

The Ironman logo features the word "IRONMAN" in a bold, white, sans-serif font. The letter "M" is replaced by a blue silhouette of a person with arms raised, topped with a blue circle. A registered trademark symbol (®) is located to the right of the word.

IRONMAN®



HAMBURG

EUROPEAN CHAMPIONSHIP

A swimmer in a black wetsuit and a bright green swim cap is in the water, splashing. A large red buoy is visible in the background.

RACE BRIEFING 2023

EVENT AREA

IRONMAN HAMBURG
TRIATHLON • TRIATHLONSHIP

STARTBEREICH & WECHSELZONE & ZIELBEREICH / START AREA & TRANSITION & FINISH AREA

START
PRO Start
Aufstellflächen nach Zeiten
VIP

FINISH
Rathaus
Registrierung
Welcome Banquet
Award Banquet

EXPO
Merchandise

ATHLETES GARDEN
Kirche St. Petri
Umkleiden
Duschen

TRANSITION ZONE
Check-IN
Beutelständer - Bike/Run
Toiletten nur Athleten
Run out
Swim Exit

COURSE ROUTE
Beginn 2./3./4. Run Loop
Radständer
Bike Turnaround
Bike out/in

STREETS
Binnenalster
Glockengießerwall
Ballindamm
Ferdinandstraße
Raboisien
Lilienstraße
Kurze Mühren
Spitalerstraße
Mönckebergstraße
Steinstr.
Rathausstraße
Bergstraße
Alsterwall
Neuer Wall
Alter Wall
Große Bleichen
Poststraße
Bleichenfleet
Neuer Jungfernstieg
Jungfernstieg
Gänsemarkt
Alsterfleet

OTHER LOCATIONS
Hauptbahnhof
Gerhart-Hauptmann-Platz

© IRONMAN Germany GmbH
Stand 31.03.2023
Anderungen vorbehalten / subject to alterations

WEEKEND SCHEDULE (Thursday – Saturday)

Thursday, June 1, 2023

10:00 am – 06:00 pm	Registration IRONMAN	Rathausmarkt
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt

Friday, June 2, 2023

10:00 am – 06:00 pm	Registration IRONMAN	Rathausmarkt
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt
01:00 pm – 01:45 pm	Pre-race Briefing Pro-Athletes	Scandic Emporio Hotel
03:00 pm – 03:45 pm	Pre-race Briefing English + Q&A	Rathausmarkt
04:30 pm – 05:15 pm	Pre-race Briefing German + Q&A	Rathausmarkt

Saturday, June 3, 2023

10:00 am – 02:00 pm	Registration IRONMAN	Rathausmarkt
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt
10:00 am – 02:00 pm	Test swim Binnenalster	Lombardsbrücke/ next to Ballindamm
12:30 pm – 01:30 pm	Public Press talk PRO Athletes	Rathausmarkt
02:00 pm – 07:00 pm	Check-In Transition Area	Alstertor/ Ballindamm

WEEKEND SCHEDULE (Sunday – Monday)

Sunday, June 4, 2023

05:00 am – 06:15 am

Transition zone opened

Alstertor/ Ballindamm

06:15 am

Start IRONMAN 2023

Jungfernstieg

06:15 am

Start PRO-Athletes

Jungefernstieg

06:20 am – 07:30 am

Start Age-Group Athletes/ Rolling Start

Jungfernstieg

10.00 am – 06:00 pm

IRONMAN Merchandise & Expo

Rathausmarkt

Approx. 02:00 pm

First Athlete in Finish

Rathausmarkt

05:15 pm – Midnight

Check-Out Transition Area

Alstertor/ Ballindamm

11:00 pm

Finish

Rathausmarkt

Monday, June 5, 2023

08:45 am – 12:00 pm

Awards Banquet

Handelskammer

09:30 am – 10:15 am

Awards Ceremony

Handelskammer





10:30 am – 12:00 pm

Slot Allocation IRONMAN World
Championship Hawaii/Nice 2023

Handelskammer

EXPO & MERCHANDISE

IRONMAN Merchandise & Expo open:

-  Thursday: 10 am – 6 pm
-  Friday: 10 am – 6 pm
-  Saturday: 10 am – 6pm
-  Sunday: 10 am – 6 pm

Location: Rathausmarkt



REGISTRATION

Registration is open:

Thursday 10:00 am – 06:00 pm

Friday 10:00 am – 06:00 pm

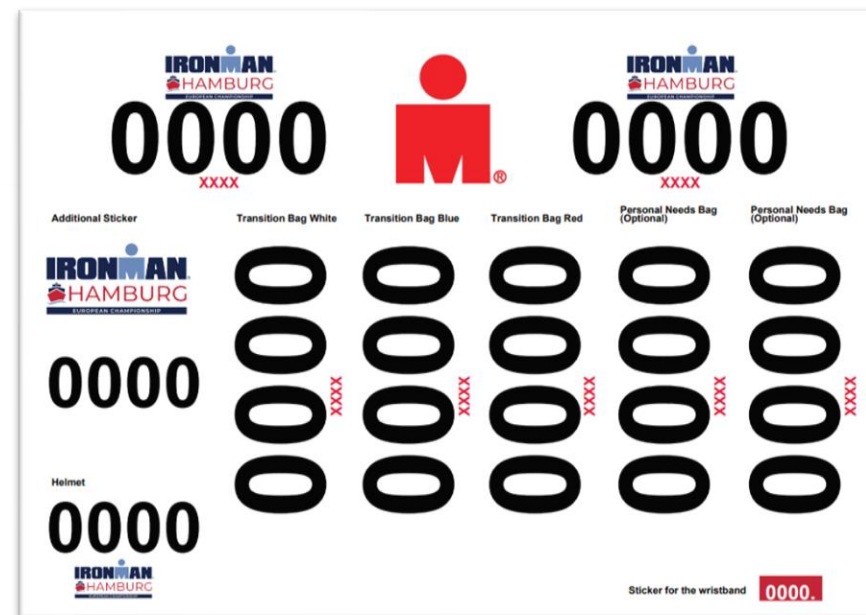
Saturday 10:00 am – 02:00 pm

- Due to the on-site BIB printing in registration, you will **NOT** be pre-allocated a BIB number
- What to bring:* Licence, Photo ID, QR-Code

At registration you will receive :

- Athlete Wristband
- Swim Cap
- BIB (Race Number)
- 3 Transition Bags (Blue, Red, White)
- 2 Personal Needs Bags (optional)
- Athlete Backpack
- Bike Sticker (1)
- Transition Bag Stickers (3)
- Helmet Race Number Sticker (1)
- Stickers for Transition Bags (3)
- Sticker extra (1) for free disposal

The BIB has to be worn clearly visible!



RACE NUMBERS



RACE NUMBER x 1

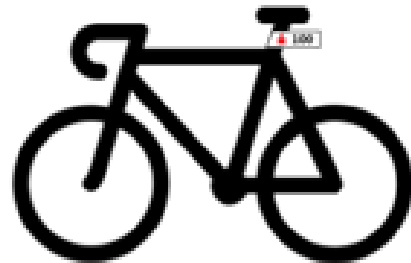
This race number **must** be worn on your back during the bike and your front during the run.

We recommend that you fix it to a race belt.



BIKE NUMBER x 1

Place this race number around your seat post.



