will include:

- Flow of transition
- Change tent functionality
- Entry/exit points
- Suggested setup

Tours and Q&As take place in Transition at Kaiamanawa Reserve.

Thursday 29 February - 11:00am

Thursday 29 February - 1:00 pm

## HELMETS

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

## BIKE RACKING

Friday 1 March 10:00am - 6:00pm

### Prior to Entry:

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

### Bike Checks:

- You, the athlete are responsible for your bike being in safe working order
- Inspectors check for:
  - End plugs on handlebars
  - 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).

# FULGAZ

## GET READY FOR RACE DAY WITH FULGAZ!

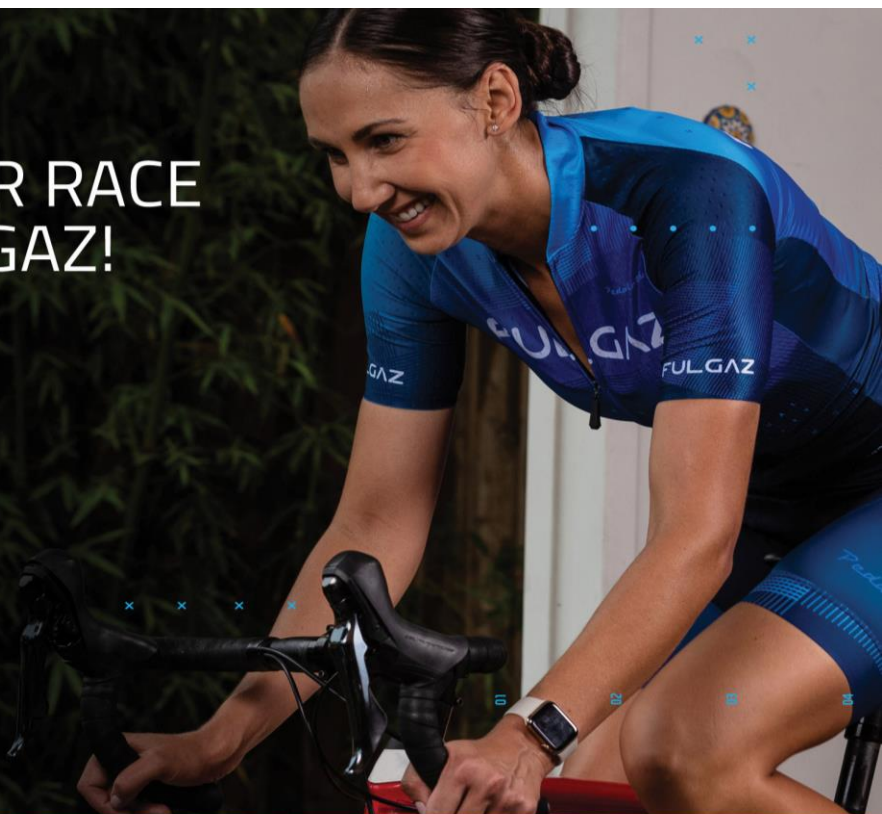
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# TRANSITION



## HELMET CHECK

New Zealand 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.

## BIKE COLLECTION

View the Event Schedule on page 8 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.

All bike pumps which aren't collected during bike collection times will be donated.



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# AID STATIONS



## PRE SWIM

- Glasses drop table (collection at swim exit)
- Water

## TRANSITION AID STATION (Swim to Bike & Bike to Run)

### Will Offer:

- Water
- Pure (Electrolyte)
- Maurten Gels (caffeinated and non-caffeinated)
- Maurten Bars
- Bananas
- Vaseline
- Sunblock
- Toilets

## BIKE AID STATIONS

In New Zealand 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 5 aid stations located approximately 18km apart.

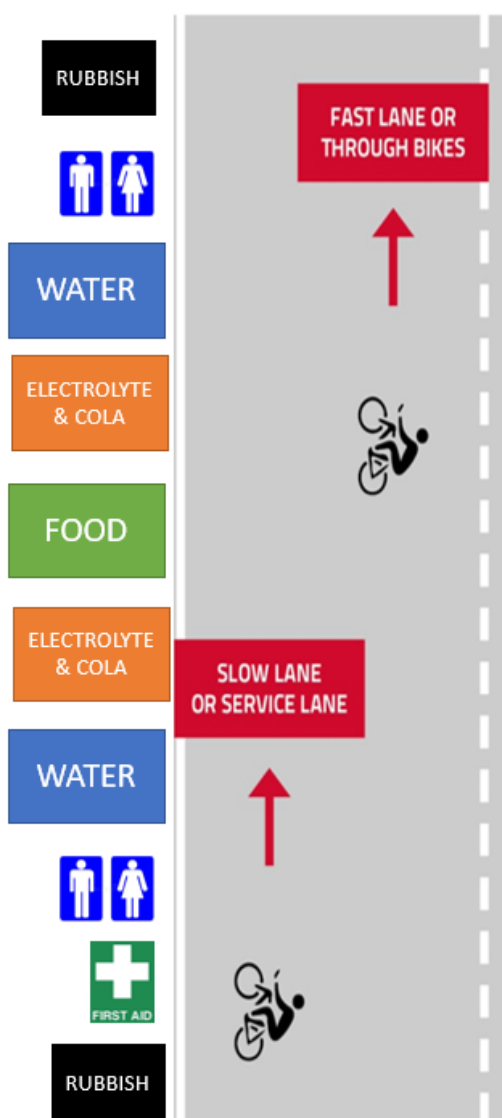
- B1 Broadlands Rd opposite Wairakei Estate - 19.2km & 109.2km
- B2 Vaile Rd 38.2km - 128.2km
- B3 Outside Broadlands Rd School 57.2km & 147.2km (also Clothing Drop Off at 57.2km)
- B4 Broadlands Rd by Wairakei Estate HQ - 75.2km & 165.2km
- B5 Tauhara Road (2nd lap only) - 92km  
*Tauhara Road is not available on the first lap (500m into bike) – it will be available for the 2nd lap*

