



**IRONMAN<sup>®</sup>**

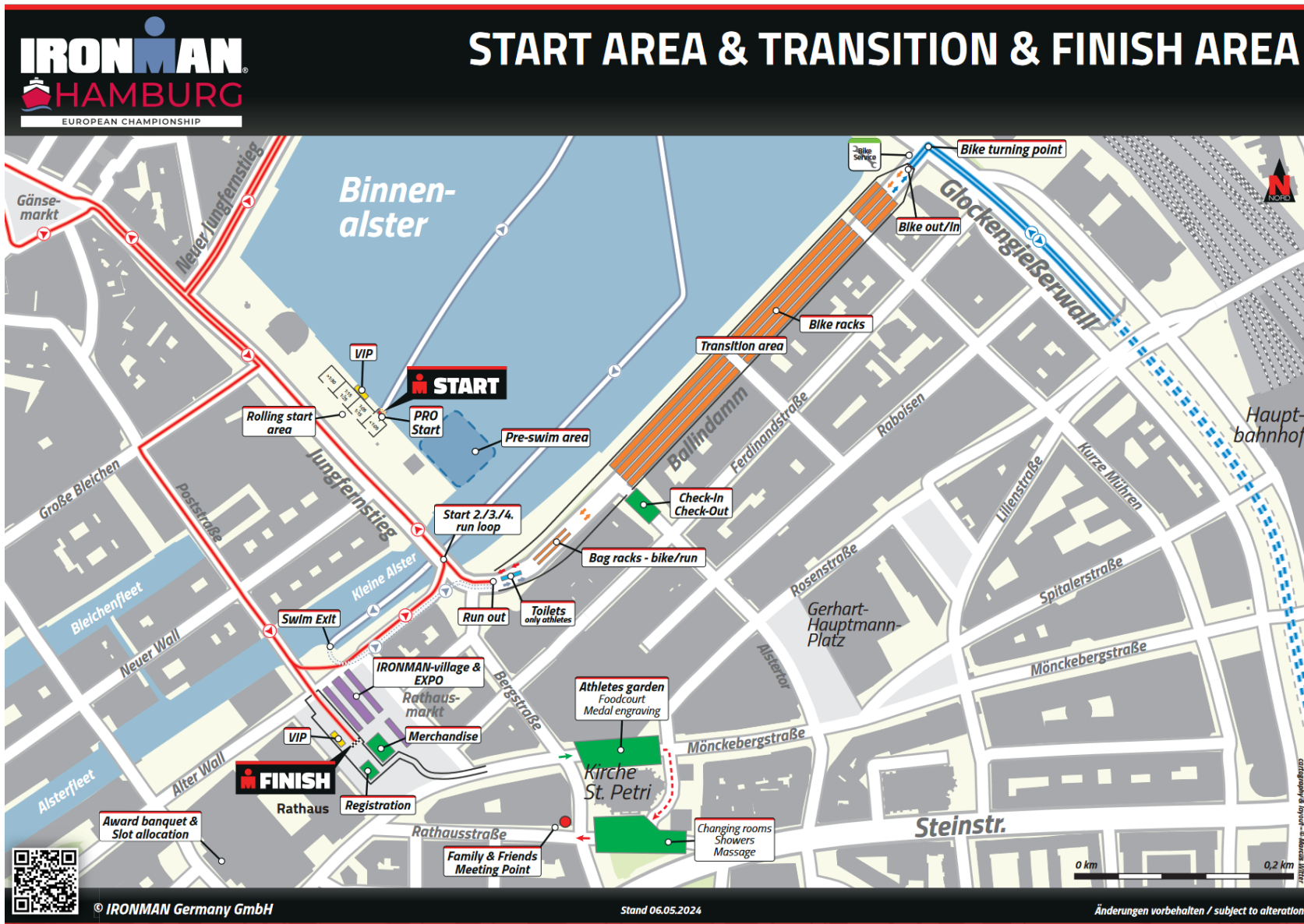


**HAMBURG**

EUROPEAN CHAMPIONSHIP

**RACE BRIEFING 2024**

# EVENT AREA





# WEEKEND SCHEDULE (Thursday – Saturday)


Thursday, May 30, 2024		
10:00 am – 06:00 pm	Registration IRONMAN	Rathausmarkt
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt
Friday, May 31, 2024		
10:00 am – 06:00 pm	Registration IRONMAN	Rathausmarkt
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt
11:15 am – 11:45 pm	Press conference	Renaissance Hotel
12:15 pm – 12:45 pm	PRO Talk (public)	Renaissance Hotel
01:00 pm – 01:45 pm	Pre-race Briefing Pro-Athletes	Renaissance 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 1, 2024		
10:00 am – 02:00 pm	Registration IRONMAN	Rathausmarkt
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt
10:00 am – 01:00 pm	Swim practise Binnenalster	Lombardsbrücke/ next to Ballindamm
01:00 pm – 06:00 pm	Bike Check-In Transition Area	Alstertor/ Ballindamm

# WEEKEND SCHEDULE (Sunday – Monday)


Sunday, June 2, 2024		
05:00 am – 06:15 am	Transition zone open	Alstertor/ Ballindamm
05:45 am – 06:10 am	Swim warm-up	Pre-swim area Jungfernstieg
06:15 am	Start PRO female athletes / Water Start	Jungfernstieg
06:20 am	Start HC & PC athletes / Water Start	Jungfernstieg
06:30 am – 07:30 am	Start Age-Group Athletes/ Rolling Start	Jungfernstieg
10:00 am – 06:00 pm	IRONMAN Merchandise & Expo	Rathausmarkt
~ 02:30 pm	First finisher	Rathausmarkt
05:15 pm – Midnight	Check-Out Transition Area	Alstertor/ Ballindamm
11:00 pm	Cut-Off Finish Line	Rathausmarkt
Monday, June 3, 2024		
09:15 am – 12:00 pm	Awards Banquet	Chamber of Commerce
09:15 am – 09:45 am	Appeal – Referee & Timing	Chamber of Commerce
10:00 am - 11:00 am	Awards Ceremony	Chamber of Commerce
11:00 am – 12:00 pm	AG Slot Allocation IRONMAN World Championship Hawaii/Nice 2024	Chamber of Commerce

# EXPO & MERCHANDISE

## IRONMAN Merchandise Store & Expo

 Thursday: 10 am – 6 pm

 Friday: 10 am – 6 pm

 Saturday: 10 am – 6pm

 Sunday: 10 am – 6 pm

 Location: Rathausmarkt



# REGISTRATION

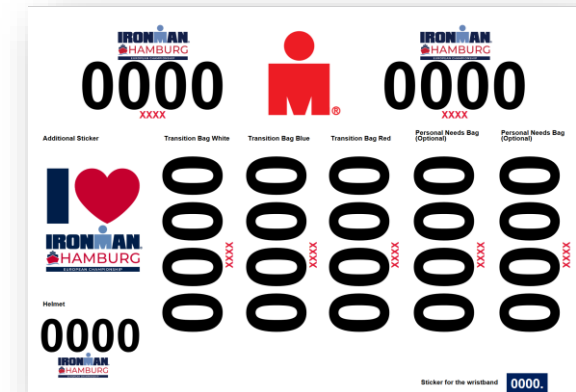
**REQUIRED FOR BIKE  
CHECK-IN ON SATURDAY  
AND CHECK-OUT ON  
SUNDAY!**

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)
- Athlete Backpack
- Bike Sticker (1)
- Transition Bag Stickers (3)
- Personal Needs Bag Stickers (2)
- Helmet Race Number Sticker (1)
- Sticker extra (1) for free disposal



**The timing chip and personal needs bags (optional) will be handed out during bike check-in!**

**The BIB has to be worn clearly visible during the whole race!**

# 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 x 1

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!