HELMET STICKER

Place the sticker on the front of your helmet



RACE NUMBERS

EMERGENCY CONTACT

Please fill in your medical details and emergency contact on the back of the race number

Name: _____
Nom / Nombre / Nome / Namn / Név / Navn

Address: _____
Adresse / Dirección / Indirizzo / Adress / Cim

Emergency Contact Name: _____
Persona da contattare in caso di necessità / Persona a contactar en caso de necesidad / Notfällen zu benachrichtigenden Person / Personne à contacter en cas de nécessité / Nødtelefon / Segélyhívó / Nöd kontakt

Emergency Contact Number: _____
Notrufnummer / Numéro de téléphone d'urgence / Número de contacto de emergencia / Numero di emergenza / Nödsituationer kontaktnummer / Segélyhívó szám / Nødtelefon nummer

Health Risk Factors: _____
Gesundheitlichen Risikofaktoren / Factors de risc per la salut / Factores de riesgo para tu salud / Fattori di rischio per la salute / Riskfaktorer för hälsan/ Egészségügyi kockázati tényőzk / Helse risikofaktorer

Current Medication: _____
Medikamente / Médicament / Medicación / Medicazione / Medicinering / Jelenleg szedett gyógyszer / Návarende Medisinering

Allergies: _____
Allergien / Alergia / Allergier/ Allergie / Allergia

REGISTRATION ITEMS



ATHLETE WRISTBAND

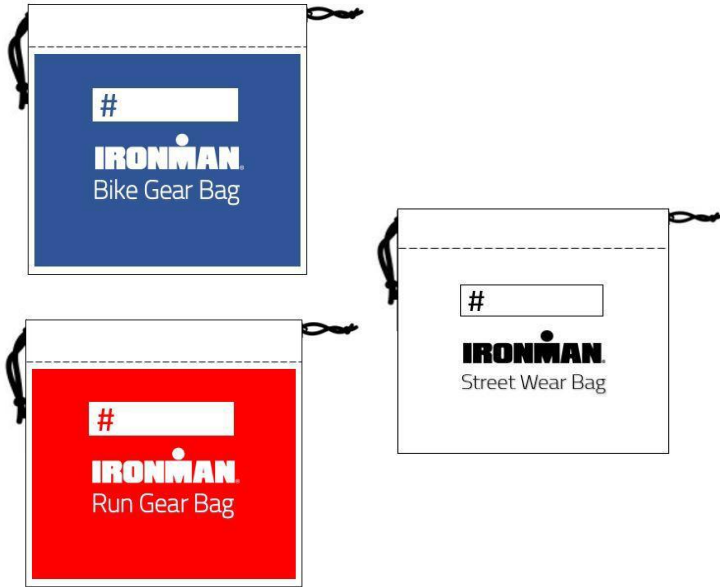
You will attach your own wristband to your wrist in registration
This gives you access to athlete-only areas



IRONMAN HAMBURG SWIM CAP

You must wear this swim cap for the swim
You can wear 2 caps or a neoprene cap, but the official race cap must be worn on top

GEAR BAGS



3 x TRANSITION BAGS & 3 x STICKERS

Place 1 sticker firmly to the front of each bag before you fill it

BLUE Bike Gear

Drop-off: Transition Area – Pick-Up: Transition Area

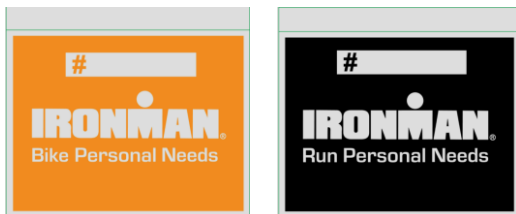
RED Run Gear

Drop-off: Transition Area – Pick-Up: Transition Area

WHITE Post-Race

Drop-off: Info Point between transition area and swim start on Sunday morning

Pick-Up: After the race in the Athletes Garden



2 x PERSONAL NEEDS BAGS & 2 x STICKERS

Place 1 sticker firmly to the front of each bag before you fill it

ORANGE Bike

BLACK Run

BLUE BAG - BIKE

- ❗ Pack this bag with everything you need for the bike section, it must include: **Race number, Helmet with stickers, Shoes (if not attached to the bike), Sunglasses, Bike gear, etc.**
- ❗ You must hang this bag in the Transition area when you rack your bike on **Saturday 2 pm – 7 pm**
- ❗ After finishing the swim you **MUST** put your swim gear into this bag, including wetsuit *drop-off*.
- ❗ **DO NOT** leave any items out of your bag
- ❗ Bike shoes: attach shoes on the pedals or leave them in the blue bag
- ❗ Can be accessed race-morning pre race (05:00 – 06:15) for last minute checks and additions
- ❗ Pickup: in Transition Area after the race



RED BAG - RUN

- ❏ Pack this bag with everything you need for your run section.
- ❏ You must hang this bag in Transition on:
Saturday 2 pm – 7 pm
- ❏ After finishing the bike leg, you **MUST** put your bike gear into this bag, including helmet
- ❏ Pickup: in Transition Area after the race



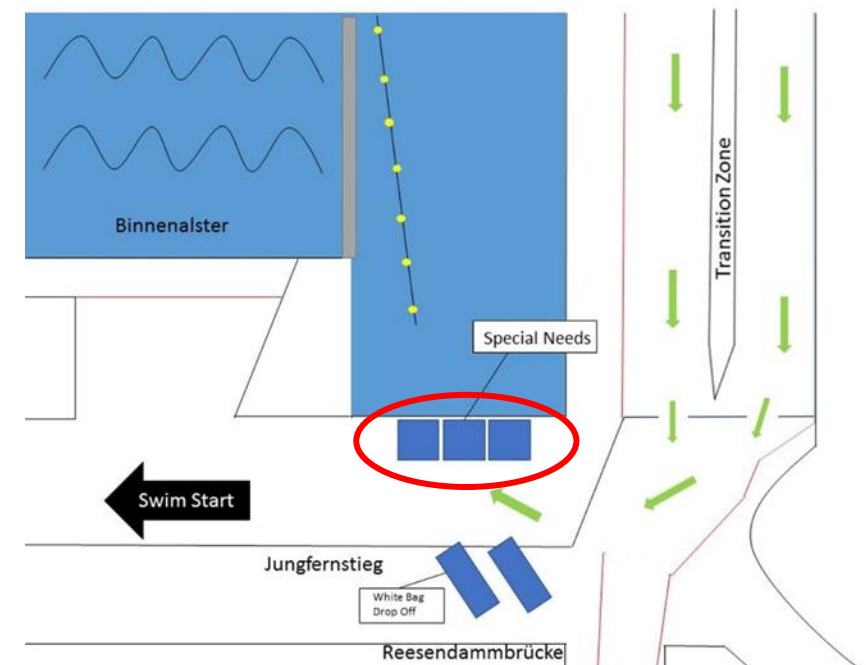
PERSONAL NEEDS BAGS – DROP OFF

- 👤 Personal Needs bags are handed out at athlete registration only upon request (NO BAGS ON SUNDAY MORNING!)
- 👤 It is your responsibility to pack and drop off your Personal Needs bags
- 👤 IRONMAN Hamburg is not responsible for any items in your Personal Needs bags
- 👤 Unused or uncollected bags will be disposed of!
- 👤 Taking your own special needs from spectators, friends or family is prohibited.
- 👤 Drop-off: On race morning next to the Info Point between transition area and swim course.

👤 The bags will be transported to their designated positions:

Bike (**orange**): Behind aid station 1 (KM 20, KM 110)

Run (**black**): In front of aid station 1 (KM 0,5 / 11 / 21,5 / 32)



BIKE CHECK-IN

Athletes have to check-in:

Bike

- 🚲 Functioning brakes, brake levers show to the back
- 🚲 Ends of handlebars closed
- 🚲 Handlebars & aero bars / headset, quick-release lever, seatpost fixed
- 🚲 Tire pressure

Bike helmet

- 🚲 sticker on the front of the helmet
- 🚲 Proper helmet – no participation when helmet shows damages
- 🚲 Chin-strap, closure

Red and Blue Transition bags (marked with the race number)

- 🚲 There must be nothing lying on the ground around your bike!
- 🚲 Cycling shoes: either clipped to the pedal or in the blue bag.
- 🚲 Bicycle helmet + race number + sunglasses: All in the blue bag

BIB

Bike Service

- 🚲 Professional Bike-Service at the Check-In



ATHLETES ONLY



**NO TRANSITION BAGS,
NO CHECK-IN!**

TRANSITION AREA

You must rack your bike, blue bags with helmet and BIB (race number) and red bags at the Transition zone before Race Day

Access only for athletes with Race Chip and athlete's wristband!