### Will offer:

- Water
- Pure (Electrolyte) Super Fruits flavour
- Maurten Gels (caffeinated and non-caffeinated)
- Maurten bars
- Bananas
- Coca-Cola (last 2 aid stations)
- Vaseline
- Sunblock
- 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 STATIONS



## RUN AID STATIONS

The Run Course has 4 aid stations located approximately 2.5km apart.

- R1 Tongariro St
- R2 Sea Scout Great Lake Path
- R3 Kowhai St
- R4 Lake Terrace (Opposite Taharepa Reserve)
- Personal Needs location is on Lake Terrace, opposite Titiraupenga St (end of 2nd lap only)

### Will offer:

- Water
- Pure (Electrolyte) Lemon flavour
- Maurten Gels (caffeinated and non-caffeinated)
- Maurten Bars
- Coca-Cola
- Bananas
- Chips
- Pretzels
- Chocolate Chip Cookies
- Vaseline
- Sunscreen
- Toilets

### Process:

Aid Stations 1 and 3 - keep right when approaching the aid station. If you do not require any product, please stay to the left.

Aid Station 2 and 4 - keep left when approaching this aid station. If you do not require any product, please stay to the right.



## 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.



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**wahoo**



# 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 20mins** from gun start time  
*Times below based on gun time*

10:20am Swim course cut off time

**Bike – 10 hours 30 mins** from gun start time  
*Times below based on gun time*

2:30pm Start 2<sup>nd</sup> lap

4:38pm Reach turnaround at Reporoa on 2<sup>nd</sup> lap

5:35pm Reach B4 Wairakei Estate HQ aid station on 2<sup>nd</sup> lap

6:30pm Bike course cut off time

**Run – 17 hours** from gun start time  
*Times below based on gun time*

9:54pm Start 3<sup>rd</sup> lap at Tongariro St turn

11:26pm Start 4<sup>th</sup> lap at Tongariro St turn

12:00am(Sun) Reach Kowhai Rd aid station

1:00am(Sun) Run/overall course cut off time

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.

## CONTINGENCY 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.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed [here](#) on the course maps. Athletes are responsible for any costs incurred as a result of a medical incident. International athletes are strongly advised to have adequate travel 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.

### IMPORTANT

If you have any pre-existing medical conditions, medications, or allergies – please complete a medical alert wristband during athlete check-in to assist our medical team if care is provided.

# 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 [www.Sportograf.com](http://www.Sportograf.com)

## FINISHER T-SHIRTS

IRONMAN finishers t-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 finishers medal and towel.

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

- Timing chip removal
- Street gear bag & collection
- Finisher t-shirt collection
- Recovery food/drink
- Massage
- Medical support (if required)
- 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 & electrolytes
- Fresh fruit
- Chocolate milk & ice cream
- Assorted hot and cold meals
- Gluten free options available upon request

## RESULTS

Results can be viewed at the following locations:

- IRONMAN Oceania App
- <https://www.ironman.com/im-new-zealand>
- Finishers Certificate – [www.multisportaustralia.com.au](http://www.multisportaustralia.com.au)

## MEDAL ENGRAVING

Medal engraving is available at the IRONMAN Merchandise store. View the Event Schedule ([page 11](#)) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected to the Official IRONMAN Merchandise Store. No medals will be posted.