If you have a known medical condition, we highly advise that you stop by the “Help Desk” at the registration tent to get a special race day wristband on which you should write the details of your medical condition(s).



The form is located on the back of a race number, which features a large, faint Iron Man logo watermark. The form is divided into several sections, each with a label and a corresponding input field. The sections are: Name, Address, Emergency Contact Name, Emergency Contact Number, Health Risk Factors, Current Medication, and Allergies. Each section has a label in bold and a line of text in a smaller font below it, providing translations for the label in various languages. The form is enclosed in a thin black border, and there are small circular punch holes at the top corners.

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

**Address:**  
Adresse / Dirección / Indirizzo / Adress / Cím

**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 / Nåværende Medisiner

**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.

Please wear the wristband until the end of the event.



## 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 & Pick-Up: Transition Area

**RED** = Run Gear

Drop-off & Pick-Up: Transition Area

**WHITE** = Post-Race

Drop-off: After leaving the transition area on race day morning you will find the "White Bags" truck on the left-hand side

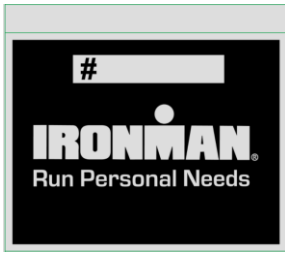
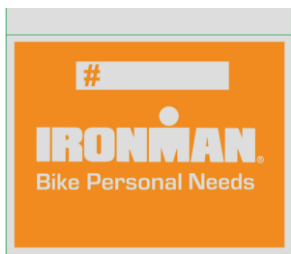
Pick-Up: After the race in the Athlete's Garden

## Optional: 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

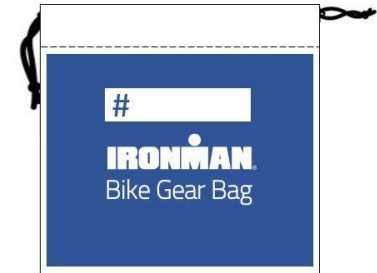


Hand out: At the exit of transition during the bike check-in

Drop off: On race morning between transition area and swim start (5:30-6:15am)

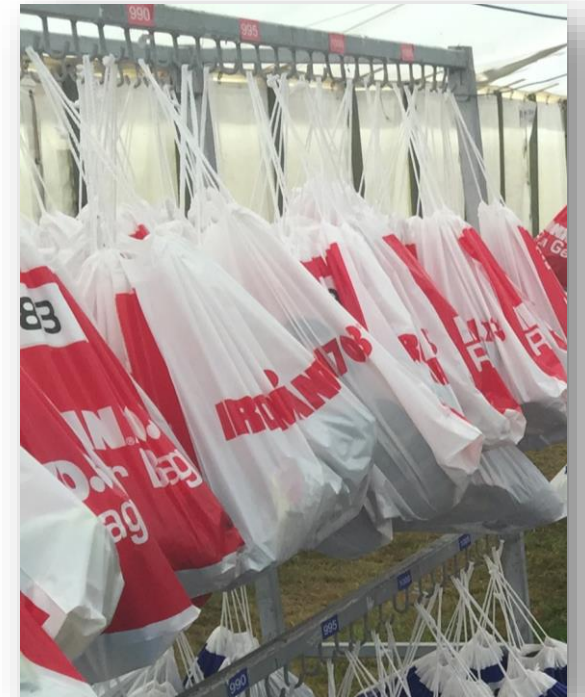
# BLUE BAG - BIKE

- ❏ 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 1pm – 6pm.**
- ❏ After finishing the swim, you **MUST** put your swim gear into this bag, including wetsuit
- ❏ **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

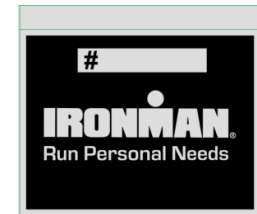
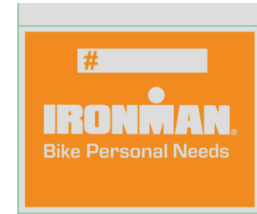
- ❏ Pack this bag with everything you need for your run section.
- ❏ You must hang this bag in Transition on: **Saturday 1pm – 6pm**
- ❏ After finishing the bike leg, you **MUST** put your bike gear into this bag, including helmet.
- ❏ Pickup: in Transition Area after the race





# PERSONAL NEEDS BAGS – DROP OFF

- ❗ Personal Needs Bags are handed out at the transition area / bike check-in only upon request (NO BAGS AVAILABLE 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.
- ❗ You will not get the items from your Personal Needs bags back after the race. All remaining bags and the items they contain will be disposed of after the race
- ❗ Taking your own special needs from spectators, friends or family is prohibited.
- ❗ Drop-off: On race morning until 6:15 am between transition area and swim course (see map below)
- ❗ The bags will be transported to their designated positions:
  - Bike (**orange**): Behind aid station 1 (KM 21, KM 110)
  - Run (**black**): After Transition Exit, start of each run lap (KM 0,2 / 10,7 / 21,2 / 31,7)



# 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

### Red and Blue Transition bags

(marked with the race number)

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

### BIB

- ❏ Your personal BIB number with filled out medical information and emergency contact on the back



**ATHLETES ONLY**



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



**PROFESSIONAL BIKE SERVICE WILL BE AVAILABLE AT CHECK-IN AND EXPO**

**Note: Any additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race!**

# TRANSITION AREA

## ACCESS ONLY FOR ATHLETES WITH ATHLETE'S WRISTBAND!

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

### Bike, Blue Bags and Red Bags

TRANSITION AREA Saturday, 1<sup>st</sup> June 2024: 1pm – 6pm

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>▪ Have your helmet on and your race number on display when entering for check in.</li><li>▪ After check in: Place your BIB number &amp; bike helmet <b>in the BLUE BAG!</b></li><li>▪ WHITE BAG drop-off on race day only!</li><li>▪ Do <u>not</u> cover your bike overnight. Covers will be removed.</li></ul> | <ul style="list-style-type: none"><li>▪ Bike Service with pumps at the transition area</li><li>▪ Pre-race mechanical support will be available in Transition on Saturday &amp; Sunday and at the Expo from Thursday onwards</li><li>▪ It is prohibited to wear the bib number during the swim.</li><li>▪ No socks / compression socks allowed! Calf Guards beneath the wet suit are allowed, when wet suits are prohibited, so are Calf Guards!</li></ul> |
|---|---|

# 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 (Ballindamm/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.