TRANSITION
Bike, Blue and Red Bags
Saturday 2:00pm – 7:00pm
<ul style="list-style-type: none">- Have your helmet on with the strap fastened and your race number on display when entering for check in<ul style="list-style-type: none">- Do NOT cover your bike overnight. Covers will be removed<ul style="list-style-type: none">- Bike Service with pumps at the transition area- Pre-race mechanical support will ONLY be available in Transition on Saturday & Sunday<ul style="list-style-type: none">- It is prohibited to wear the bib number during the swim<ul style="list-style-type: none">- No socks / compression socks allowed! Calf Guards beneath the wet suit are allowed, when wet suits are prohibited, so are Calf Guards!

BIB number in the [blue Transition Bag!](#)

Bike helmet in the [blue Transition Bag!](#)

WHITE Bag – Hand in on race day only!

RACE CHIP

- ❗ The race chip will only be handed out when leaving the transition area after handing in the bike by showing the wristband. The exit of the transition area is located at the southern end (Jungfernstieg)
- ❗ The race chip must be worn on the left ankle.
- ❗ **After the race:** The bike will only be handed out in exchange for the race chip






BIKE MECHANIC

Saturday:

-  In the Transition Area during Bike Check-in

Sunday:

-  In the Transition Area before the race start
-  Two stationary locations on the course, passed 8 times:
KM 2,5, 14, 46, 60, 92,5, 104,136, 150

-  Repair kits with basic spares and tools are available at each aid station








RACE DAY MORNING

- 🚶 Arrive in good time, be in transition 75-90 minutes before the start
- 🚶 Don't forget your wetsuit, swim cap, goggles and timing chip
- 🚶 Check your bike and add your nutrition
- 🚶 Timing chip goes around your left ankle, under the wetsuit
- 🚶 Transition and White Bag Drop closes at 07:00
- 🚶 IRONMAN Hamburg will start at 06:15
- 🚶 Male Pro 06:15, Age Group 06:20
- 🚶 IRONMAN Hamburg is a self-seeded rolling start over 70 minutes (06:20 – 07:30)



RACE DAY JUNE 4

-  from 5:00 am Opening of Transition Area, Ballindamm
-  from 5:45 am – 6:10 am Warm-up swim, Jungfernstieg
-  6:15 am Closing of Transition Area, Ballindamm

-  6:15 am Start Pro Athletes Men, Jungfernstieg
-  6:20 – 7:30 am Rolling-Start Age Group Athletes, PC Athletes, Special Teams, Jungfernstieg



WEATHER ON RACE DAY

- ❏ We will monitor the weather on race day
- ❏ We reserve the right to cancel, modify or shorten any portion of the event for safety considerations
- ❏ The decision whether the athletes are allowed to swim with or without wet suit is going to be announced one hour before the start of the race in the prestart area



MEDICAL

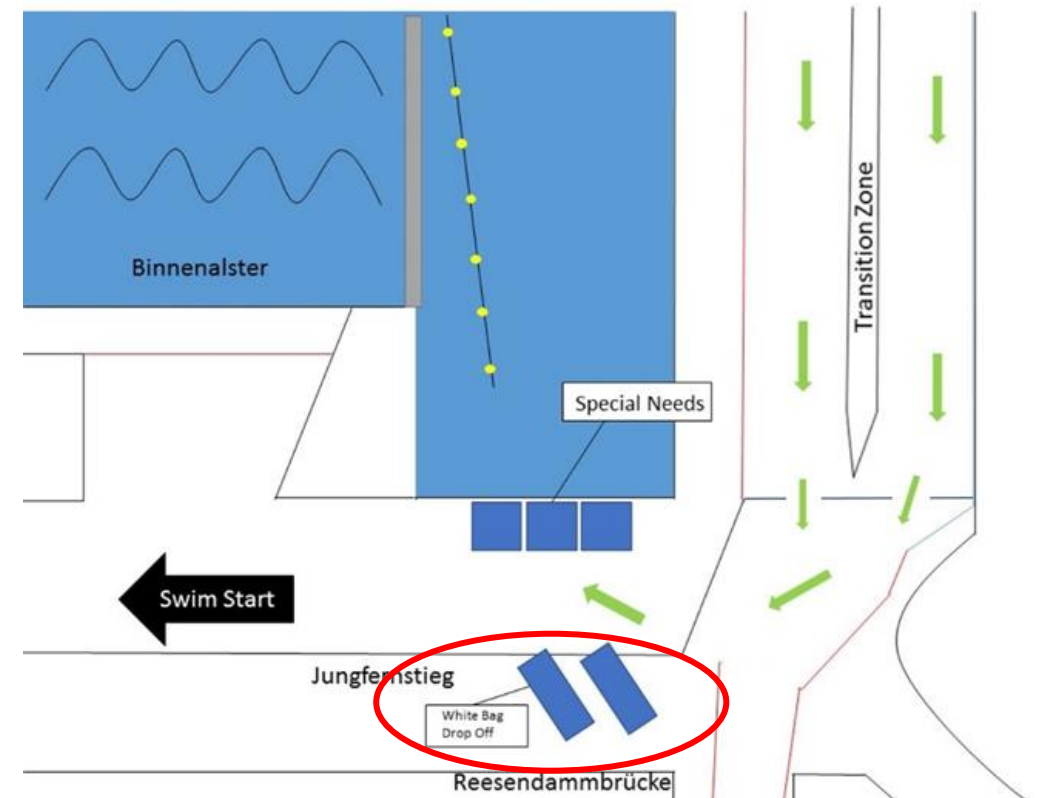
- ❗ If you have had any sickness in the past 48 hours, reconsider if you are fit to race
- ❗ Ensure all medical details are correct on the back of your race BIB, including your emergency contact details
- ❗ Ensure your friends and family know your race number
- ❗ Keep to your race plan – remain hydrated
- ❗ There are medical staff and mobile assets on the course (mechanics & sweep busses)
- ❗ Enjoy your day!

WHITE BAG - FINISH

- 🏠 This should contain warm/dry clothes for post-race
- 🏠 You will drop this between the transition area and the Swim Start at the white bag truck which will be sign posted. The bags will be transported to the Athletes Garde for you to collect post-race.
- 🏠 It is advised to travel in your wetsuit and drop your white bag as you walk to swim start
- 🏠 You do not have to use this bag

DO NOT PUT VALUABLES IN THE BAG

DO NOT OVERFILL THE BAG (OR PUT TRACK PUMPS IN)