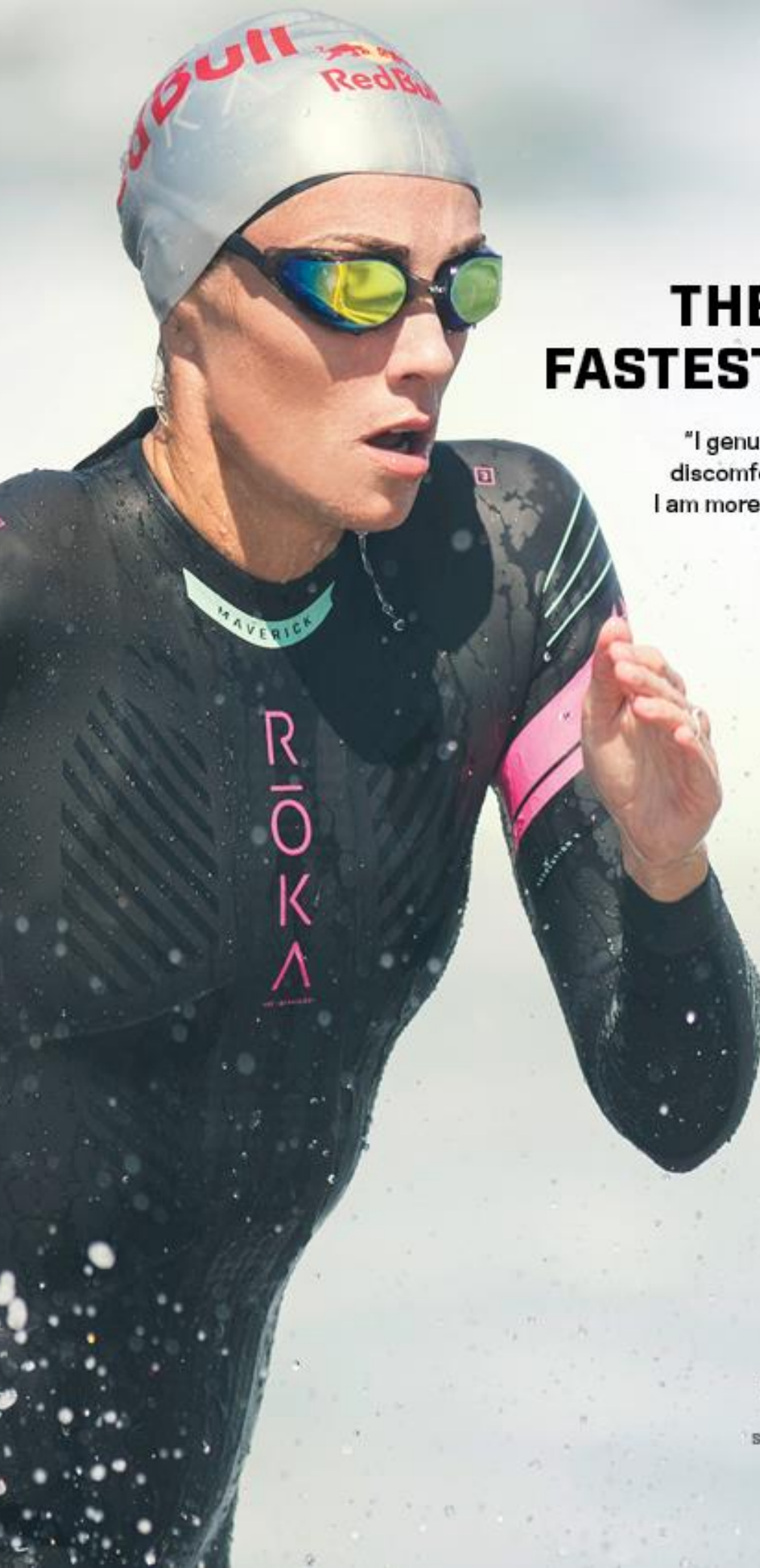
## LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information at North Domain. View the Event Schedule ([page 11](#)) for times and location.

Scan to log lost item with event team



**Please note:** No responsibility or liability is taken by the Race Organisers for lost property. Lost property will be held for 30 days post event. After this time all left over items will be donated to charity or discarded. For any enquiries after the event please us IRONMAN on [newzealand@ironman.com](mailto:newzealand@ironman.com) or +64 9 601 9590.



ROKA

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- Paul, Seattle, WA

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ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY  
FASTEST IRONMAN  
SWIMMER ON THE PLANET

# ROKA

## SWIM COURSE 3.8km



### CUT OFF

2 hours 20mins from gun start time.

### PC/ID OPEN SWIM START

If you are a PC/ID athlete and require support, please contact us at [newzealand@ironman.com](mailto:newzealand@ironman.com) or on +64 9 601 9590 before race week.

### MASS START

View the Event Schedule (page 8) for start times.

The IRONMAN swim start format is a mass deep water start. Athletes are to self-seed themselves into Start Zones prior to race start to enter the water for the mass 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 - 1hr 16 minutes
- Zone 3. 1hr 16 minutes - 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.