# FBR BIKE SERVICE

Where	When	Time
Expo Area / Rathausmarkt	Thursday, 30 <sup>th</sup> May	10am – 6pm
	Friday, 31 <sup>st</sup> May	10am – 6pm
	Saturday, 1 <sup>st</sup> June	10am – 6pm
	Sunday, 2 <sup>nd</sup> June	10am – 6pm
Transition Area / „Alstertor“	Saturday, 1 <sup>st</sup> June	1pm – 6pm
	Sunday, 2 <sup>nd</sup> June	5am – 6:15am

## Bike course on race day

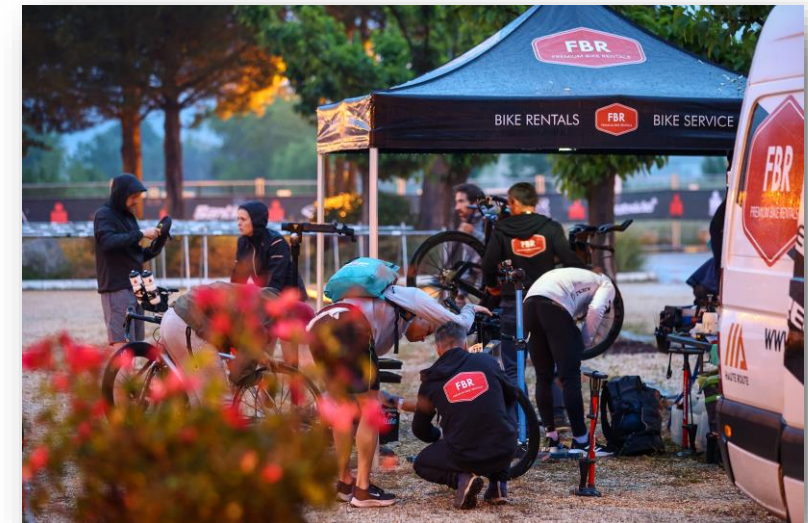
Two (2) stationary bike service points along the course:

- Station 1: KM 2,5/15,5/91,5/104,5
- Station 2: KM 48,5 / 137,5

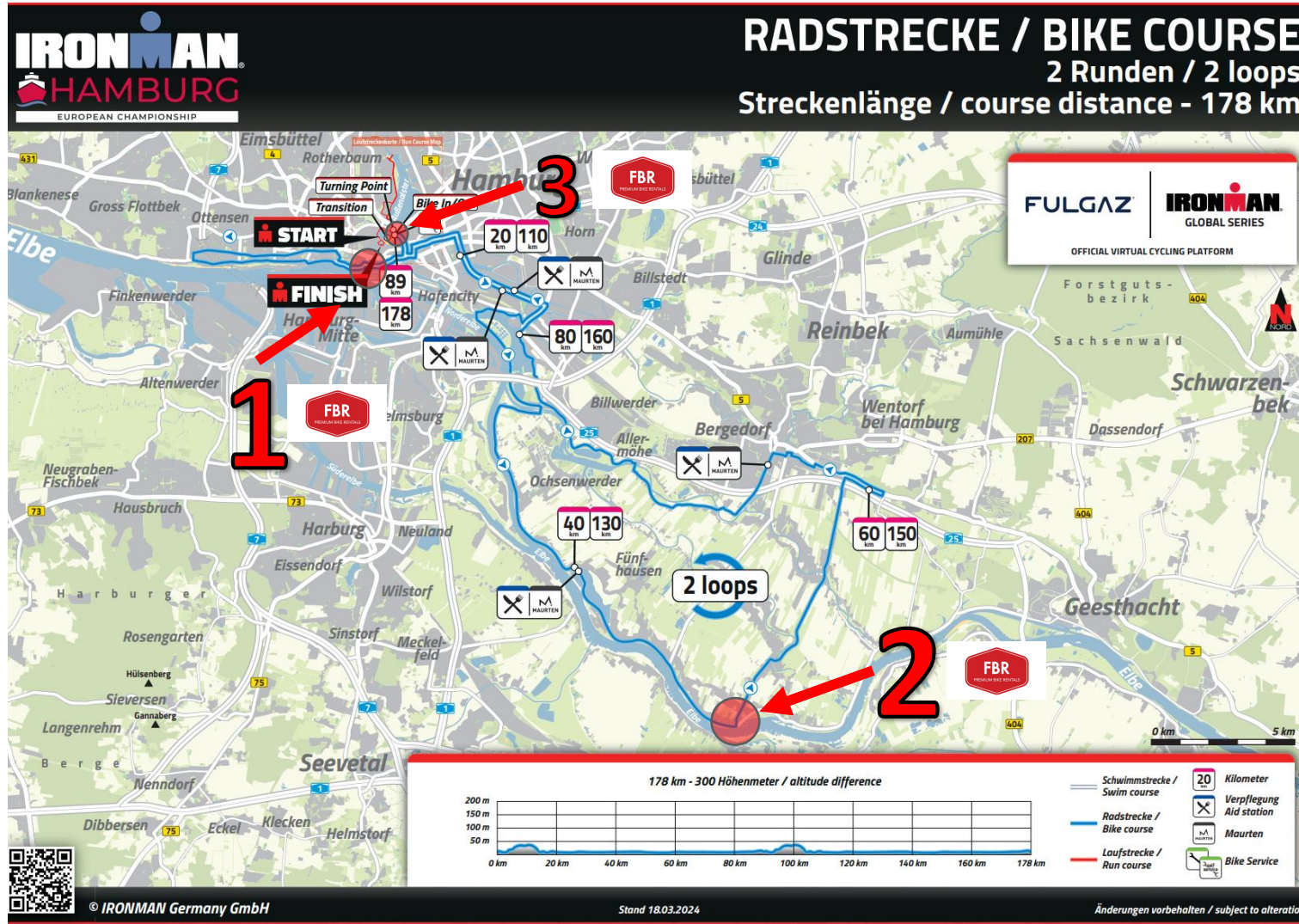
One (1) stationary bike service station directly after the first round

- Station 3: KM 89

One (1) moving bike service mechanic on a motorbike on the east loop of the course



# FBR BIKE SERVICE











# 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 INFORMATION

-  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!



# 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](mailto: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

# 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 Area will close at 6:15am!
- 🧑 Personal Needs Bag drop-off will close at 6:15am!
- 🧑 White Bag Drop-Off will close at 6:15am
- 🧑 IRONMAN Hamburg start times 06:15 Pro Athletes / 06:20 HC& PC athletes / 06:30 Age Group Athletes
- 🧑 IRONMAN Hamburg is a self-seeded rolling start over 60 minutes (06:30 – 07:30)

