



# ATHLETE GUIDE

**IRONMAN®**  
**70.3**  **TANGIER**  
MOROCCO

English





# TABLE OF CONTENTS

The race director's word	5
Top 5 things to see in Tangier	7
Program	8
Registration	11
Race Package	13
Check-in	14
Global Plan	16
Checklist	19
Penalties	20
Race day	21
Cut off & course	22
Swim	24
Bike	31
Run	37
Finish line	39
Check out	40
Awards ceremony	41
IRONMAN 70.3 World Championship	42
Relay teams	46
Lady's Run	48
IRONKIDS	49
Practical information	50
How to follow the race?	52



# WELCOME

Triathletes from all over the world,

After a truly magical first edition of the IRONMAN 70.3 Tangier in 2022, we can't wait to welcome you, triathletes across the globe, for our second edition, which promises to be unforgettable.

We've been listening to your feedback and working even harder to ensure that this 2023 edition will live up to the exceptional athletes that you are.

The Bay of Tangier awaits you for a peaceful swim at sunrise, while the bike course will take you along the Diplomatic Forest, through the Mediouna Forest and into the dreamlike setting of the junction between the Mediterranean Sea and the Atlantic Ocean. Then the running course will lead you into a seaside atmosphere before heading for the triumphant Finishline in Tangier!

The Wilaya of the Tangier-Tetouan-Al Hoceima Region, the Moroccan National Tourist Office, the Tangier City Council and the organizing teams join me in welcoming you to the Pearl of the North, the mythical Tangier.

**Enjoy you race and see you on the Finishline!**



**Sophia Belallam**  
*Race Director*



**MAROC**  
Terre de lumière



[visitmorocco.com](http://visitmorocco.com)

# TOP 5 THINGS TO SEE IN TANGIER

*Shopping, gastronomie, circuits privés, plages...  
Il y en a pour tous les goûts !*

## • Old Medina of Tangier

A veritable labyrinth of small streets and old houses, this historic district of Tangier is still very much alive and well worth a visit. This historic jewel has been completely rehabilitated between 2019 and 2021.



## • Cape Spartel

We find here the place where the Atlantic Ocean and the Mediterranean Sea meet. It is the ideal place to escape the crowds of the old town. On this picturesque headland you will find a lighthouse dating from the 19th century. It is the same lighthouse that you can see depicted on the 200 dirham bills. Located near the Hercules Caves, it is a great occasion to visit both sites. You can get there by tourist bus or by private cab.



## • Grand Socco

At the Grand Socco, you can find almost everything; second-hand objects, antiques, local handicrafts such as chiseled teapots and colorful babouches, fabrics, carpets, leather bags, ointments... Not to mention stalls overflowing with fruits, vegetables and spices of all kinds.



## • Hercules Cave

This mythical cave offers amazing views all along the Atlantic coast. It was once used as a stone quarry. This tour is one of the most popular in the region. Admission is free, but consider booking a guided tour with transportation from Tangier.



## • The Rif Cinema and the Cinematheque of Tangier

The old Rif Cinema is located in a cultural place emblematic of its history, the Grand Socco. Opened in 1938, the Cinema Rif has contributed to the emergence of a multitude of cinemas, making Tangier a city that works both as a stage and a muse.



## • And many others...

# EVENT SCHEDULE

## FRIDAY, OCTOBER 27<sup>TH</sup>

11.00 am – 6.30 pm	IRONMAN Village	Tanja Marina Bay International
11.00 am – 6.30 pm	Registration – IRONMAN 70.3	Tanja Marina Bay International
11.00 am – 6.30 pm	Registration – IRONKIDS and PINK RUN	Tanja Marina Bay International
6.00 pm – 6.00 pm	Athlete Briefing in English	Marina Bay Hotel

## SATURDAY, OCTOBER 28<sup>TH</sup>

9.00 am – 6.30 pm	IRONMAN Village	Tanja Marina Bay International
10.00 am – 4.00 pm	Registration – IRONMAN 70.3	Tanja Marina Bay International
10.00 am – 11.00 am	PINK RUN	Tanja Marina Bay International
11.00 am – 12.00 pm	IRONKIDS	Tanja Marina Bay International
2.00 pm – 6.30 pm	Check-in IRONMAN 70.3	Tanja Marina Bay International

# EVENT SCHEDULE

## SUNDAY, OCTOBER 29<sup>TH</sup>

6.15 am - 7.45 am	Transition area opening	Tanja Marina Bay International
7.45 am	Transition area closes	Tanja Marina Bay International
7.45 am - 8.00 am	Rolling start	Tanja Marina Bay International
9.00 am - 6.30 pm	IRONMAN Village	Tanja Marina Bay International
11.30 am	1 <sup>st</sup> Man arrival	Tanja Marina Bay International
12.00 pm	1 <sup>st</sup> Woman arrival	Tanja Marina Bay International
12.30 pm	Flowers Ceremony	Tanja Marina Bay International
3.00 pm	Check-out opening	Tanja Marina Bay International
4.30 pm	Last finisher	Tanja Marina Bay International
6.00 pm	Check-out closes	Tanja Marina Bay International
6.30 pm - 7.30 pm	Award ceremony	Marina Bay Hotel
7.30 pm - 8.30 pm	Slot allocation	Marina Bay Hotel

# TANJA MARINA BAY... YOUR DESTINATION OF VITAMIN SEA



TANJA MARINA BAY

MARINA

RESTAURATION

ANIMATION

TOURISME

SHOPPING

Le Port de Tanger Ville, idéalement situé sur la baie de Tanger avec une vue panoramique sur la Médina et la Muraille, fait de la Perte du Déroit l'une des destinations touristiques et culturelles les plus attractives et le point d'escale privilégié des navires de croisières du monde entier. Grâce à ses lignes régulières entre le Maroc et l'Espagne, des milliers de nationaux et de touristes traversent chaque année le détroit en ferries en moins de 40 minutes.