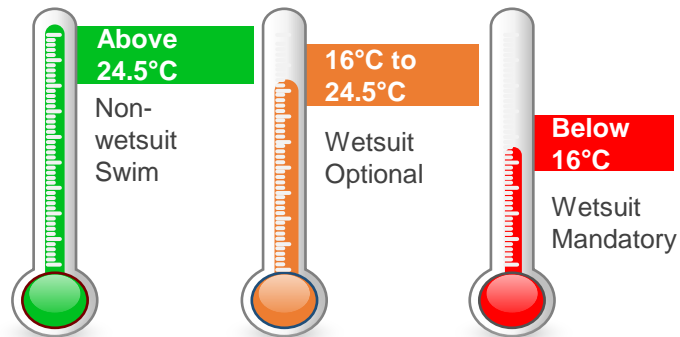
Athletes have selected their swim zone during registration. If you wish to change zone speak with the Volunteers / Event Staff at Athlete Check-In.

If you are not a confident swimmer, you can start closer to the beach, in shallow water. Once the race begins, you can wade out until you feel comfortable swimming and head toward the first buoy.

### 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.

### WETSUIT RULING



- **Below 16° Celsius:** Wetsuits mandatory
- **16° - 24.5° Celsius:** Wetsuits optional
- **Above 24.5° Celsius:** Non-wetsuit swim
- A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Friday from 11:00am. The official wetsuit ruling will be announced race morning by the commentary team.
- See Race Rules on page 5 for more information.
- **Please note, the average water temperature of Lake Taupō in March is 19°, and therefore wetsuits are always recommended even if they are not ruled as mandatory.**
- *Professional athlete wetsuit ruling varies to the above. The below ranges are for professional athletes only.*
  - *Below 16° Celsius: Wetsuits mandatory*
  - *16° - 21.9° Celsius: Wetsuits optional*
  - *Above 21.9° Celsius: Non-wetsuit swim*

### SWIM CAPS

All Roka swim caps provided will be latex based. If you have a latex allergy, please contact us at [newzealand@ironman.com](mailto:newzealand@ironman.com) or +64 9 6019590.

### COLOURS

Para-triathlete		Orange
AWA		Blue
Zone 1	Under 1h 5m	Pink
Zone 2	1h 5m - 1h 16m	Blue
Zone 3	1h 16m - 1h 25m	Green
Zone 4	Over 1h 25m	Violet

# ROKA SWIM COURSE 3.8km



## 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.

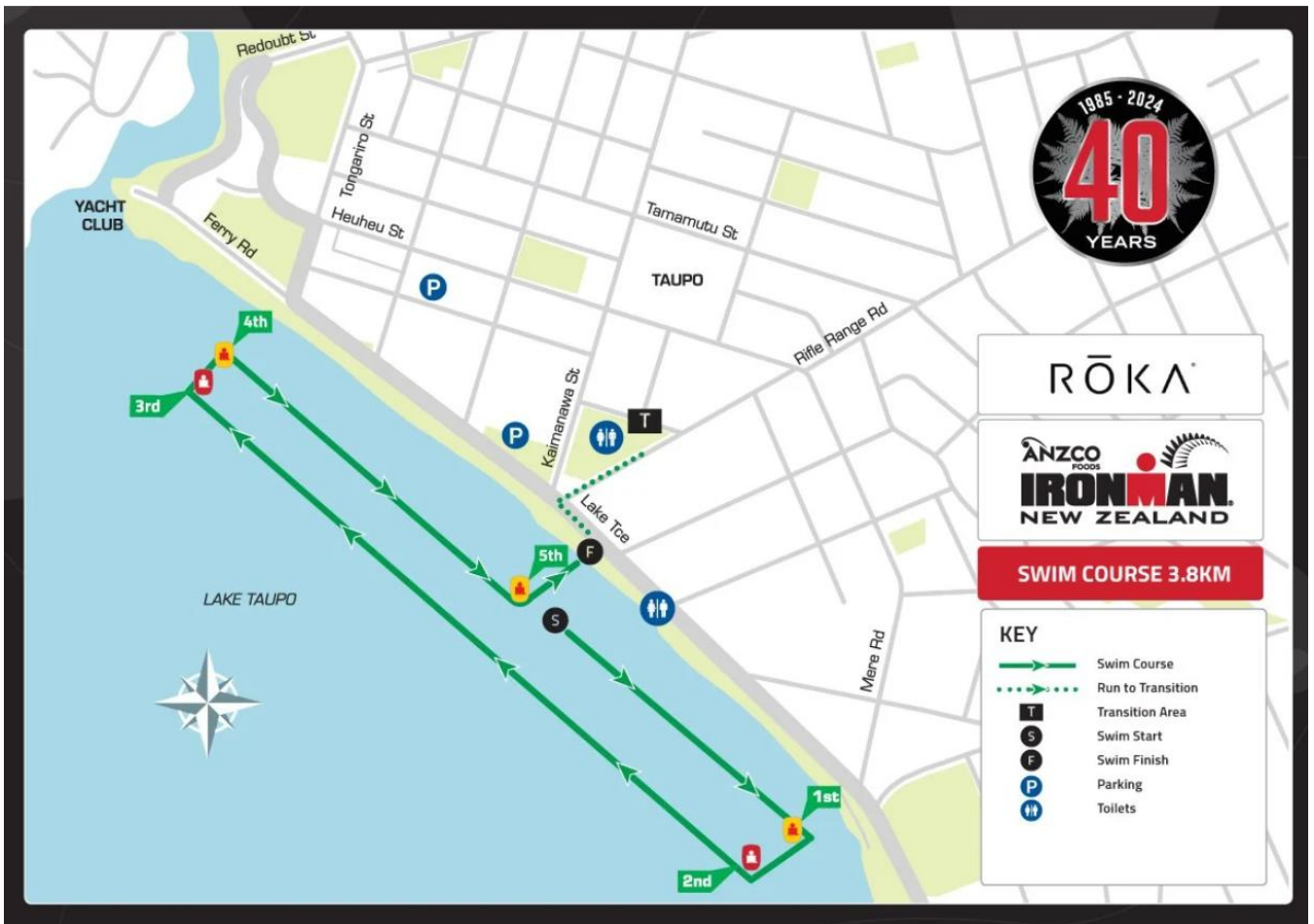
At any time should you require the assistance of water safety, please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over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