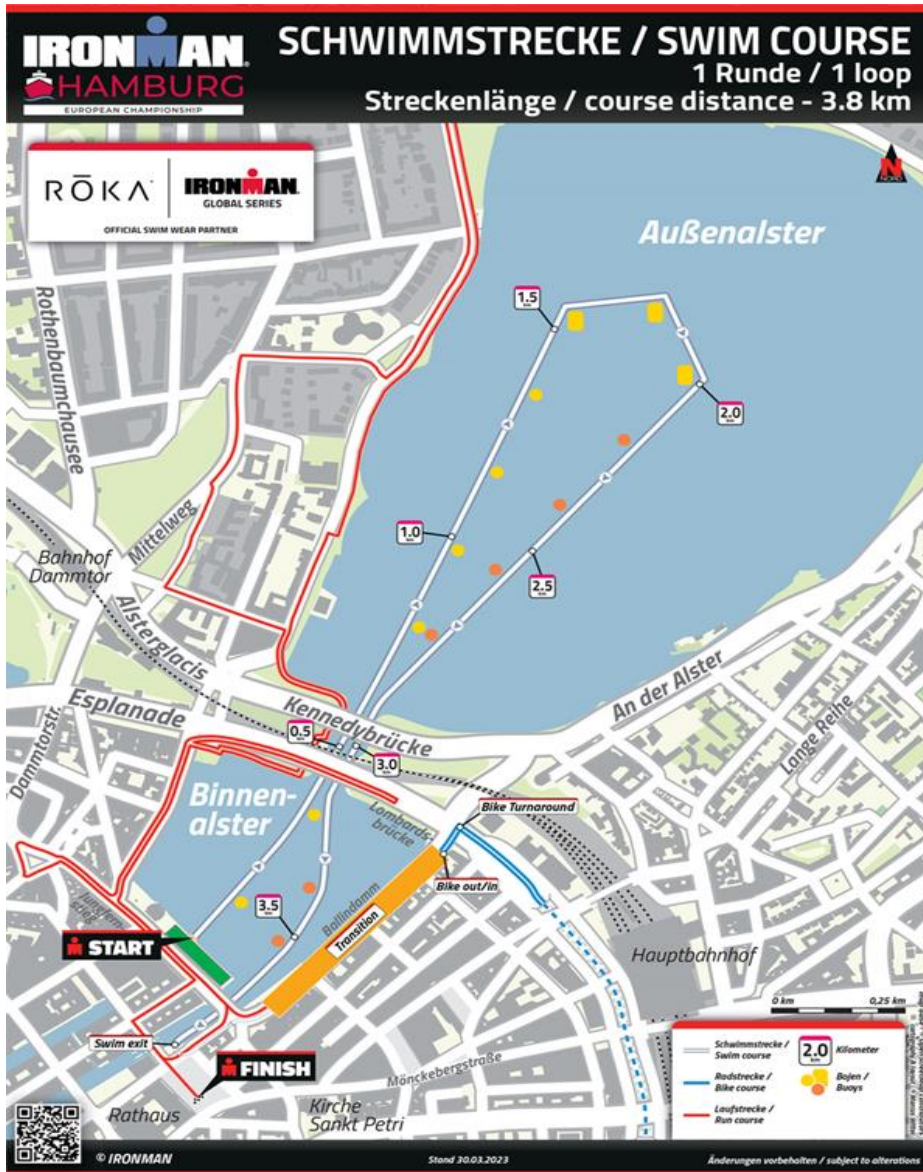
IF

- ❗ You lose your timing chip, you can collect another one from Transition
- ❗ You finish without a chip, report this to the finish line staff as soon as you cross the line
- ❗ You fail to cross the finish line wearing your chip, you cannot qualify for the World Championship or a podium place

IF you need to WITHDRAW from the race but...

- ❗ You racked your bike but decided not to start, immediately email us at hamburg@ironman.com with your name and race number
- ❗ You arrive on race morning or cross the timing mat at swim start, and decide not to start, you must report to the race referee immediately
- ❗ You decide to withdraw during the event, you must report to an official and return your timing chip

SWIM – RACE DAY



Distance: 3,8 KM - Course: 1 loop

- 🚶 The swim course consists of a circuit through Binnen- and Außenalster.
- 🚶 Always swim around buoys on the left side (leave them on your right).

If you need assistance in the water, lie on your back and hold an arm in the air to attract the attention of the kayaks who will come to you. You may hold onto the kayak to catch your breath and continue swimming, always following the kayaks instructions.

- 🚶 Test swim on Saturday, 10:00 am – 02:00 pm, in the enclosed area.

Swimming in the Alster is strictly prohibited outside the competition time!

SWIM START – RACE DAY

- 🏊 Rolling Swim Start: from 06:20 am – 07:30 am
- 🏊 Every 3 to 4 seconds a group of 2 athletes starts their personal IRONMAN-adventure
- 🏊 It will take approximately 70 minutes to get the entire field across the swim start line (6:20 – 7:30 am).
- 🏊 Please enter the swim start box corresponding with your anticipated swim time.
- 🏊 Race numbers are NOT allowed to be worn under wetsuits

**PLEASE BE HONEST TO YOURSELF AND LINE UP ACCORDING TO YOUR PRIOR
SELECTED OR REALISTIC EXPECTED SWIM TIME!**

This is the only way to guarantee a smooth and secure flow ensuring equal opportunities for all athletes!

START GROUPS

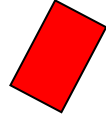
START	STARTING GROUP	COLOUR SWIM CAP
06:15	PRO MEN	PURPLE
06:20 — 07:30	PC	NEON GREEN
	AWA	Gold
	Triclub (3 biggest)	Dark Raspberry
	AGE GROUP MEN	YELLOW
	AGE GROUP WOMEN	POWDER BLUE
	SPECIAL TEAM	NEON PINK

SWIM START – RACE DAY

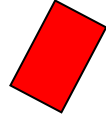
- ❗ Every athlete has to walk over the timing mat to activate the timing.
- ❗ Athletes who climb over fences or enter the swim start area from the sides will not be registered, so timing will not work. → **disqualification**
- ❗ The swim start arch with the timing mat is located right by the pier.
→ Every athlete crosses the mat automatically on the way to the water.
- ❗ The swim start happens from a ramp leading into the water.

DURING THE SWIM

Taking a shorter route



Unsporting behavior



**Cut-Off Swim:
2 hours 20 minutes
after individual start time
latest at 9:50 am**



SWIM EXIT

- ❗ At the end of the swim, the athlete may only leave the water via the official exit so that the timing mat can be crossed and the exit recorded.
- ❗ If an athlete exits the water at any other point, it is mandatory to inform an official of the event. If the exit is not registered, we will assume that the athlete is still in the water.
 - ➔ We will instruct a rescue operation
 - ➔ You will be responsible for the costs

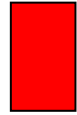


SWIM → BIKE

- ❗ You may remove your wetsuit to your waist on the run to transition
- ❗ Nude changing facilities are available
- ❗ Get your **blue bag** (bike gear) at the bag hangers
- ❗ Put on your bike gear (Change in the transition area or go to the changing tent - nude changing is only allowed in the tent!)
- ❗ Put on your helmet, fasten the strap
- ❗ Put on your bib number – wear it on your back
- ❗ Put wetsuit and swim wear into the **blue bag**
- ❗ Hang your **blue bag** independently back on the hook on the bag rack!
- ❗ If your cycle shoes are in your **blue bag**, they must be put on in the changing area not by the bike
- ❗ Go to your bike
- ❗ Push your bike to the mount line

TRANSITION 1: SWIM → BIKE

RED CARD



- ❌ Using headsets, headphones or other communication and entertainment devices
- ❌ Urinating in the Transition Area (outside the Dixi-toilets)

YELLOW CARD



- ❌ Wearing BIB number under wet suit
- ❌ Removing wet suit below the hip before reaching the transition tent
- ❌ Changing of clothes at the bike (including shoes)
 - Athletes must leave the changing area completely dressed!
- ❌ Blue transition Bag not dropped in "Drop Box"
- ❌ Open helmet after unranking the bike
- ❌ Riding the bike in the transition area