Avec sa zone d'animation et de restauration, Tanja Marina Bay International devient la destination incontournable du tourisme de plaisance en Méditerranée.

  
**Tanja Marina Bay**  
INTERNATIONAL

+212 5 39 331 717  
+212 5 39 339 687  
[www.tanjaminabay.ma](http://www.tanjaminabay.ma)



# REGISTRATION

## MANDATORY DOCUMENTS & BIB WITHDRAWAL

### STEP 1

Your race number will be sent to you by e-mail one week before the race.

### STEP 2

To validate your participation in the race, please bring the necessary documents according to your situation:

- **I have a triathlon license:**

- Photo ID.
- Triathlon license (ITU or national triathlon license), original or copy.

- **I do not have a triathlon license:**

- Photo ID.
- Medical certificate printed less than one year old on the day of the race and mentioning "triathlon in competition".

**PS** : if you do not have a current medical certificate, a doctor will be present on site to examine you and issue a medical certificate if he considers you able to participate. Price of the consultation = 20 €.

### STEP 3

Go to the registration area. Place yourself in the line intended for your category:

- LICENCIES,
- NON-LICENCIES.

When your turn comes, introduce yourself to the volunteers and have your documents validated.

### STEP 4

Proceed to the envelope withdrawal tables containing the bibs, wristbands, stickers and tattoos of each athlete. Upon presentation of your ID and your registration QR code (digital or paper version), the volunteers will give you your envelope.

Upon presentation of your envelope, you can then collect your backpack containing your 3 transition bags.

That's it, you're registered. You can now discover the place and enjoy the local atmosphere before starting to prepare yourself.

## FRIDAY 27<sup>th</sup> October - Tanja Marina Bay International (TMBI)

- 11.00 am – 6.30 pm      Registration – IRONMAN 70.3 Tangier
- 11.00 am – 6.30 pm      Registration – IRONKIDS and PINK RUN

## SATURDAY 28<sup>th</sup> October - Tanja Marina Bay International (TMBI)

- 10.00 am – 4.00 pm      Registration – IRONMAN 70.3 Tangier
- 9.00 am – 9.30 am      Registration – PINK RUN
- 9.00 am – 10.30 am      Registration – IRONKIDS



## RACE PACKAGE

Your provision is made up of several elements that you need to recover within the registration room.

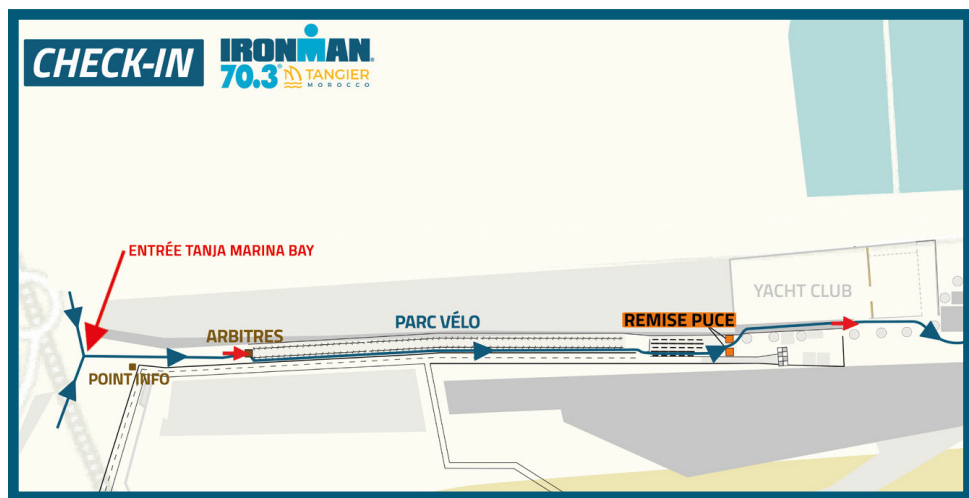
### Registration, Tanja Marina Bay International (TMBI):

At your registration time, you will receive:

- **An envelope** containing:
  - 1 Bib.
  - 1 swim cap.
  - 1 ATHLETE bracelet, that you need to wear immediately after your registration.
  - 2 tattoos (arm and leg).
  - 1 set of stickers for your transition bags and bike.
- **Your IRONMAN 70.3 Tangier backpack**, upon presentation of your envelope.
- **Your transition bags**, inside your backpack:
  - Blue **BIKE** bag: will contain all the equipment you need for the bike race.
  - Red **RUN** bag: will contain all the equipment you need for the run race.
  - **White** STREETWEAR bag: will contain all belongings you will need after the race.



# CHECK-IN



## CHECK-IN

### WHERE AND WHEN?

Tanja Marina Bay International, on Saturday, October 28<sup>th</sup> from 02.00 pm to 6.30 pm.

### GOALS

- Drop off your bike.
- Drop off your BIKE bag (blue) and your RUN bag (red), which contains everything you need for the race (helmet and bib).
- Familiarize yourself with the bike park and transition area.
- If necessary, support service is provided at the BIKE SERVICE (near the Info Point) from 12.00 am to 6.30 pm.

### BIKE PROCEEDINGS

#### 1 • Bike park entry:

- Wearing your helmet on the head with attached chinstrap and visible sticker.
- Control of your brakes and caps by referees.

**Warning: disc wheels are not allowed.**

- Wear your bib visibly hanging from two points or a bib belt.

#### 2 • Drop off your bike:

- On the bike rack, place your bike **on the saddle** in the location corresponding to your race number. Memorize it.
- You can leave your shoes clipped on the pedals.
- Your helmet and bib number must be tidied up in your BIKE bag.