## TRANSITION PROCEDURE

At the swim exit, you will pass through a timing chute, run up to transition via Lake Terrace and Rifle Range Rd and enter transition. You will collect your Blue Bike Gear Bag from a Mercury volunteer, taking care to check you collect your correct numbered bag, and proceed into the Male / Female change tent area.

Do not completely remove your wetsuit until you are in the change tent. Separate male and female change areas are inside the Change Tent.

You must place discarded swim gear (including wetsuits) in the emptied Blue Bike Bag and hand to awaiting Mercury volunteers before exiting the tent.



JESSE THOMAS  
2x IRONMAN CHAMPION

RŌKA

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Ultra-Lightweight  
Materials



# BIKE COURSE 180km

## CUT OFF

10 hours 30mins from gun start time.

## TRAFFIC

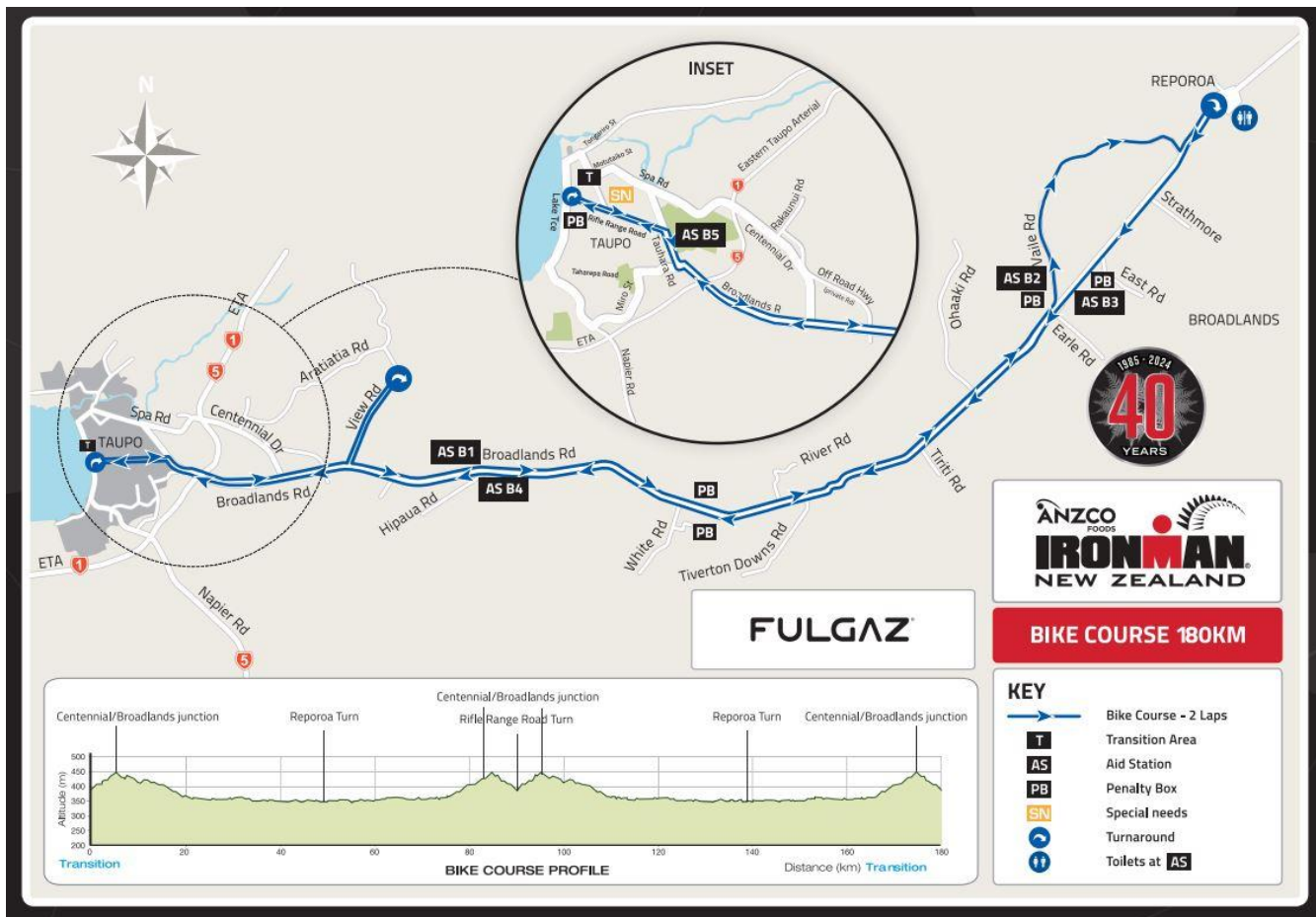
Event vehicle and personal vehicles/motorbikes will be out on course during the event.