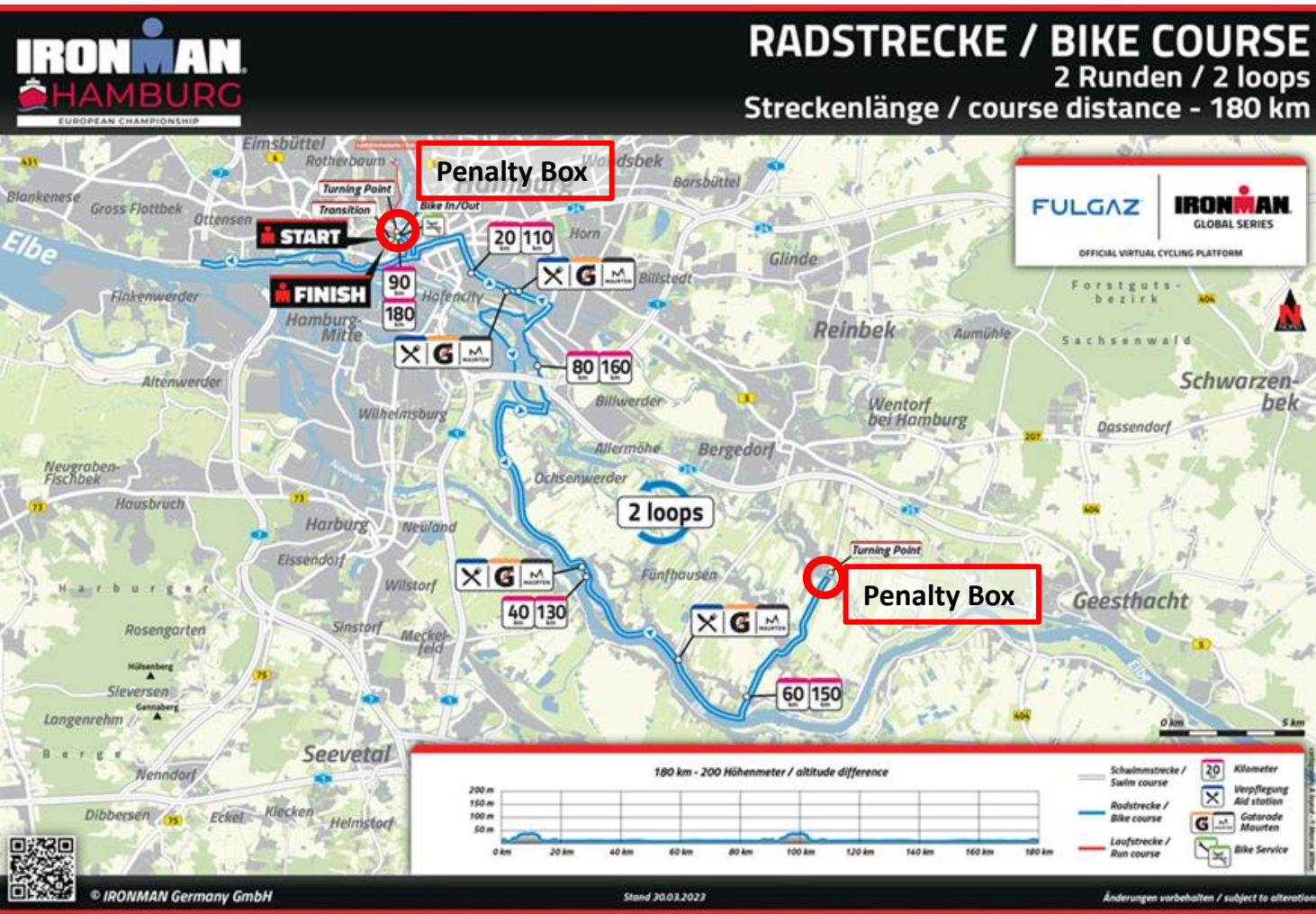


**WEAR YOUR BIB
NUMBER AT THE BACK.
IT IS REQUIRED TO
WEAR A SHIRT!**

BIKE – RACE DAY

- ❏ Two loops, 180km in total, 200m total elevation
- ❏ You must have your helmet fastened in Transition before you touch the bike and until you rack it in once you have finished the bike
- ❏ At times there will be traffic travelling in the opposite direction to you along with emergency vehicles
- ❏ There will be mechanical support on course, however athletes should be self-sufficient (they are not on call)
- ❏ Swim + Bike Cut Off is 9 hours 30 minutes from YOUR start time
- ❏ Intermediate Cut Offs at KM 90 at 1:30pm

BIKE – RACE DAY



Strict right-hand riding

4 x Aid stations:



KM 21, 40, 63, 83, 111, 130, 153, 173

2 x Penalty Boxes

at the two turning points

KM 55, 90, 145, 180

2 x Bike Service

KM 2.5, 14, 46, 60, 92.5, 104, 136, 150

BIKE – CAUTION

🚧 Elbchaussee – KM 8/10/98/100

Potholes

🚧 Kirchenheerweg – KM 49/58/139/150

Tight section - *No Overtaking for 50m*

🚧 Moorfleeter Deich – KM 80/170

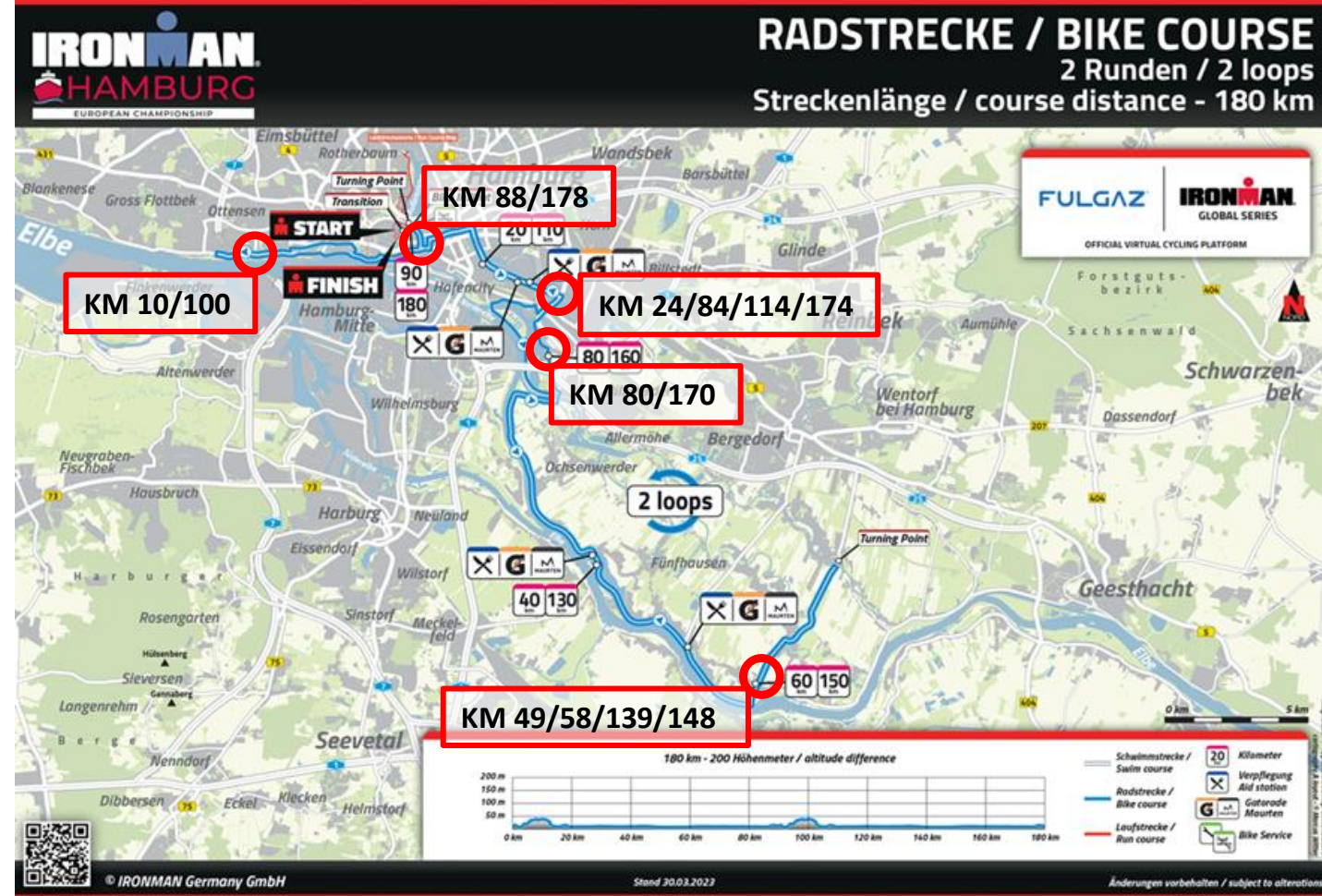
Potholes

🚧 Railcrossing - KM 24/84/114/174

🚧 Wallringtunnel – KM 88/178

Tight curve into

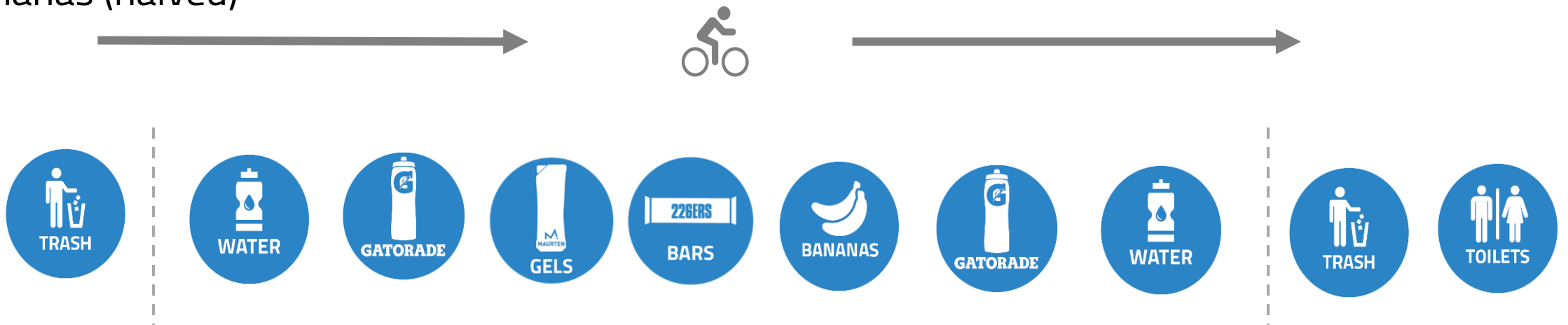
🚧 Potholes that our supportive local authorities have been unable to repair will be marked with orange spray paint. Please take care in these areas.