**Warning:** it is forbidden to cover your bike, otherwise you will be disqualified.

**3 • Drop off your BIKE and RUN bag** on the racks with your bib number.

**4 • Collect your timing chip**, at the exit of the bike park:

- You have the full responsibility of your chip. If you lose it, please notify the organization to receive a new one and you will be charged 50€.
- It must be worn on your left ankle during the race.
- Do not throw away your chip, even if you give up: you will need it to check your bike and belongings:
  - Enter the transition area through the entrance to TMBI (start and end of the bike course) upon verification of the ATHLETE bracelet.
  - Exit at the north end of the transition area.

## STREETWEAR BAG - DROP OFF AND WITHDRAWAL GOALS

Drop off your spare clothes on the morning of the race to be able to pick them up directly after crossing the finish line.

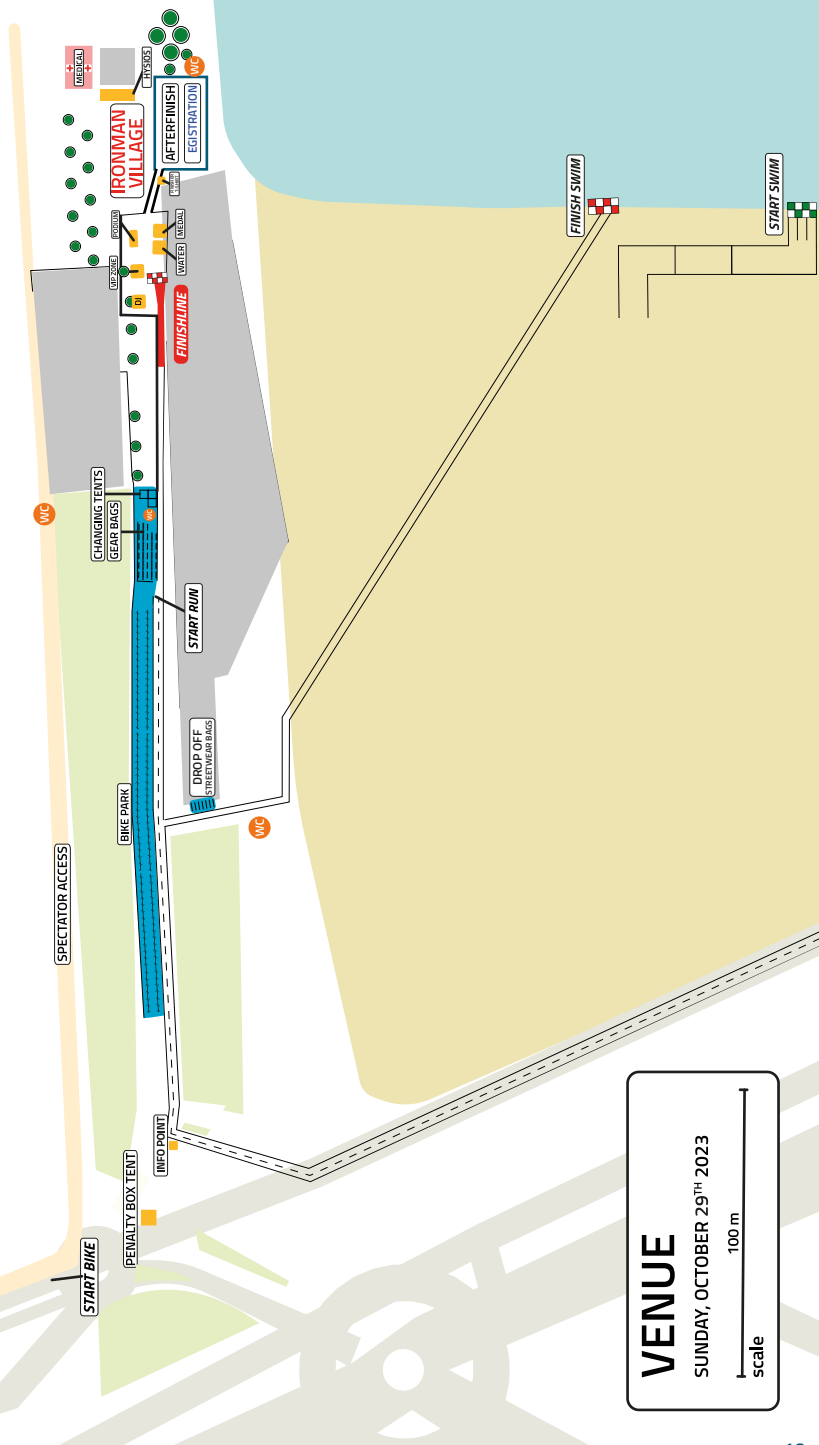
## WHERE AND WHEN?

**Drop off:** At Tanja Marina Bay International between the entrance to the transition area and the swim start on Sunday, October 29th from 6:15 am. **NO PUMP INSIDE! Pumps will be available in transition zone.**

**Withdrawal:** At Tanja Marina Bay International, on Sunday 29th October directly after your arrival, at the area dedicated to streetwear bags at the After Finish area.