Click [here](#) to download the map and view a summary of the Bike Course.

## TRANSITION PROCEDURE

As you dismount your bike in the Bike Finish chute, you are required to rack your bike at the allocated number matching your bib. Proceed into the Change Tent to collect your Red Run Gear Bag.

Red Run Bags will be handed to you as you enter transition. Separate male and female change areas are inside the marquee and Mercury volunteers will assist you with your transition. You must enter the change area even if you only need to put on running shoes. You will not be allowed to change into any run gear outside the change tent as per Triathlon New Zealand rules. You must place discarded bike gear in the emptied Red Run Gear Bag and hand to awaiting Mercury volunteers before exiting the tent.



# HOKA RUN COURSE 42.2km



## CUT OFF

17 hours from gun start time, 1:00am  
Sunday 5 March.

## NIGHT VISIBILITY

The sunset time on the event date is 8:43pm. 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.

## LAP BANDS

Lap bands will be given to athletes, at the beginning of each lap on Tongariro St. You are additionally responsible for counting your own laps. If you need assistance, ask a family member or friend to keep count for you.

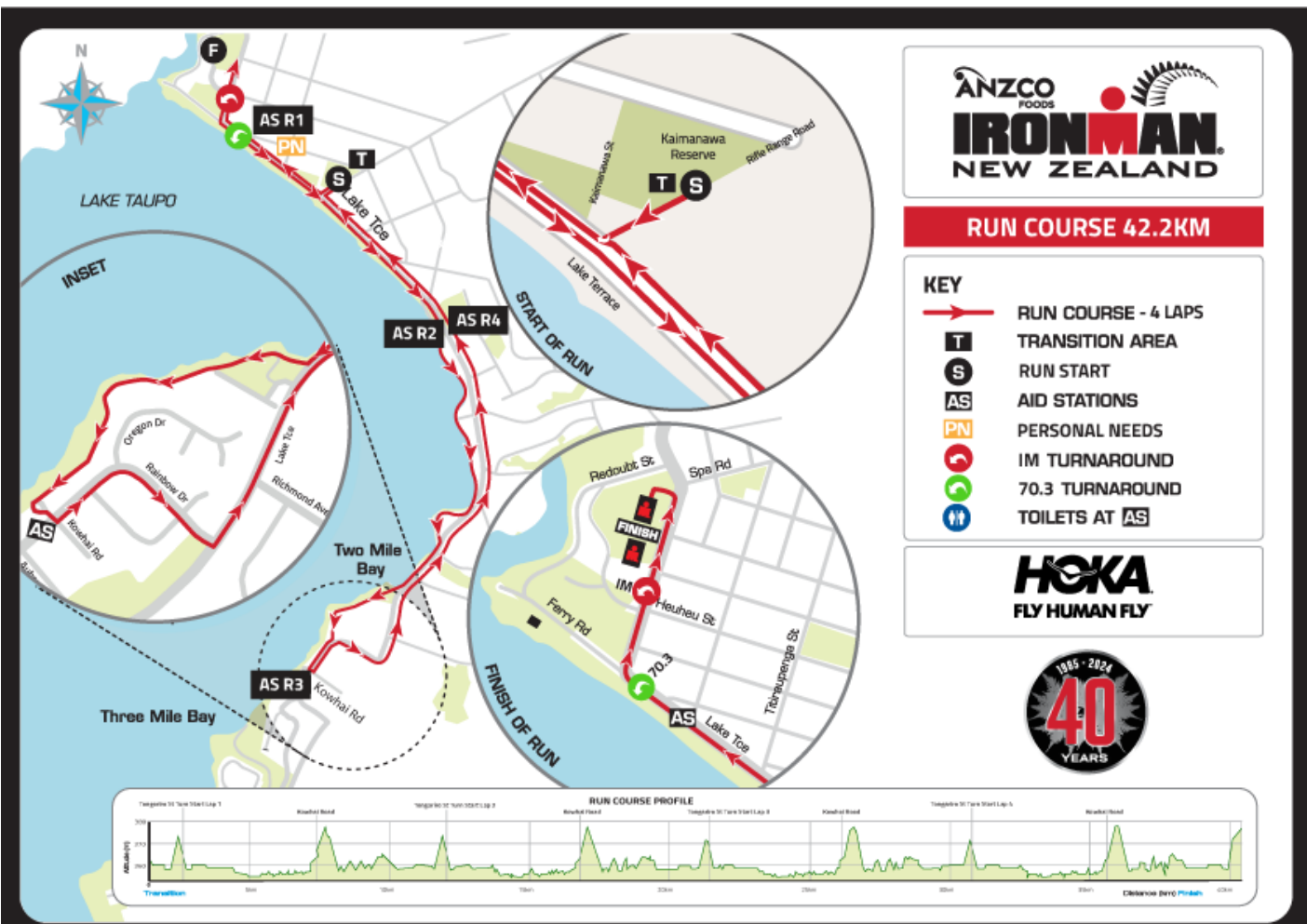
Lap bands are only for IRONMAN athletes.