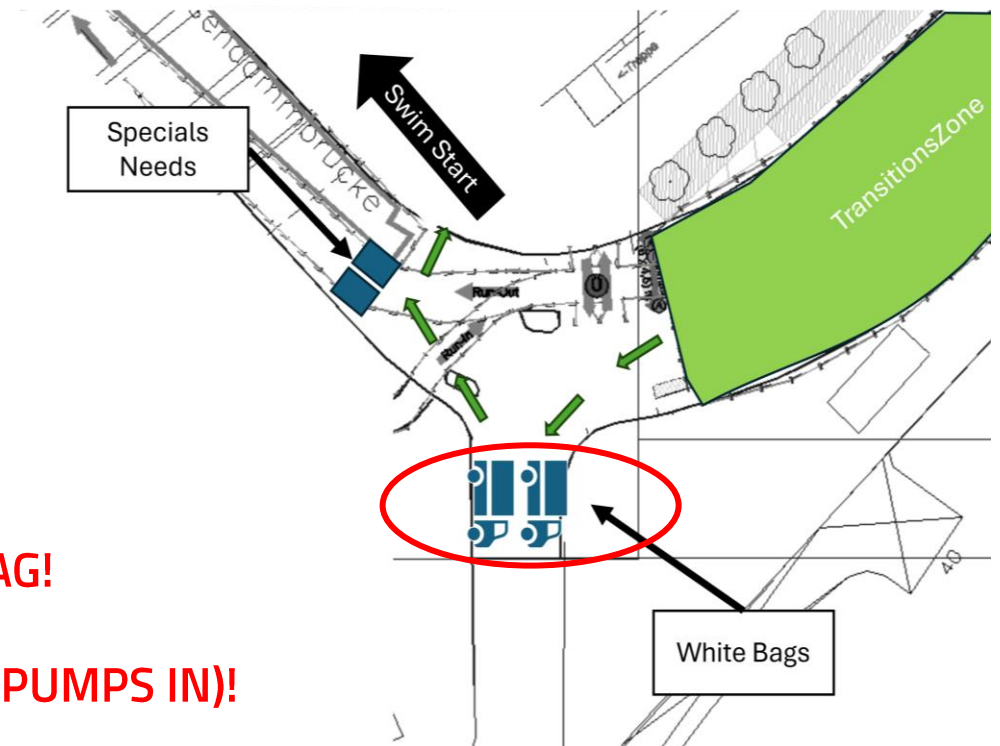


# WHITE BAG

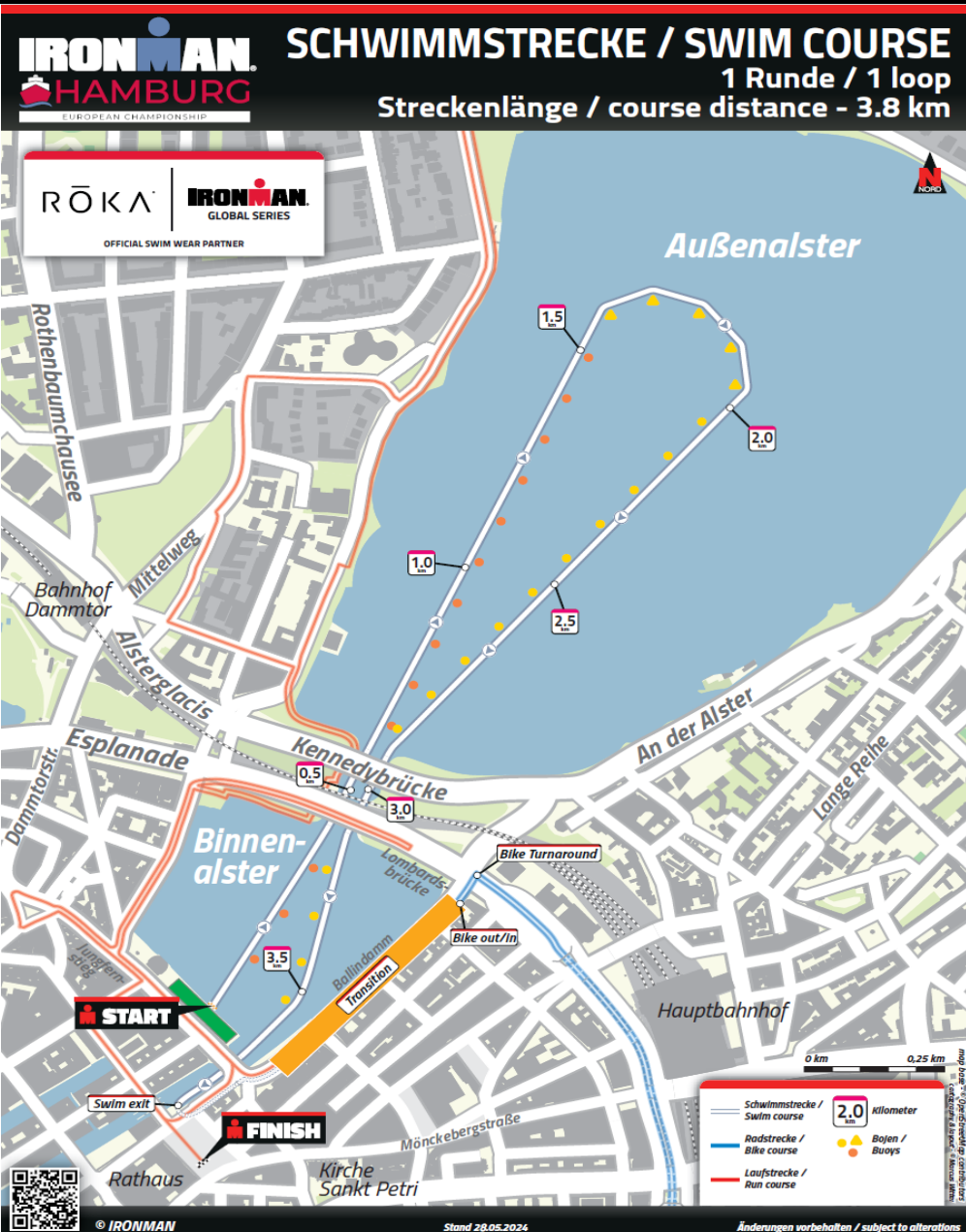
- 🧑 This should contain warm/dry clothes for post-race
- 🧑 You will drop this between the transition area and the Swim Start at the white bag truck which will be sign posted (see map below). The bags will be transported to the Athletes Garden for you to collect post-race.
- 🧑 It is advised to travel 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)!**



# SWIM COURSE



- Distance: 3,8 KM – 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.*





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

## Swim Practice in the Binnenalster:

Saturday, 1<sup>st</sup> June from 10:00 am – 1:00 pm  
entrance corner Ballindamm/ Lombardsbrücke