# IRONMAN® 70.3 TANGIER MOROCCO



# RACE MORNING



# IRONMAN® *TRICLUB*



## JOIN THE PROGRAM

[WWW.IRONMAN.COM/TRICLUBS](http://WWW.IRONMAN.COM/TRICLUBS)

 [@IRONMANTRICLUB](https://www.instagram.com/IRONMANTRICLUB)

# CHECKLIST

## PRE-COURSE

- Itinerary
  - number collection / IRONMAN Village
  - starting line
  - finish line
  - transition zone: check-in
- Identity card
- Triathlon licence or medical certificate
- Adjustment of your bike
- Study of the course
- Planning and testing of refreshments

## RACE DAY - SWIM

- Timing chip
- Swimsuit / wetsuit (if necessary)
- Goggles (bring a spare pair)
- Swim cap (given out at race number pick-up)
- Earplugs / nose plugs

## RACE DAY - BIKE

- Helmet
- Bike shoes & socks
- GPS watch or bike GPS
- Bib
- Repair kit
  - CO<sub>2</sub> cartridge
  - Spare tire
  - Inner tube
  - Tire iron
  - Set of wrenches etc...
- Personal supplies
- Vaseline
- Sunscreen
- Sunglasses

## RACE DAY - RUN

- Shoes & socks
- Bib
- Number belt or safety pin
- Cap Visor
- Personal supplies
- Sunscreen
- Sunglasses
- Reflective tape

## OTHER

- Towel
- Post race clothing
- Swimsuit & hat for training
- Eyeglasses / lenses
- Lip balm
- Antibacterial gel
- Hair elastic
- Your good mood :)

# PENALTIES

## YELLOW CARD



You can receive a yellow card at any time during the race. If you receive one, you must get back into compliance if possible.

- If you receive a yellow card during the bike course, a 30 second penalty is to be done at the next penalty tent you pass on your route (KM 61 or Tanja Marina Bay International entrance).
- If you receive a yellow card during the run course or in a transition area, you need to execute your penalty immediately.

## BLUE CARD



You can only receive a blue card during the bike course. If you receive one, you need to execute your penalty in the next penalty box on the bike course (KM61 or TMBI entrance).

- 1 blue card= 5 minutes penalty.
- 2 blue cards= 10 minutes penalty.
- 3 blue cards= disqualification

**Warning:** all sanctioned athletes (blue card) need to sign the register after executing their penalty and before leaving the penalty box.

## RED CARD



You can receive a red card during each step of your race (swim, bike, run). You will immediately be disqualified.

**It is your responsibility to understand the rules and avoid penalties. The referee's decision is final and there will be no protest or appeal.**

All the rules can be found in the  
<https://www.ironman.com/competition-rules>

# RACE DAY

**Sunday, October 29th, 2023**  
**From 7.45 am Rolling start**

## GUIDELINES AND RECOMMENDATIONS

### **Stick your tattoos:**

Stick your tattoos on your left arm and leg, on a visible part.

How to stick your tattoos?

- 1 • Cut your tattoo along the perforated lines (double tattoo)
- 2 • Remove the clear protective layer.
- 3 • Apply the stick side to your skin, arrows pointing upwards.
- 4 • Dampen your tattoo and wait.
- 5 • Place your hand on your tattoo. When it is ready, the paper support will slide along and your tattoo will stay perfectly stuck on your skin.
- 6 • Let it dry for 1 minute. You are ready!

### **Enter in the bike park:**

**Opening hours:** bike park open from 6.15 am to 7.45 am.

**Tires pressure:** check your tires pressure. The organization will provide you pumps in the bike park.

**Assistance :** if you need assistance, go to the BIKE SERVICE (Tanja Marina Bay International (TMBI) entrance).

**Prohibitions:** it is forbidden to have any object next to your bike.

It is forbidden to change your wheels on the morning of the race.

**Lost/forgotten timing ship:** go to transition entry or the starting arch and inform the organization.

### **Drop off your STREETWEAR bag:**

**Opening hours:** from 6.15 am to 7.45 am.

**Location:** "Streetwear drop off zone" at Tanja Marina Bay International, next to the transition.

You will drop off your STREETWEAR bag, which contains all the belongings you need after your race.

### **Toilets:**

On the morning of the race, you will find toilets between the bike park and the swim start.

# CUT OFF AND COURSE

## SWIM

Athletes start their race with a swim in the calm and temperate waters of Tangier Bay.

**Start time:** 7.45 am.

**Swimming:** 1 loop of 1.9 km.

**Time limit:** 1h10.

**Transition point:** Tanja Marina Bay International.



## BIKE

The 90 km bike course will offer breathtaking views of the Mediterranean sea and the Atlantic Ocean.

**Route:** A loop passing by the Merkel Beach Road and crossing the exceptional reserve of Cape Spartel.

**Time limit:** 5h45 (after you cross the swim start timing mat).

**Intermediate times:**

**Time:** 12.15 am.

**Location:** KM 61.

**Transition point:** Tanja Marina Bay International.



## RUN

The promenade overlooking the bay of Tangier will be the backdrop for the exhilarating running event will end with a grand finish on the peninsula of Tanja Marina Bay International.

**Circuit:** 3 perfectly secured loops of 7 km each.

**Time limit:** 8h30 (after you cross the swim start timing mat).

**Intermediate times:**

**Time:** 3.31 pm.

**Location:** start of the 3<sup>rd</sup> loop.





# BECOME AN IRONMAN ALL WORLD ATHLETE

DEDICATION. PERFORMANCE. GLOBAL PRESTIGE.  
EARN YOUR PLACE AMONG THE ELITE.



The All World Athlete (AWA) program rewards age-group athletes for their hard work, dedication, and performance across IRONMAN and IRONMAN 70.3 events each year.

Are you ready to take your triathlon journey to new heights? Unleash your full potential and claim your place among the elite as an IRONMAN All World Athlete.