BIKE COURSE – AID STATIONS

All aid stations (4 per lap) are set up in the same order.

- ❏ Water, Gatorade Ready-to-Drink Bottles (750 ml)
- ❏ Maurten GEL 100 & GEL 100 CAF 100
- ❏ 226ERS Race Day Bar
- ❏ Bananas (halved)



AID STATIONS – WASTE DISPOSAL

- Due to an increase of accidents, we must point out the importance of proper disposal of waste
 - It is the only way to provide any accidents due to bottles on the course!

PLEASE DROP USED BOTTLES INTO THE INTENDED AREAS



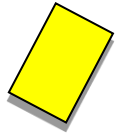
BIKE KEY RULES – RACE DAY

- ❗ No blocking! – stay right, pass left!
- ❗ Overtake to the left and immediately merge right after completing the overtake!
- ❗ Maximum of 2 athletes side by side and only when overtaking!
- ❗ Do not cut corners!
- ❗ Do not cross the center line of the road!

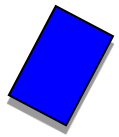


BIKE KEY RULES – RACE DAY

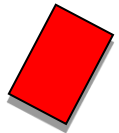
If shown a card by a Referee: **STOP** at the next penalty box and report to the referees.



Yellow Card: 01:00 min time penalty



Blue Card: 05:00 min time penalty
(for each card 05:00 min!)



Red Card: Disqualification
You are allowed to continue and finish the race,
but won't show up in race results



**NO STOP IN PENALTY BOX
→ DISQUALIFICATION**

BIKE KEY RULES – RACE DAY

❌ Crossing center line and/or traffic cone boundaries

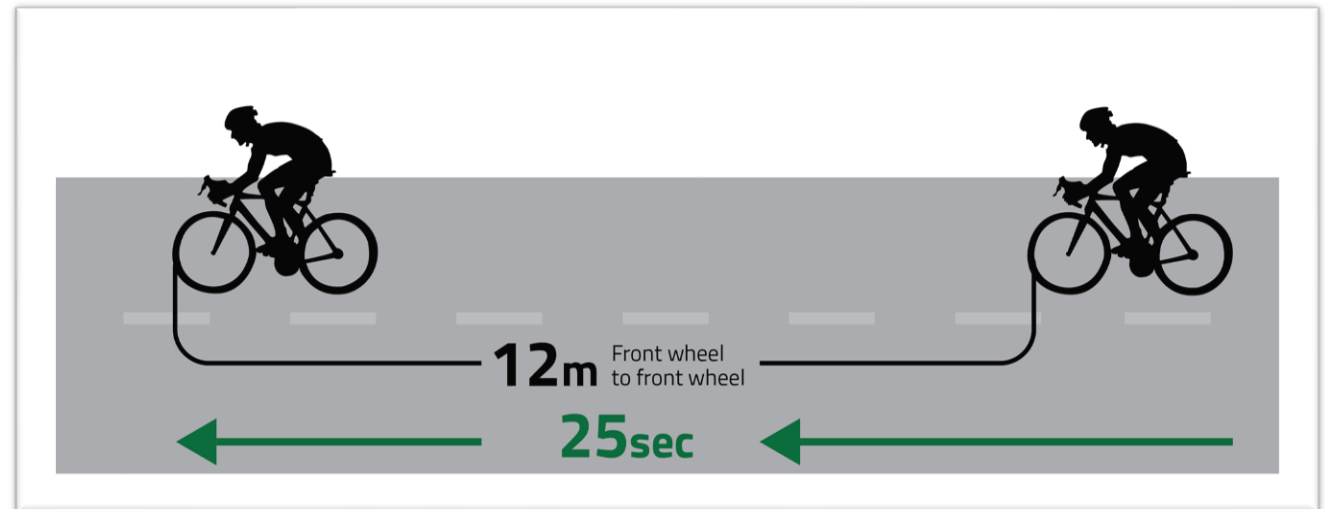
❌ Passing on the right side

❌ Drafting

❌ Passing other athletes takes longer than 25 seconds

❌ Blocking

!
**DRAFTING - ZONE = 12M
(FRONT WHEEL TO FRONT
WHEEL)**



BIKE COURSE - RULES

RED CARD



- Urinating on the course (outside the Dixi-toilets)
- Intentional littering out of allowed areas (nearby aid stations)
- Using any equipment
- communication or entertainment media
- Accepting assistance from a third party
- Not wearing a helmet during the race

BLUE CARD



- Once overtaken, remaining in the draft zone for more than 25 seconds

YELLOW CARD



- Make forward progress without bike
- Coaching

**REPAIR OF BICYCLE IS PROHIBITED IN PENALTY TENT!
DURING TOILET BREAKS PENALTY TIME WILL BE PAUSED**



CUT-OFF BIKE

Cut-Off first bike lap (90km): Latest 1:30pm.

At this time, the sweeper vehicle will also start at the transition and begin the rolling cut-off, picking up athletes, averaging less than 25kph. We will account for wind speed and direction.

Cut-Off second bike lap (180km): 9:30 hours after your start time. Latest 5:00pm.

Due to administrative restrictions, we need to re-open the bike course for traffic at that time.



TRANSITION BIKE → RUN

Red Card



- Using any communication or entertainment media
- illegal manipulation (electronic/mechanical doping)

Yellow Card



- Chin strap not closed
- Getting off the bike after the DML
- Changing of clothing outside the transition tent
- Red Transition Bags not dropped in the „Drop Box“