There are timing mats along the run course and timing data will be reviewed. Any athletes who cut course or complete insufficient laps will be disqualified.

Click [here](#) to download the map and view a summary of the Run Course.

## LAP TURNAROUND

IRONMAN and IRONMAN 70.3 will have separate turn arounds on Tongariro street. IRONMAN will be the second turn around, marked in red on the below map.





# PROGRESS HAS NO PAUSE

JAN FRODENO  
3 X IRONMAN® WORLD CHAMPION



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**HOKA**

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# PRESENTATIONS



## AWARDS

All awards will be presented at the Awards Ceremony Sunday 3 March, 10am Te Atea Tapuaharuru - 20 Roberts Street.

Awards include:

- Age Group - each age group will be awarded 1<sup>st</sup> - 3<sup>rd</sup> place trophies
- TriClub Podium Awards (across IRONMAN and IRONMAN 70.3)
- Additional awards:
  - ANZCO Foods IRONMAN New Zealand Legends
  - First Taupō Local Male and Female
  - Matt Beavan Trophy
  - Tony Jackson Scholarship Recipient

Please note: World Championship qualification rolldown, is held after awards at 11:00am.

Please take note of the new location of the Awards and Roll down ceremony. If the weather is not suitable for the outdoor location, they will be moved to the Great Lake Centre. This will be announced on social media and an app notification.



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# WORLD CHAMPIONSHIP QUALIFICATION (ROLLDOWN)

Sunday 3 March, 11:00am – Te Atea Tapuaharuru - 20 Roberts Street



## QUALIFYING SLOTS:

This event offers **30 Male Age Group** Qualifying Slots to the 2024 VinFast IRONMAN World Championship in Kailua-Kona, Hawai'i on October 26, 2024, and **15 Female Age Group** Qualifying Slots to the 2024 VinFast IRONMAN World Championship Nice, France on September 22, 2024.

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

**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 \$1582.68** (inclusive of taxes and processing fees)

**Female 2024 IRONMAN World Championship, Nice, France – USD \$1511.48** (inclusive of taxes and processing fees)

- 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 2024, then your Age Group Category for any race in 2024 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 re-allocated, 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.

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# ADDITIONAL INFORMATION



## 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

An IRONMAN Live camera will be streaming at the finish line, from the first finisher to the last. You can tune in via the IRONMAN Oceania mobile app or through the IRONMAN web site [www.ironman.com](http://www.ironman.com). Click the 'LIVE' tab on the top-right. If you need assistance whilst you are at the venue, please visit Event Information.



[www.facebook.com/ironmannewzealand](http://www.facebook.com/ironmannewzealand)

[www.instagram.com/ironmannz](http://www.instagram.com/ironmannz)

#IMNZ #ANYTHINGISPOSSIBLE

If you have any further questions, please contact us at [newzealand@ironman.com](mailto:newzealand@ironman.com) or via +64 9601 9590.

Our team is here to support you along your IRONMAN journey, and we look forward to seeing you at the finish line!

## HOW TO FOLLOW THE RACE



### DOWNLOAD THE APP

Follow your friends on the App with Athlete Tracking.