GLOBAL RECOGNITION



EXCLUSIVE BENEFITS



COMPETITIVE RANKING



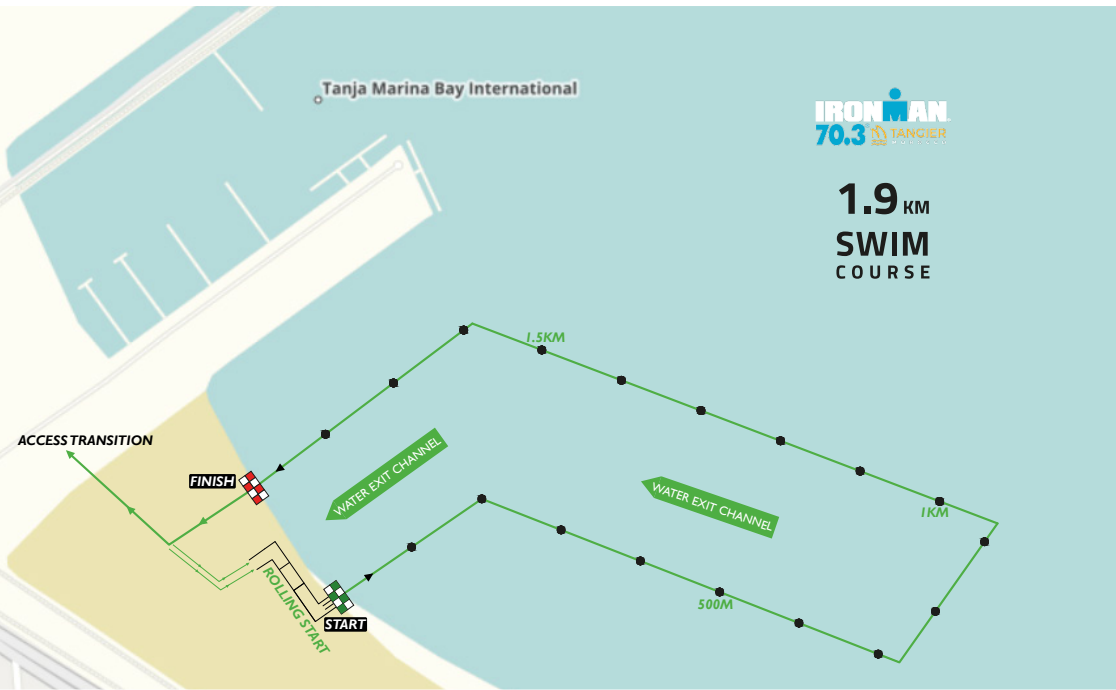
INSPIRING COMMUNITY

VIEW BENEFITS AND LEARN MORE AT: [HTTPS://WWW.IRONMAN.COM/ALL-WORLD-ATHLETE](https://www.ironman.com/all-world-athlete)



LEARN MORE

# SWIM



## CONFIGURATION

One 1,9 km loop

## START

From 7.45 am: rolling start for age groups, relay teams.

## CUT-OFF TIME

1h10 - exceeding this time will result in a disqualification.

## INSTRUCTIONS

**Before the start, an «SOS chip» area in the bike park will be set up in the bike park if you have lost your chip.**

If you lose your chip during the swimming, you can get a new one at the transition area. Please let the volunteers know! It is strictly forbidden to wear your bib during your swimming, under penalty of disqualification.

## ROLLING START

The rolling will begin at 7.45 am. The departure area will be divided into airlocks, in which athletes will place themselves according to their swimming self-estimated time.

No registration is needed. On race morning you just have to go directly to the zone corresponding to your self-estimated time.

**These zones will be marked by signs all the way to the starting line.** The relays must be positioned in the waiting area 40 to 45 min or more. Staff helpers will be there to guide you. There will be 7 time-levels:

**WAITING AREA :**

- Less than 25 min
- 25 to 30 min
- 30 to 35 min
- 35 to 40 min
- 40 to 45 min + Relays
- 45 to 50 min
- 50 min and more

Every 10 seconds, 5 athletes will start. It will take approximately 15 minutes to have all athletes across the starting line.

The swimming time cut-off is **1h10**. The timing starts when you cross the timing carpet. If you exceed the cut-off, you will be immediately disqualified.



# SWIM

## Wetsuit rules

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.6°C).

Wearing a wetsuit is prohibited when the water temperature is above 24.6°C and mandatory when the water temperature is below 16°C.

**Prohibited wetsuit:** De Soto Water Rover Wetsuits cannot measure more than 5 mm thick. De Soto Water Rover and Speedo Elite Triathlon wetsuits with forearm reinforcement are NOT permitted.

## Swimwear policy

*(non-wetsuit legal swims only)*

Swimwear must be 100% textile material. Simply put, this would generally refer to suits made only from nylon or Lycra that do not have any rubberized material such as polyurethane or neoprene.

Swimwear must not cover the neck, extend past the elbow, nor extend past the knees.

Swimwear may contain a zipper. A race kit may be worn underneath swimwear.

## Swim course rules

- It is forbidden for athletes to wear their bib number during the SWIM (disqualification),
- It is forbidden to hand over all or part of one's equipment to a third party when leaving the water,
- No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.
- Swim goggles and facemasks may be worn. Snorkels are prohibited.
- Athletes cannot stop in the flow zones of the transition area (YELLOW card - 30 second penalty).
- Any assistance required during the swim will result in disqualification if forward progress was made.
- IRONMAN officials and medical staff reserve the right to pull athletes off the course if deemed medically necessary.

All the rules can be found in the  
<https://www.ironman.com/competition-rules>



# SWIM ADVICES

## 1 • Preparation

Open water swimming is very different from swimming in a pool. Please make sure you are prepared and trained to swim in the race conditions before the race day (water temperature, closeness with the other swimmers, wearing a suit, etc), physically and psychologically.

Feel free to consult your triathlon club and/or coach to reduce stress.

## 2 • Informations

Please take the time to read and understand all the information about the race before it starts. You can find it on the IRONMAN 70.3 Tangier's website or at the Info Point (Tanja Marina Bay International (TMBI)). A water supply point will be available at the exit of the SWIM.

## 3 • Medical care

Do not take any risks for your health! Inquire with a doctor or a health organization to control your health and your physical condition. Do not hesitate to take medical exams to evaluate your heart condition and possible risks, including checking your family medical background.

During your training, please consult a doctor if you suffer from thoracic pain, some kind of discomfort, breathlessness perhaps dizziness.

## 4 • Material

Only use materials you are familiar with (swimming goggles, wetsuit, etc). On race day, make sure you are at ease and your equipment is in good working condition.

