

# FIRST TIME CHECKLIST



SCHEDULE



LOCATIONS



ATHLETE GUIDE

**IRONMAN**  
**70.3** VENICE-JESOLO

## Before travelling:

- ☐ Check the schedule and make your plan accordingly.
- ☐ Read the Athlete Guide.
- ☐ Check the startlist (you are in and your age group, country and information are correct - if not send an email to [veniceJesolo70.3@ironman.com](mailto:veniceJesolo70.3@ironman.com)).



Travel to Jesolo

## Before going to registration

 (Friday from 10:00 to 18:00 or Saturday from 10:00 to 17:00):

- ☐ Take your ID.
- ☐ Prepare your QR code (you can find it in the race week or confirmation email).
- ☐ Triathlon license (Before registration you should have uploaded all the documents required on Dokeop)

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

## Our staff will give you:

- ☐ Bib number.
- ☐ Wristband.
- ☐ Stickers (more instructions in the sticker sheet backside).
- ☐ Swimcap.
- ☐ Backpack.
- ☐ Blue, red and white bags.

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

We need to leave everything listed below in transition on Saturday from 12:00 to 18:00.

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

- ☐ Attend the briefing!

## It's time to go to transition!

(Saturday from 12:00 to 18:00)

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

- ☐ Your helmet with the sticker (put your helmet on).
- ☐ The bike has also the sticker (under the seat).
- ☐ You have your blue and red bags (with clothes in).

### And then:

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

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

- ☐ At the transition exit you will receive your timing chip



Sleep well

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

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

## Before your swim start:

(Transition will be open from 5:30 to 7:00)

- ☐ Go to transition to check your bike, fill your bottles... (optional)
- ☐ Put your wetsuit.
- ☐ Put your street clothes in your white bag and leave it in the white bags area.

- ☐ Go to the swim start area and select your starting box (just go in your selection).
- ☐ Enjoy your race!

## Congratulations for your amazing race!

- ☐ Collect your medal.
- ☐ Collect your finisher t-shirt.
- ☐ Collect your white bag.
- ☐ Check your results (if you need to appeal you should ask for the head referee in the finishline before 17:30).
- ☐ Go to transition to checkout your bike and give back the timing chip.

- ☐ Awards and Slot Allocation (Saturday at 18:30)