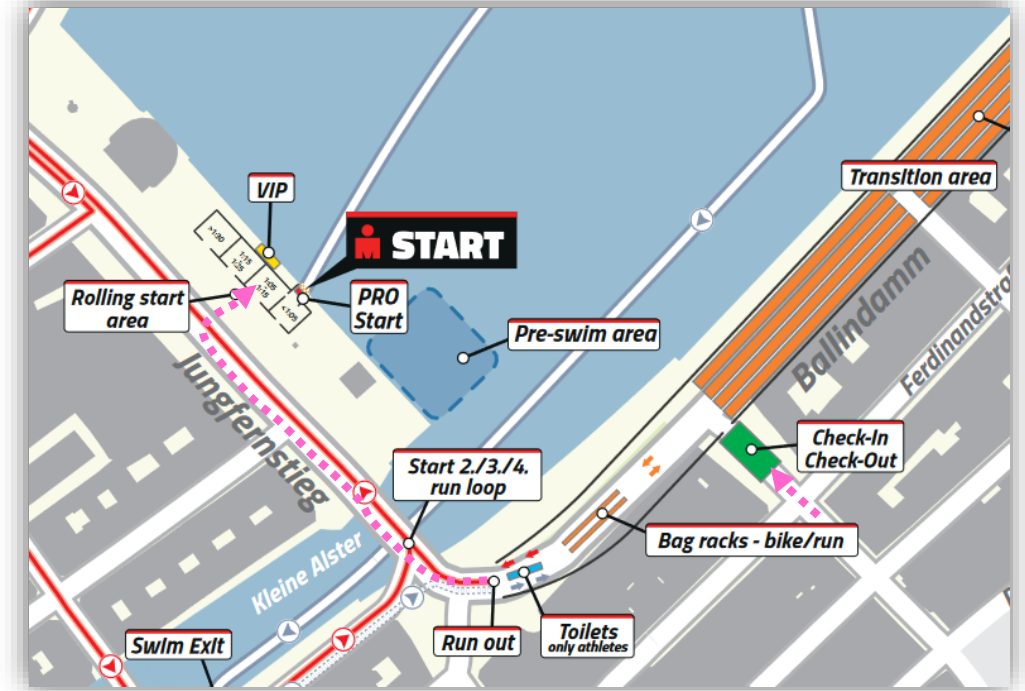


# START GROUPS

START	STARTING GROUP	COLOUR SWIM CAP
06:15	PRO Women	SILVER 
06:20	HC & PC	NEON GREEN 
06:30	AGE GROUP MEN / Open Division	NEON YELLOW & DARK BLUE  

# SWIM START

- 🏊 Rolling Swim Start: from 06:30 am – 07:30 am
- 🏊 Please enter the swim start box corresponding with your anticipated swim time.
- 🏊 Race will be started as Rolling Start with 2 athletes per interval
- 🏊 It will take approximately 60 minutes to get the entire field across the swim start line (6:30 – 7:30 am).
- 🏊 Race numbers are NOT allowed to be worn under wetsuits

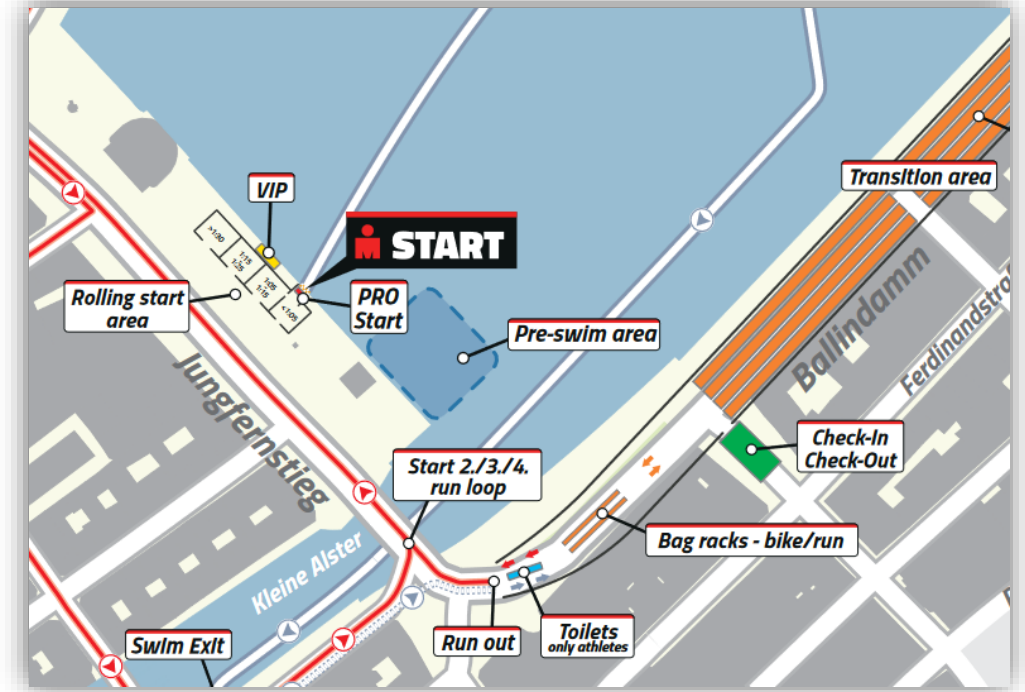


**PLEASE BE HONEST TO YOURSELF AND LINE UP ACCORDING TO YOUR PRIOR  
SELECTED OR REALISTIC EXPECTED SWIM TIME!**

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

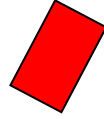
# SWIM START – IMPORTANT INFORMATION

- ❗ Race numbers are not allowed to be worn under wetsuits
- ❗ Swim warm-up in the pre-swim area from 05:45 – 06:10. Please just swim inside the pre-swim area and use the ladders to exit the water.  
**Do NOT use the start ramp!** (Pro athletes will start at 6:15 am!)
- ❗ Every athlete must walk over the timing mat to activate the timing chip.
- ❗ 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 takes place via 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

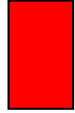




# TRANSITION 1: SWIM → BIKE

- ❧ 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 Bags not hung on to the hook on the bag stand
-  Open helmet after unracking the bike
-  Riding the bike in the transition area