Testing a new wetsuit on race day is not recommended

## 5 • Warming up

On race day, plan to arrive and be early enough to get familiar with the environment.

If you are unable to warm up, take 5-10 minutes to relax. You can also do some cardio exercises (jogging, etc.) to increase your blood circulation and prepare your muscles for the effort.

## 6 • Markings

Identify and locate all elements of signage (buoys, swimming directions, lane, starting point, etc). Identify some key elements towards which you will swim to direct yourself in the water.

## 7 • Start

Join the starting point and choose your departure airlock according to your self-estimated swim time (rolling start).

## 8 • Security

Do not make too much of an effort at the outset. Swim at the pace that is the best for you. First and foremost, focus on your breathing and remain calm to reduce any possible stress.

In case of a medical problem, stop immediately. If you or another athlete need help just raise your hand.

## 9 • AWA

It's forbidden to wear your AWA swim cap during the race. Only swim caps supplied by the organization are allowed.





DEPUIS 1968

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minérale naturelle  
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aide votre corps à  
mieux récupérer  
pendant et après  
l'effort

Plus riche  
en minéraux\*



# BIKE

## 90 KM BIKE COURSE



### CONFIGURATION

90.0 km - 864 D +

### CUT OFF TIME

Swim + T1 + bike= 5h45

### INTERMEDIATE TIMES

Time : 12.15 am.

Location : KM 61.

### CROSSING POINTS

Departure and return to Tanja Marina Bay International passing by the Mediterranean and Atlantic coasts.

### **LEAD AND END OF RACE CARS**

A car always precedes the first athlete to guide him all along the bike course. A car always follows the last athlete to materialize the cut-off time. If you exceed this cut-off time, the end of the race car will overtake you and you will automatically be disqualified. Then, you will wait for the broom wagon to pick you up.

### **BROOM WAGON**

If you exceed the cut-off time and you are disqualified, you have two choices:

- You can go back to Tanja Marina Bay International in the broom wagon. Your bike will also be picked up by the organization and repatriated to the venue.
- You can finish the bike route under your own responsibility and without being timed by our timing services.





# BIKE ADVICES

## 1 • Mechanic

Check that your bike is correctly adjusted. Check the adjustment of your seat and your handlebar, in particular if you had to dismantle your bike for transport. Check the tightening of all screws and bolts to make sure they will not slacken during your race. Make sure your brakes are operational.

Adjust the inflation of your tires. 7 bars are recommended.

Disc wheels are not allowed in the cycling trial. Remember to hydrate regularly, the wind is treacherous.

## 2 • Outfit

Wearing a helmet is mandatory. You must wear a helmet that is suitable for cycling both in training and in competition. It must be adjusted so it does not move on your head. The chinstrap must stay attached during the race.

Referees will check your material's conformity during the check-in in the transition area (Tanja Marina Bay International).

Wear clothes designed and adapted to the weather conditions during the race to help you maintain your body temperature. On October 29th, the average temperature in Tangier is about 15°C at 7.00 am and 25°C at 1.00 pm. Prioritize clothes or accessories highly visible in low-light conditions.

## 3 • Refueling

Make sure to have sufficient quantities of water and food for the effort you will produce. 4 aid stations will be set up along the bike course.

Do not forget to check the products available at the refueling stations during the race.

Remember to hydrate regularly.

# BIKE

## 4 • Repairs

Bring a tires' repair kit and proper tools in case of mechanical problems and make sure you know how to use it. No external assistance will be given to you.

## 5 • Signs and dangers

Keep an eye on the signs used by the organization. Always focus on the road to anticipate any possible obstacles (potholes, bottles, debris, etc) as well as on the other athletes and the organization's vehicles. Remain particularly vigilant in congested areas, including refueling areas.

In case of medical problems, do not hesitate to join a medical vehicle.

In case of withdrawal or disqualification, the broom wagon will pick you up.

## 6 • Biking behavior

Respect the highway code. Be responsible and do not endanger yourself or others around you.

In case of overtaking a vehicle or a contestant, keep a sufficient distance to avoid an accident. Please ensure to respect the rules about drafting (forbidden during the race).

## 7 • Security

Ensure your own safety and the safety of people around you. If taking risks could allow you to win a few seconds, it could also cost you your life.

## 8 • Bike service

Our bike service will provide you service and mechanics to help you. This bike service will be available on the first two aid stations and throughout the weekend:

On Friday, October 27th in the Expo Village (Tanja Marina Bay International) from 11.00 am to 6.30 pm.

On Saturday, October 28th in the Expo Village from 12.00 am to 6.30 pm.

On Sunday, October 29 at the Tanja Marina Bay International on the course.

## 9 • Responsibility for personal belongings

The organization is not responsible for thefts that may occur during the race, do not forget to put the GPS and other valuables in the transition bag after the bike, do not leave things on the bike.

## BIKE AID STATIONS

**Differents points :** Km**28** / Km**52** / Km**66**, and 1 additionnal point at Km **74**  
WATER ONLY

### **Composition:**

Bars.

Gels.

Isotonic drinks, served in bike bottles of 50 cl.

Water served in bottles of 75 cl.

Bananas.

**Eco-zone:** please throw your empty bottles and packagings only in the eco-zones, which will be marked by "ECO-ZONE" flags (entrance) and "END OF ECO-ZONE" flags (end). If you do not respect this rule, you will get 5 min penalty.

## DRAFTING

**Rules and regulations:** blocking, charging, obstructing or interfering with the forward progress of another athlete is strictly forbidden.

Distance between 2 contestants (drafting zone)= 12m (from front wheel to back wheel)

25 seconds maximum to overtake a contestant.