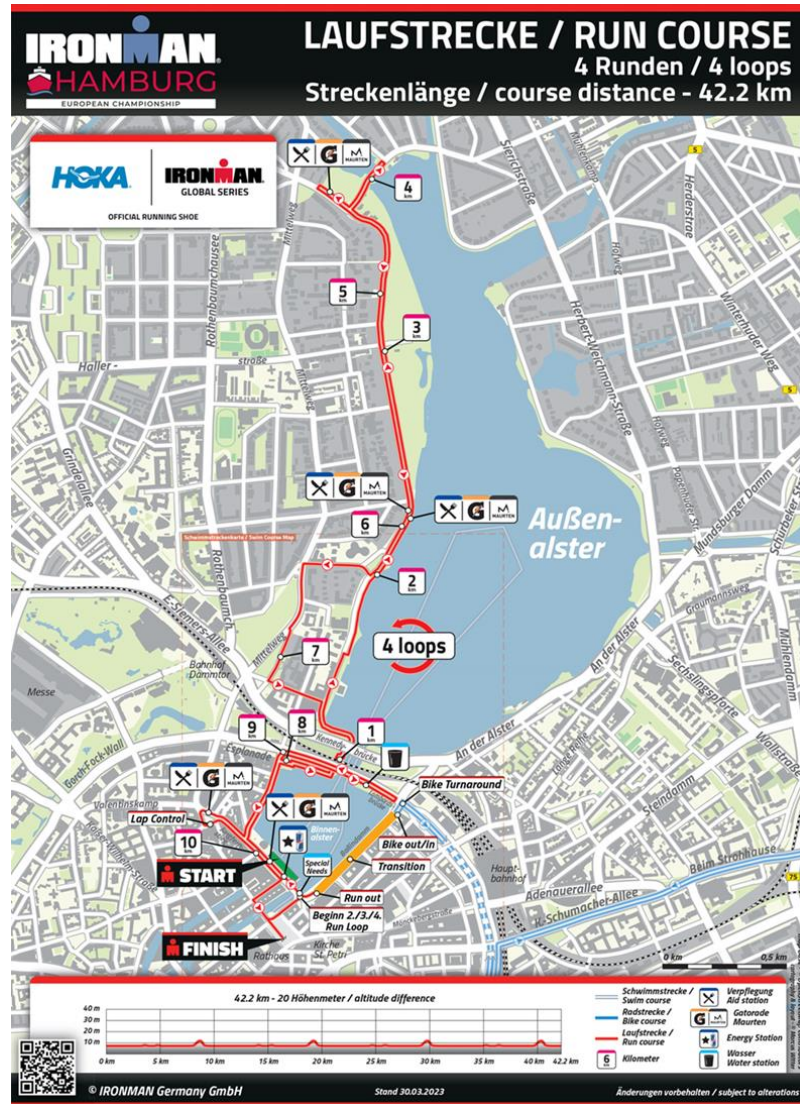


**WEAR YOUR BIB-NUMBER
ON THE BACK!
IT IS REQUIRED TO WEAR A
SHIRT.**

TRANSITION 2: BIKE → RUN

- ❗ Dismount at the dismount line
- ❗ Push the bike back to its position and hang it on the rack.
- ❗ Do not remove your helmet until you have hung your bike on the rack.
- ❗ Get your **red bag** (running equipment) at the bag hangers
- ❗ Put on your running equipment (Change at the stand or go to the changing tent - nude changing is only allowed in the tent!)
- ❗ Put your cycling gear (incl. helmet) in the empty **red bag**
- ❗ Hang your **red bag** independently back on to the hook on the bag stand!
- ❗ Turn your race number to the front

RUN – RACE DAY



i Length: 42.2 km

i Altitude: 20 m

i Laps: 4

→ every lap athletes receive a coloured wristband each round at Gänsemarkt

i 5 Aid stations & 1 Water station



NO PENALTY BOXES ON THE RUN COURSE!

ATHLETES HAVE TO STOP IMMEDIATELY FOR 30 SECONDS!

RUN COURSE – LAP CONTROL

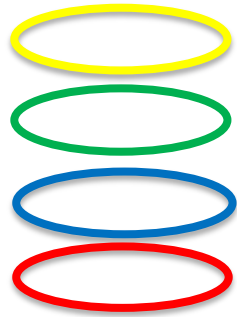
i There will be 4 run lanes – one for each lap

1. round: yellow wristband

2. round: green wristband

3. round: blue wristband

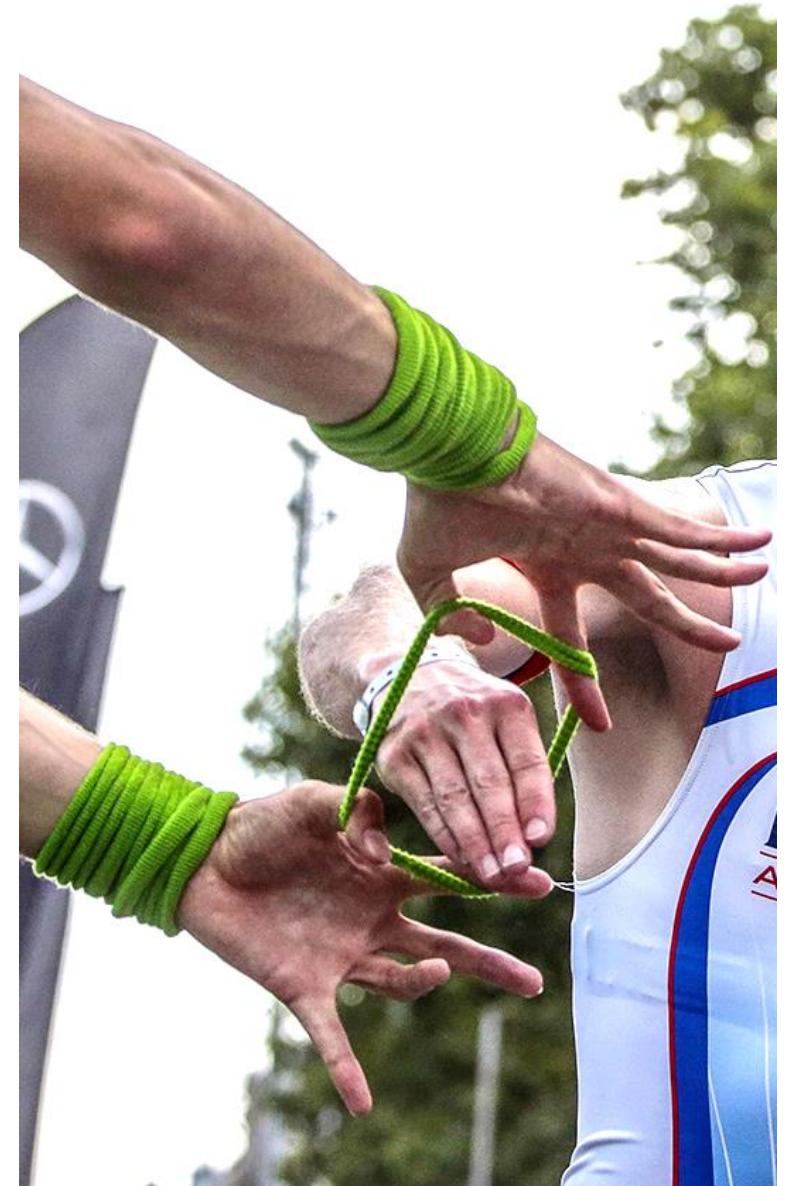
4. round: red wristband



i Please wear lap bands on the right arm

i Volunteers support the delivery

i Only if all bands are gathered athletes are allowed to turn into the Finish Line



RUN AID STATIONS – RACE DAY

- ❏ All aid stations (5 per lap) are set up in the same order.
- ❏ Water, GATORADE, Cola (diluted with water) all in cups.
- ❏ Maurten GEL 100 / CAF 100, 226er Bars (halved), pieces of fruit and salty snacks.
- ❏ There will also be an additional water station on the course.
- ❏ Attention: Litter disposal only inside the refreshment points (littering zones).



ON-COURSE NUTRITION

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

ON-COURSE NUTRITION PRODUCTS

Gatorade Powder RUN COURSE

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 with a mix of Gatorade Powder will be available for athletes to collect contactlessly.

Gatorade Ready To Drink BIKE COURSE

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 Triton Three Quarters bottles will be available for touchless collection.

RUN COURSE GEL 100 CAF 100

The GEL 100 CAF 100 contains 100 mg of caffeine... that's the equivalent of 1/2 espresso... or one cup of brewed coffee. That's a lot compared to many of the traditional gels out there. It delivers 25 grams of carbohydrates through a unique blend of fructose and glucose (ratio of 0.8:0.2) packs a high punch to energy rate and doesn't contain any added flavors, preservatives or colorants. Just like all of our products, it's vegan-friendly.

Red Bull Energy Drink RUN COURSE

Red Bull Energy Drink is a lightly carbonated functional beverage containing taurine, caffeine, B-vitamins and sugar. One 250ml can contains 80mg caffeine, about the same as a cup of coffee. The cans are 100% recyclable. The product will be served diluted with water in Red Bull paper cups.



750ml BOTTLES

RUN COURSE GEL 100

This is the GEL. It's a bold statement. But, nonetheless true. From a technical perspective, traditional gels are water and carbohydrates simply mixed into syrups, often containing added flavors and preservatives. The GEL 100 is completely different. It's a biopolymer matrix, filled with a unique blend of fructose and glucose (ratio of 0.8:0.2) which enables uptakes of up to 100 grams of carbohydrates per hour.

BIKE COURSE Vegan Gummy Bar

30-g energy bar with a gelatine texture, formulated with a high-quality, organically sourced carbohydrate mix and with pectin, gluten-free, and suitable for vegans. They are easy to chew, digest, and carry. Perfect in both training and competition, so they help us to keep up blood glucose, giving our body the energy it needs while maintaining a high level of physical performance.