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

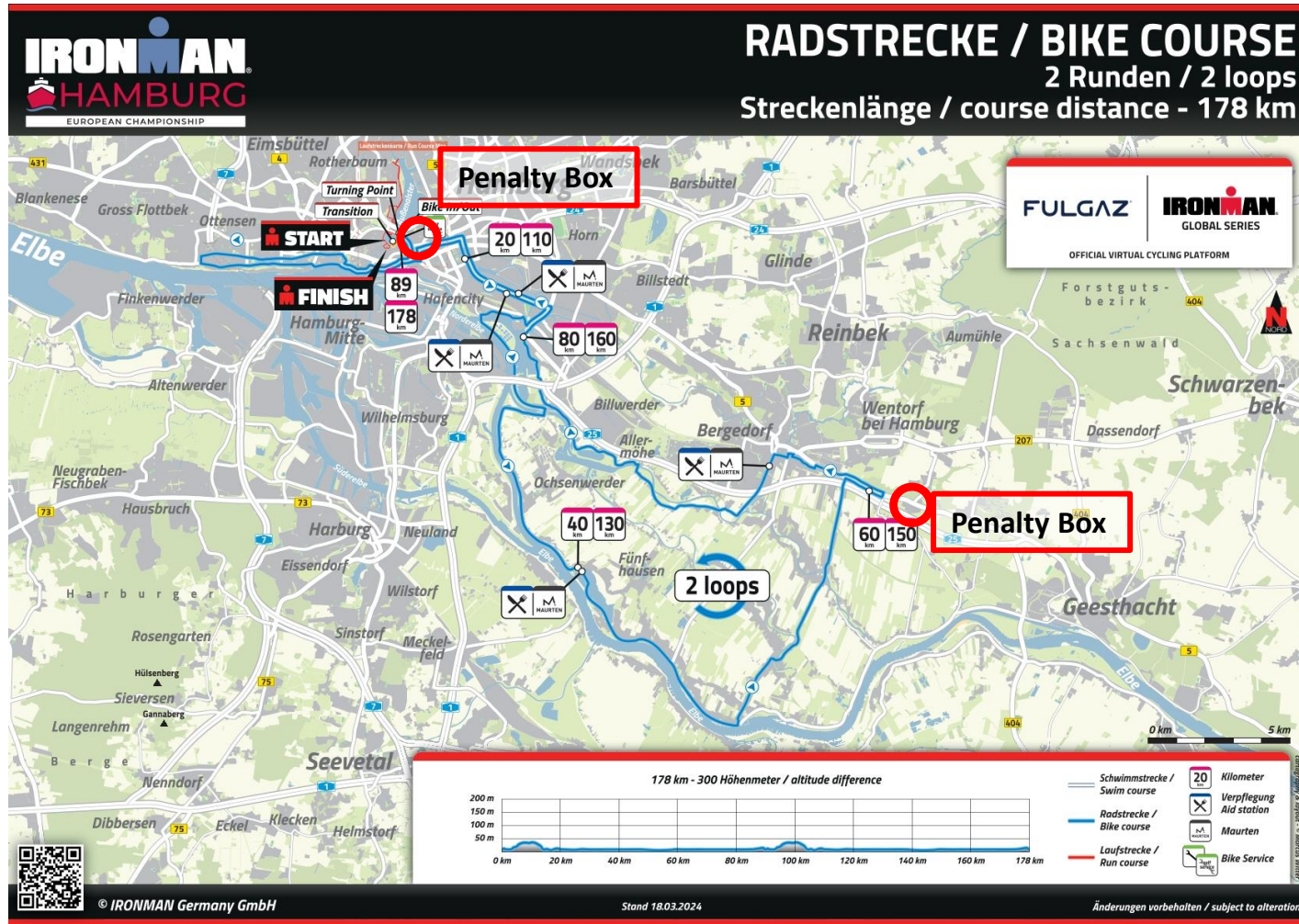
# BIKE – RACE DAY

- 🏃 Two loops, 178 km in total, 300m 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 89 at 1:30pm

**Any additional equipment that has the effect of reducing wind resistance is prohibited during the bike segment of the Race! -> Yellow card**



# BIKE – RACE DAY

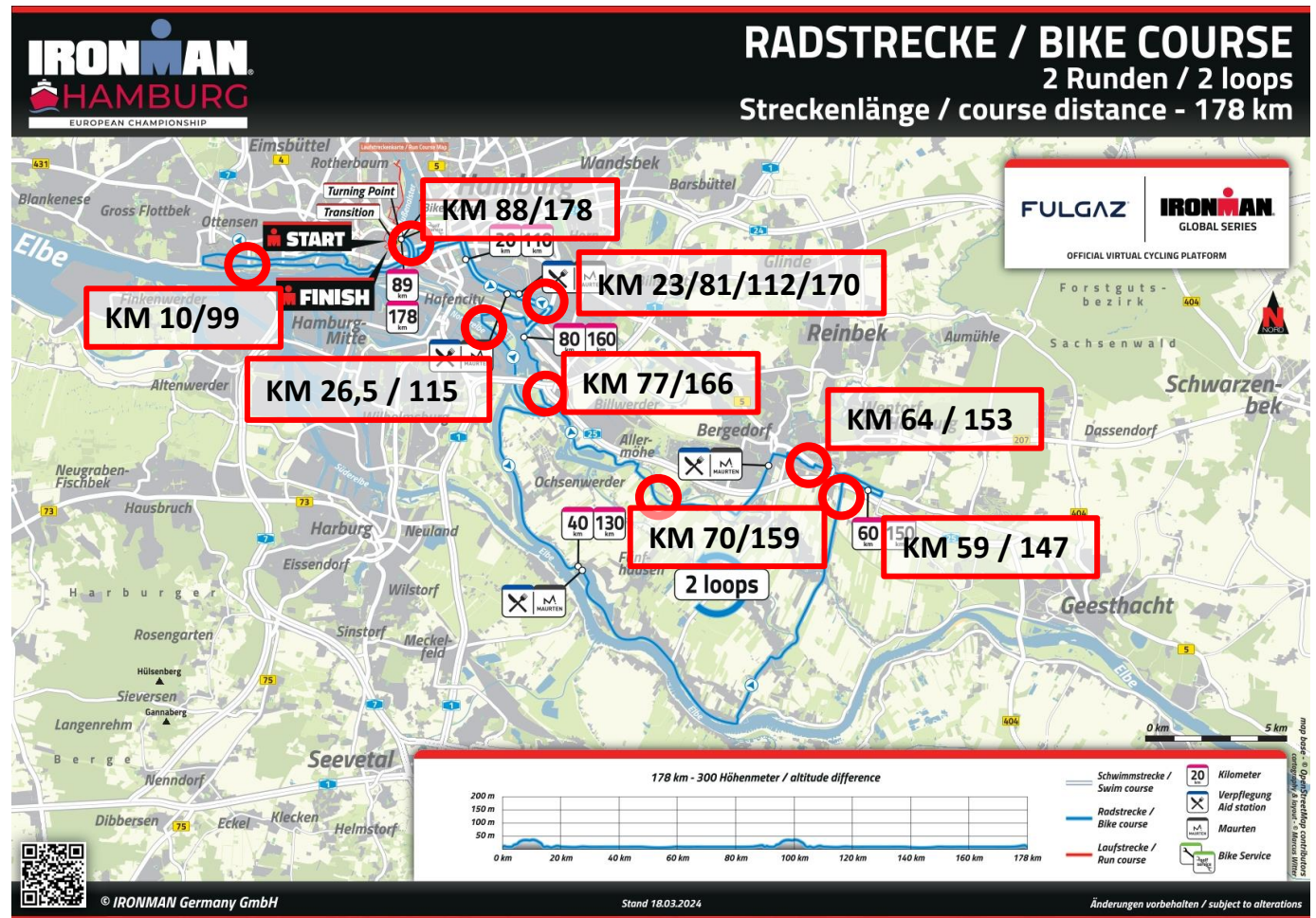


- Strict right-hand riding
- 4 x Aid stations:  
KM 21, 40, 66, 82, 110, 128, 155, 171
- 2 x Penalty Boxes  
at the two turning points  
KM 60, 89, 149, 178
- 3 x Bike Service  
KM 2.5, 15.5, 48.5, 89, 91.5, 104.5, 137.5

# BIKE – CAUTION

- ❗ Elbchaussee – KM 10-12/ 99-101  
- Potholes
- ❗ Kaltehofe-Hauptdeich– KM 26,5 / 115  
- Small course – *No overtaking 900m*
- ❗ Railcrossing 1 - KM 23/81/112/170
- ❗ Railcrossing 2 - KM 59/147
- ❗ Railcrossing 3 - KM 64/153
- ❗ Vorderdeich– KM 70/159  
- Potholes
- ❗ Moorfleeter Deich – KM 77/166  
- Potholes
- ❗ Wallringtunnel – KM 88/178  
- 180° tight turn

- ❗ Potholes that our supportive local authorities have been unable to repair will be marked with orange/red 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 & Precision Hydration P1000 filled bike bottles (750 ml)
- ❏ Maurten gels GEL 160 & GEL 100 CAF
- ❏ Maurten bars C225 and Basic 225
- ❏ 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 AND OTHER TRASH INTO THE INTENDED AREAS**  
Intentional or careless littering outside of littering zones will directly result in a disqualification.