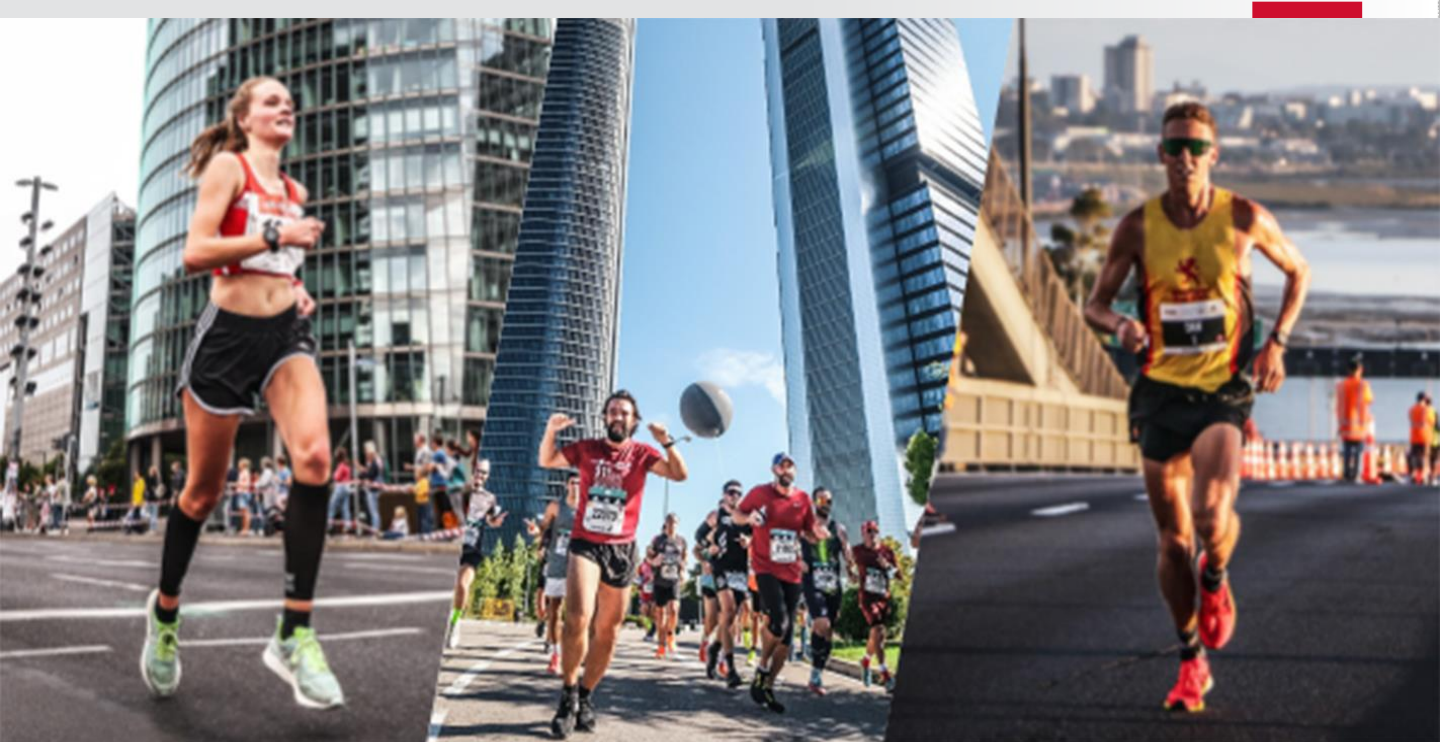
### SOCIAL MEDIA

Keep an eye on Facebook and Instagram for highlights and key moments.



### IRONMAN LIVE

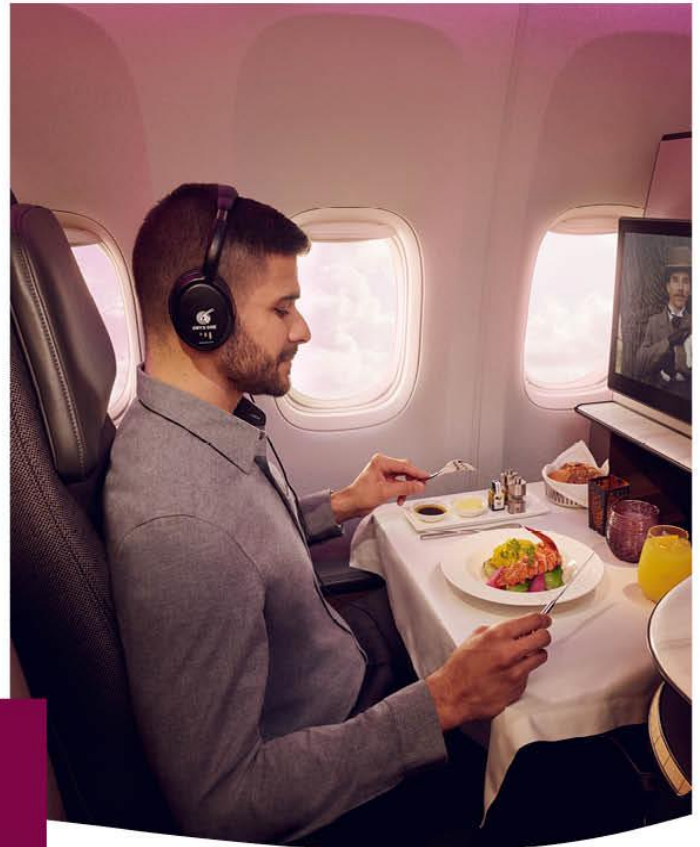
Check out all the finish line action. Available via the app or website.



**ALWAYS REMEMBER YOUR RACE**  
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