BIKE COURSE Race Day Bar

40-g energy bar, gluten-free and suitable for vegans. Rich in carbohydrates and organic ingredients such as dates, pumpkin seeds, sunflower oil, and raisins, 100 vitamins. They are easy to chew. We increased the amount of figs and reduced dates to control the glycemic index. This means that they provide energy but insulin peaks are reduced, available in different flavours, with or without BCAAs.

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.



2022 OFFICIAL SPORTS DRINK

RUN COURSE - RULES

RED CARD



-
- Taking short cut
 - Urinating on the course (outside the Dixi-toilets)
 - Intentional littering out of allowed areas (nearby aid stations)
 - Using any communication or entertainment media
 - Outside assistance

YELLOW CARD



-
- The coach is located on the race course
 - The coach is escorting the athlete (coach must be stationary)
 - Coach, friends or family riding outside along the run course next to the athlete
 - Running without bib number

To avoid penalties:

- ✓ use special food only out of the official personal need area
- ✓ use medical support from the official medical team only (except diabetics)
- ✓ Athletes may help other athletes only during emergency situations

RULES & PENALTIES

The accumulation of three cards, **regardless of their color**, leads to disqualification.

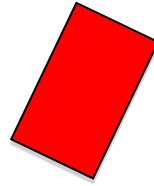


If they are three yellow cards, this is not necessarily the case.

→ Should the Chief Judges deem the accumulation of too many yellow cards to be a violation of IRONMAN Competition Rule 3.03 (b); a disqualification may still occur.

RULES & PENALTIES

LITTER & GRAFFITI : Red Card



- ❗ Residents and businesses have to plan their day and accept traffic disruption to accommodate IRONMAN → Prolonged reminders through litter and graffiti is not permitted and is against the law
- ❗ Graffiti includes any good luck messages your family and friends leave in permanent paint
- ❗ Litter includes: Water bottles, Gel wrappers, Gel wrapper tear-offs, Used inner tubes, Co2 canisters, Food wrapping (including banana skins)
- ❗ ZERO TOLERANCE - Discarding litter outside of designated areas at aid stations is an immediate DQ
- ❗ Static referees and moto marshals are on course to target littering

APPEAL

- ❗ It is NOT permitted to appeal against fact-based referee decisions such as drafting or blocking
- ❗ Protests can be stated until immediately before the Awards Ceremony. The head referee will hear appeals from 08:45am until 9:15am on Monday morning at the Handelskammer.

CUT OFF TIMES

Swim finish

2:20 hours after respective start. **Latest: 09:50 am**

Start Bike lap 2 (KM 90 - Ballindamm)

Latest: 01:30 pm.

Bike finish (KM 180)


9:30 hours after respective start. **Latest: 05:00 pm.**

Start Run lap 4 (KM 31.5)

Latest: 09:45 pm.

Finishline

15 hours 30 minutes after respective start. **Latest: 11:00 pm at the Finish Line.**

-  We will reserve the right to remove an athlete from the course and DNF the athlete if our course staff determines that there is no possibility of finishing the discipline or race before the posted cut-off times based on your location, the time and average speed to that point.

FINISH LINE PROCEDURE

- ❗ It is prohibited to cross the finish line or even step onto the finish line with a companion (spectator)

➔ **Disqualification**

- ❗ You will receive your medal immediately after the finish line
- ❗ You receive your finisher shirts and your white bag at the Athletes Garden, please bring your race number!
- ❗ An engraving service for the medals is offered in the Athletes Garden.
- ❗ Furthermore, there are showers, massages, changing rooms and our medical team waiting for you in the Athletes Garden



SECURITY PROTOCOL

Accident

In case of a road closure (e.g. due to an accident) we will divert the race course.

The deviation will be indicated by volunteers or signs depending on the situation.

- 🚒 Athlete – Spectator → the police needs to be called! You have to stay till the police has arrived!
- 🚒 Athlete – Athlete → communicate with each other, whether both of you can continue. If not, both athletes must stay till the police arrives!

Stopping the Race

- 🚒 If you stop the race and quit, you must inform a referee, official or stop by the information point at the Transition Area!

ADDITIONAL INFORMATION

Manipulation of the bike

- ❗ In transition area we will check bikes for electronical or mechanical manipulation. If the result of the check is positive, the athlete will be disqualified.





Lost & Found

- ❗ Put your bib number and name on all your equipment
- ❗ Lost property and unclaimed items from the transition areas are to be collected from 10:00 am to 01:00 pm on the day after the race at the Award Ceremony Location in the Handelskammer.

Bike Computer

- ❗ We also recommend to put your bike computer into the red transition bag after bringing your bike back to its position in the transition area.

AFTER RACE – SUNDAY JUNE 4

-  10:00 am – 06:00 pm SportExpo and Merchandise Store open, Rathausmarkt
-  01:30 pm – 11:00 pm Finish Line, Finish Area, Rathausmarkt
-  05:15 pm – Midnight Bike Check – Out, Transition Area, Ballindamm
-  11:00 pm Cut-off finish line, Rathausmarkt

CHECK OUT

Sunday: Check-out: 05:15 pm - Midnight

You will be able to collect your bike along with blue and red bags all at the same time

- ❗ The entrance to the check-out is analogous to the check-in at the Alstertor.
- ❗ The exit from the check-out is also analogous to the check-in at the southern end of the transition area (Jungfernstieg).
- ❗ Access to the transition area only with race number, athlete wristband and timing chip.
- ❗ Collect your blue and red bag first, then collect your bike and go to the exit
- ❗ Chip return at the transition area exit

AWARDS CEREMONY

MONDAY JUNE 5:

08:45 am – 12:00 pm



Award Banquet, Handelskammer Hamburg

09:30 am – 10:15 am

Awards Ceremony, Handelskammer Hamburg

10:30 am – 12:00 pm

Slot Allocation IRONMAN World Championship
Hawaii/Nice 2023, Handelskammer Hamburg

-  Trophies and prizes are handed out personally only; Trophies and prizes which have not been picked up will expire
-  The award ceremony is included in the entry fee for every registered athlete.

IRONMAN WORLD CHAMPIONSHIP



- IRONMAN European Championship Hamburg will allocate 80 starting slots for the VinFast IRONMAN World Championship 2023 in Hawaii and 175 starting slots for the VinFast IRONMAN World Championship 2023 in Nice
- The slot allocation will take place after the award ceremony, starting around 10:30am.
 - Athletes must be present in person to claim their slot
- Slots are divided amongst all age groups based on number of starters
- The price of the slot for IRONMAN World Championship in Kona is \$1,400 USD + Hawai'i GE tax (\$65.94) & Active processing fees (\$43.83), total \$1509.77.
- The price of the slot for IRONMAN World Championship in Nice is \$1,400 USD & Active processing fees (\$41.86), total \$1441.86 (includes taxes).
 - Credit card payment only
 - Valid ID/passport

I AM TRUE



"WTC is committed to fair competition and we take our role in the fight against doping seriously. We have been diligent in creating a program that balances detection and deterrence, to ensure that the fundamental values of fair play and healthy living are preserved."

- Andrew Messick, CEO, WTC

#KNOWTHERULES

STAY IN TOUCH & GOOD LUCK

Stay in touch and share your IRONMAN Hamburg journey on our social pages!

- 📍 Instagram [@ironman_germany](https://www.instagram.com/ironman_germany)
- 📍 Facebook [IRONMAN Germany](https://www.facebook.com/IRONMANGermany)
- 📍 Facebook Event [IRONMAN European Championship Hamburg 2023](https://www.facebook.com/events/1000000000000000)
- 📍 #IMHamburg
- 📍 We're here to help so keep an eye out for our IRONMAN staff and volunteers on race week and if you have any questions either send us a message on our social media or email hamburg@ironman.com





IRONMAN[®]

The logo features the word "IRONMAN" in a bold, white, sans-serif font. The letter "I" is replaced by a blue silhouette of a person with arms raised, and the letter "M" is a solid blue shape. A small registered trademark symbol (®) is located at the top right of the word.

HAMBURG

EUROPEAN CHAMPIONSHIP

A swimmer in a black wetsuit and a green swim cap is in the water, splashing. A large orange buoy is visible in the background.

HAVE A GREAT RACE!