**Sanctions:** in case of drafting you will get a blue card, corresponding to a penalty.

- 1 blue card= 5 minutes penalty
- 2 blue cards= 10 minutes penalty
- 3 blue cards= disqualification

You must execute your penalty in a penalty box. You can find 2 penalty boxes set up during the bike course:

- Km 60 on the bike route,
- Tanja Marina Bay International entrance.

It is your responsibility to find out if a referee has given you a blue card and to take your penalty. Failure to do so will result in disqualification.

Drafting is prohibited for all competitors on the IRONMAN 70.3 Tangier.

**DISC WHEELS ARE STRICTLY FORBIDDEN**

**Cut-off time: swimming + T1 + bike : 5h45**



**FUEL YOUR TRIATHLON JOURNEY  
WITH OUR ENERGY PRODUCTS  
AND LET NOTHING  
STAND IN YOUR WAY.**



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# RUN



- AID STATION :  
KM1.50, KM3.70, KM5.85
- 3 LAP LOOPS
- TIMER
- MEDICAL ASSISTANCE
- FIRST-AID



## CONFIGURATION

21,1 km - 3 loops of roughly 7 km

## CUT-OFF TIME

Swim + T1 + bike + T2 + run  
= 8h30

## INTERMEDIATE TIMES

Time : 3.31 pm.

Location : start of the 3<sup>rd</sup> lap.

## Composition:

Bananas.  
Salty biscuits.  
Bars.  
Gels.  
Water.  
Coke.  
Isotonic drinks.  
Dattes & raisins.  
Drinks will be served in paper cups.

## CROSSING POINT

Start and arrival in the Tanja Marina Bay International, route on the pedestrian promenade of Tangier.

## AID STATIONS

**3 Different points:** km 1,5 / km 3,7 / km 5,8 , athletes go through 3 times.

**Eco-zone:** please throw your empty bottles (cups, cans, nutrition product packaging, organic waste) only in the eco-zones, which will be marked by "ECO-ZONE" flags (entrance) and "END OF ECO-ZONE" flags (end). If you do not respect this rule, you will get 30 sec penalty.





# FINISH LINE

## Good progress of your finish

As you approach the line, make sure you put your bib in front. Close your trifonctions above the sternum.

For safety reasons it is strictly forbidden to cross the finish line accompanied by a third party, under penalty of disqualification. Friends, children and family are not allowed in the finish area.

Only those relays who wish to do so may cross the finish line together. The runner's teammates will have to report to the Organizer and wait for their teammate in the area provided for this purpose at the finish line.

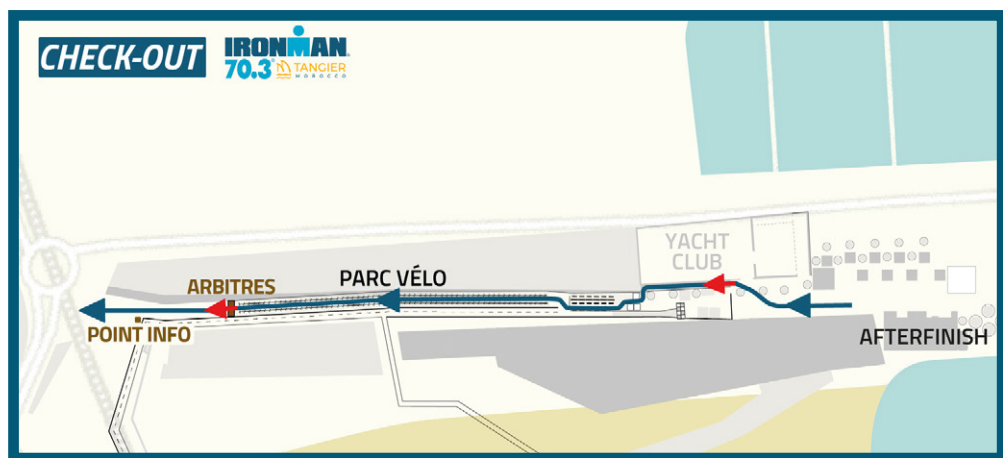
### • Medal

Your medal will be given to you immediately after you have crossed the finish line.

You can have it engraved on site in our Medal Engraving stand. It is your responsibility to ensure that you have your medal engraved at the engraving stand, located in the After Finish area. No engraving will be possible once the booth is closed at 6 pm.

- Pick up your **streetwear bag & finisher shirt** in the After Finish area.
- Enjoy a **finish buffet** with all kinds of sweet and salty products.

# CHECK-OUT



## WHERE AND WHEN?

Tanja Marina Bay International, on Sunday October 29th from 3.00 pm to 6.00 pm.

## GOALS

Withdrawal of your red and blue bags and your bike. Handing in your electronic chip to the organization. Make sure you get the **correct bags**.

## PROCEEDINGS

- 1 • Show your ATHLETE bracelet to enter the bike park.
- 2 • Recover your bags on the rack with your bib number.
- 3 • Recover your bike on the rack with your bib number.
- 4 • Give back your timing chip at the exit of the bike park.

Warning: do not throw away your chip or give it back before checking out your bike, you will need it to recover your belongings.



## 6.30 pm – 7.30 pm Award ceremony Marina Bay Hotel

### AWARDS CEREMONY

**Location:** Marina Bay Hotel

**Timetables:** Sunday, October 29, 6:30 pm

**Awards:** The awards ceremony aims to congratulate and reward the winners of the competition.

- Podiums and trophies for the first 3 men and the first 3 women of each individual age category.
- Podiums and trophies for the first 3 relay teams (women - men - mixed).
- Podiums and trophies for the first three TriClubs.