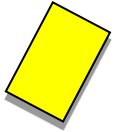
# BIKE KEY RULES – RACE DAY

- ❗ 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!

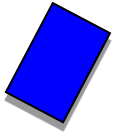


# BIKE KEY RULES – RACE DAY

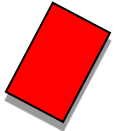
If shown a card by a Referee: **STOP** at the next penalty box and report to the referees.



Yellow Card: 01:00 min time penalty



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



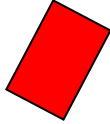
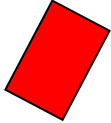
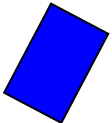
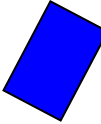
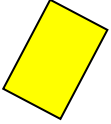
Red Card: Disqualification

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

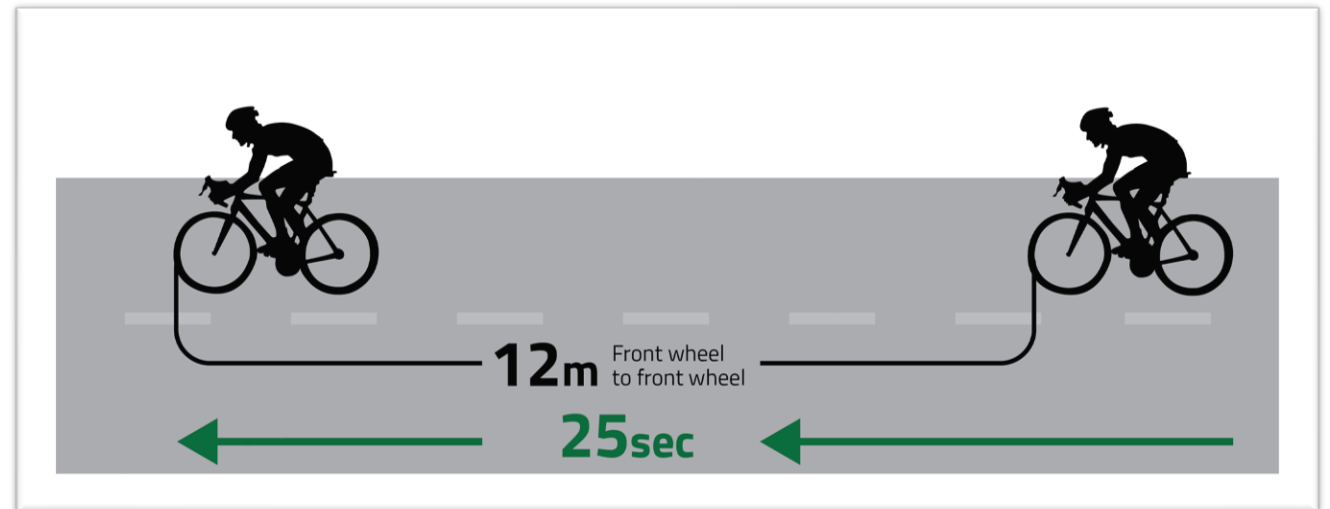


**NO STOP IN PENALTY BOX  
→ DISQUALIFICATION**

# BIKE KEY RULES – RACE DAY

- ❏ Crossing center line and/or traffic cone boundarys 
- ❏ 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
- Drafting

## 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 (89 km): 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 (178 km) (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 2: 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 hung on to the hook on the bag stand

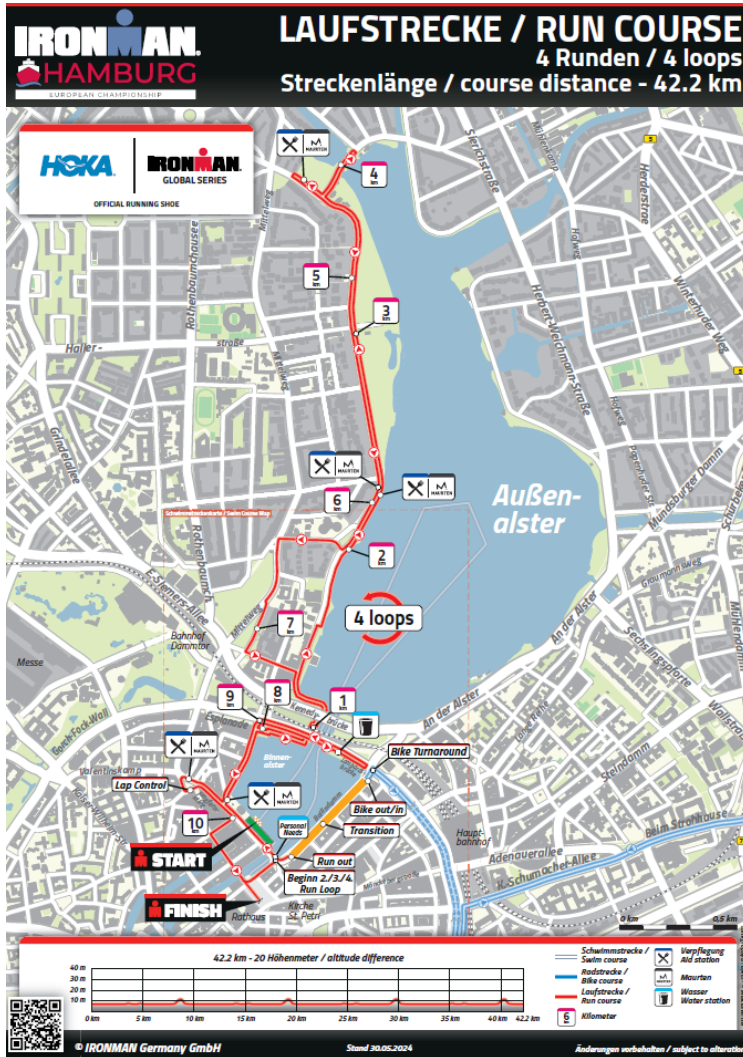


**WEAR YOUR BIB-NUMBER  
ON THE BACK!  
IT IS REQUIRED TO WEAR A  
SHIRT.**

# 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



📍 Length: 42.2 km

📍 Altitude: 20 m

📍 Laps: 4

→ every lap athletes receive a coloured wristband at Gänsemarkt

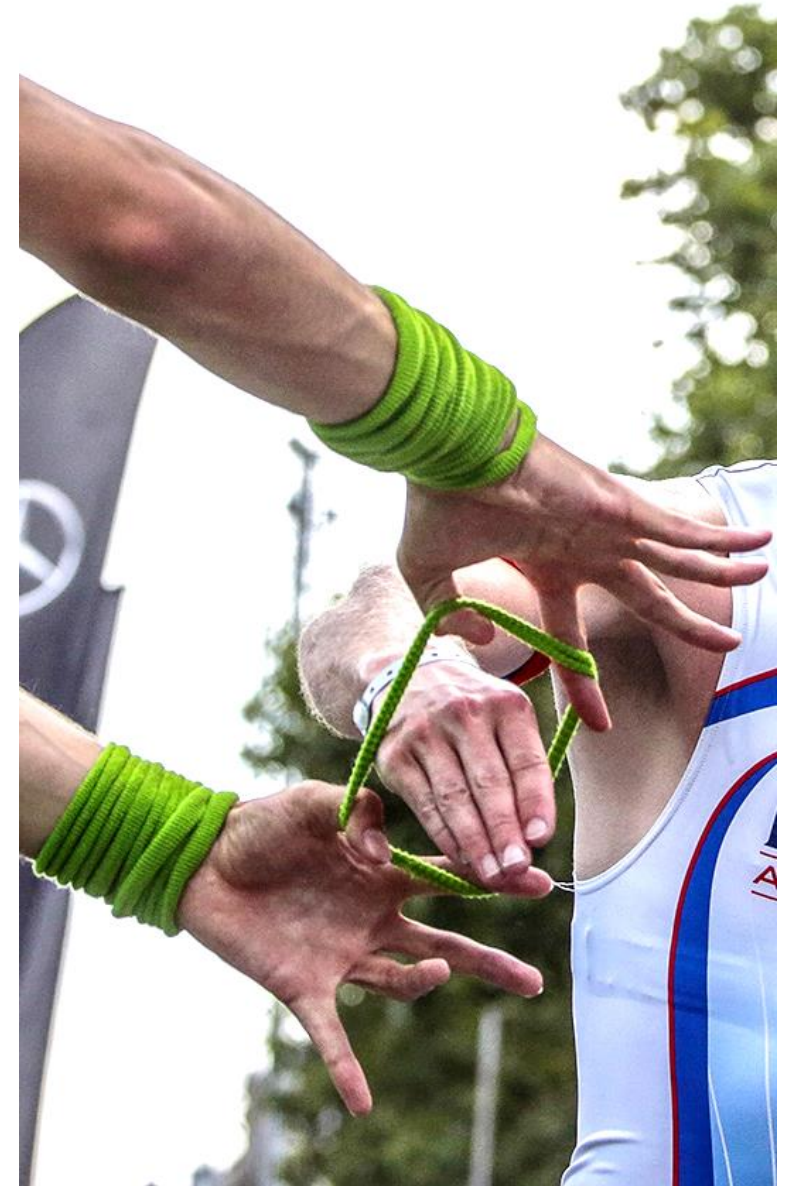
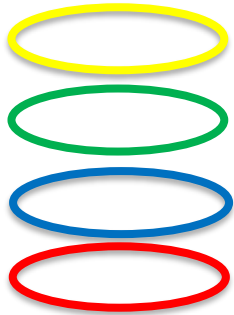
📍 5 Aid stations & 1 Water station



**NO PENALTY BOXES ON THE RUN COURSE!  
ATHLETES HAVE TO STOP IMMEDIATELY FOR  
1 MINUTE!**

# RUN COURSE – LAP CONTROL

- 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
- Please wear lap bands on the right arm
- Volunteers support the delivery
- 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, Precision Hydration P1000, Cola (diluted with water) all in cups.
- ❏ Maurten gels GEL 160 & GEL 100 CAF
- ❏ Maurten bars C225 and Basic 225
- ❏ 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).





# 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

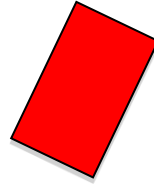
The accumulation of three blue cards leads to disqualification.



→ 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
- ❗ Other protests can be stated immediately before the Awards Ceremony.  
The jury (Head Referee, Race Director & Timing Partner) will hear appeals from 09:15am until 9:45am on Monday morning at the Handelskammer.
- ❗ After this time, all results will be frozen and no more protests will be possible!

# CUT OFF TIMES

-  Swim finish = 2:20 hours after respective start      Latest: 09:50 am
-  Start Bike lap 2 (KM 89 - Ballindamm)      Latest: 01:30 pm
-  Bike finish (KM 178) = 9:30 hours after resp. start      Latest: 05:00 pm
-  Start Run Lap 4 (KM 31.5)      Latest: 09:45 pm
-  Finish line = 15:30 hours 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.
- ❗ Athletes Garden is ~100m away on the left side of the finish area. There you
  - ❗ will receive your finisher shirt and your white bag - please bring your race number!
  - ❗ will find the food court, medal engraving, showers, massage, changing rooms and our medical team




# 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 → Please call the police! You must stay until the police has arrived!
-  Athlete – Athlete → communicate with each other, whether both of you can continue. If not, both athletes must stay until the police has arrived!

## 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 12:00 pm on the day after the race at the Award Ceremony Location in the Chamber of Commerce.

## 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 2<sup>nd</sup>

-  10:00 am – 06:00 pm SportExpo and Merchandise Store open, Rathausmarkt
-  02:30 pm – 11:00 pm Finish Line, Finish Area, Rathausmarkt
-  05:15 pm – Midnight Bike Check Out, Transition Area, Ballindamm/ Alstertor
-  11:00 pm Cut-off finish line, Rathausmarkt

# CHECK OUT

**Sunday, 2<sup>nd</sup> June - from 5:15 pm to 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 at the Alstertor.
-  The exit from the check-out is 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, 5<sup>th</sup> June / Chamber of Commerce:

09:15 am – 12:00 pm	Award Banquet, Handelskammer Hamburg
09:15am – 09:45am	Appeal – Referee & Timing
10:00 am	PRO Awards and Slot Allocation for IRONMAN World Championship Nice 2024, Handelskammer Hamburg
10:15 am – 11:00 am	AG Awards Ceremony, Handelskammer Hamburg
11:00 am – 12:00 pm	AG Slot Allocation IRONMAN World Championship Hawaii/Nice 2024, Handelskammer Hamburg

 Trophies and prizes are handed out personally only; Trophies and prizes which have not been picked up will expire

# IRONMAN WORLD CHAMPIONSHIP



- ❏ IRONMAN European Championship Hamburg will allocate 45 starting slots for the VinFast IRONMAN World Championship 2024 in Hawaii (Age Group Men) and 75 starting slots for the VinFast IRONMAN World Championship 2024 in Nice (Age Group Women)
- ❏ The exact number of slots per age group can only be announced on the day of the race, as this depends on the number of starters in the age group.
- ❏ The slot allocation will take place after the award ceremony; starting around 11:00am.
- ❏ Athletes must be present in person to claim their slot and need to check in at the entrance
- ❏ The price of the slot for IRONMAN World Championship in Kona is \$1,450 USD + Hawai'i GE tax & Active fee; Total \$1,582.68 USD
- ❏ The price of the slot for IRONMAN World Championship in Nice is \$1,450 USD + Active fee; Total \$1,511.48 USD
  - Credit card payment only
  - Valid ID/passport necessary

# 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."

**#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 2024](https://www.facebook.com/events/1234567890123456)
- 👤 #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](mailto:hamburg@ironman.com)



The Ironman logo, featuring the word "IRONMAN" in white capital letters with a blue silhouette of a person with arms and legs raised, positioned between the "N" and "A".

# IRONMAN<sup>®</sup>



# HAMBURG

EUROPEAN CHAMPIONSHIP

A swimmer in a black wetsuit and green swim cap is in the water, splashing near a large red buoy. The background is a body of water with a distant shoreline.

HAVE A GREAT RACE!