# WORLD CHAMPIONSHIP

**7.30 pm – 8.30 pm**  
**Slot allocation**  
**Marina Bay Hotel**

## Slot allocation

2023 IRONMAN 70.3 Tangier will award slots for the **2024 VinFast IRONMAN 70.3 World Championship in Taupo, New Zealand to be held on 14-15th December 2024:**  
▪ **30 qualifying slots for the age group**

Please note, slot allocations are subject to change and may be verified,

If you qualify for the 2023 edition of the IRONMAN 70.3 Tangier you are eligible to participate in the 2024 VinFast IRONMAN 70.3 World Championship in Taupo, New Zealand **only**.

Every participant willing to qualify must participate in the slot allocation ceremony. Since not all the participants are willing to get the qualification, qualifying slots will be proposed to the following athletes according to their official ranking in the age group until the slot allocation is over.

Be sure to bring a valid ID and a credit card to pay the registration fee at the ceremony.

**Please be ready to pay the registration fee by credit card ONLY.**  
**We DO NOT accept cash or cheques.**

**The amount is €650 (EUR) + 9.25% Active fee**  
**Attendance is mandatory at the slot allocation, no slot will be awarded afterwards.**

*Be sure to check that you have all the necessary documents and visas to travel to the VinFast IRONMAN 70.3 World Championship. It is your responsibility to check travel requirements before accepting the slot.*

## Rules

To accept a slot to the 2024 VinFast IRONMAN 70.3 World Championship, qualified athletes must claim their slot in-person at the Rolldown Ceremony.  
Photo ID is required to be presented and payment must be made at this point in time.

## 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 31st 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 Roll Down*

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 Roll Down*

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.

## INSTITUTIONAL PARTNERS



ROYAUME DU MAROC  
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TANGER-TÉTOUAN-AL HOCEIMA



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ⵜⴰⴳⴷⴰⵢⵜ ⵜⴰⵎⴰⵔⵓⵙⵉⵜ



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## OFFICIAL PARTNERS







## SPECIFIC NOTES FOR RELAYS

On the starting line, only the swimmer needs to be present. I must wear the team chip on his left ankle.

His teammates' presence is not mandatory. If they want to wait for him, they must wait in the RELAYS zone. It will be indicated by "RELAYS" sign at the first transition in Tanja Marina Bay International.

The handover must be done in the RELAY Zone, in each transition area. In case of loss of the chip during the swim course, the team will get a new one at the next transition area (please let the organization know).

## SWIM

The swimmer is the first to start. He positions himself at the start among the other athletes and starts at the SAS: "40' to 45'- Relay".

If the swimmer is also the team's cyclist, he continues like the individual athletes.

**Warning:** the swimmer must not wear his bib under his swimsuit, in pain of disqualification.

## BIKE

The cyclist waits for the swimmer at the RELAY ZONE, Tanja Marina Bay International. He must:

Recover the chip and attach it to his left ankle.

Wear his bib on his back and a helmet, with chin strap fastened.

Take your bike and push it until the bike park's exit (line marked on the ground)

Get off his bike just before the dismount line (line marked on the ground)

## RUN

The runner waits for the cyclist at the RELAYS zone, in the transition area at Tanja Marina Bay International. He must be there 10 minutes before the estimated arrival hour of the cyclist. He must recover the team chip and tie it to his left ankle. He must wear his bib on his front.

## PENALTIES

If the cyclist receives one/two blue card(s) during the bike course, he must execute his penalty (5 or 10 minutes) in the penalty tent in transition, before giving the chip to the runner. The team will be disqualified if the penalty is not applied.

## TRANSITION BAGS

When registering, the team will receive 3 transition bags:  
STREETWEAR - BIKE - RUN.

### White STREETWEAR bag

The STREETWEAR bag is dropped off by the relay swimmer on race morning between the transition area and the swim start (Tanja Marina Bay International). It will contain the belongings the runner will need after the race.

### Blue BIKE bag

The BIKE bag must be dropped off at the transition area (Tanja Marina Bay International) during the bike check-in on Saturday, October 28<sup>th</sup> (day before the race) 2.00 pm - 6.30 pm.

If the swimmer relay is only doing the swim OR the swim and run, the BICYCLE bag must contain a change of clothes that will be needed after the swim. The swimmer can pick up the bag immediately after completing the swim and giving the chip to the bike relay.

### Red RUN bag

The RUN bag must be dropped off at the transition area (Tanja Marina Bay International) during the run check-in on Saturday, October 28<sup>th</sup> (day before the race). 2.00 pm - 6.30 pm.

If the cyclist is not doing the run, the RUN bag must contain the necessary change of clothes for the cyclist after the run. If the cyclist is also doing the run event, the bag must contain their running gear.

## TIP

Organize with your teammates to make the bags' recovery as simple as possible.



**Location:** Tanja Marina Bay International

**Timetables:** Saturday, October 28<sup>th</sup>, 10.00 am

**Fee:** 15€

### PRESENTATION

The PINK RUN is a timed running event, taking place in the heart of the atmosphere and animation of the IRONMAN 70.3 Tangier. Open to all women, from 16 years old, it offers the opportunity to soak up the atmosphere of Tangier the white.

The start is at 10.00 am on Saturday, October 28<sup>th</sup>.

The route is a 5 kms course, marked and partly similar to the IRONMAN 70.3 Tangier run course.

A water supply will be available mid-term.

After crossing the finish line, each runner will receive a medal and have the opportunity to enjoy a snack in a convivial atmosphere.

### BIBS' WITHDRAWAL - PREPARATION

**Bibs' withdrawal:**

**Location:** Tanja Marina Bay International.

**Timetables:** Friday, October 27<sup>th</sup> from 11.00 am to 6.30 pm and Saturday 28<sup>th</sup> from 9.00 am to 09.30 am.

**Document:** ID card.

**Material provided by the organization at registration:** race tee-shirt, your bib and pins to attach the bib to the tee-shirt or a bib holder. You must wear it to participate! You also need to wear shoes adapted to running on the road.

**Briefing :** Tanja Marina Bay International, 5 minutes before the race (09.55 am).



**Location:** Tanja Marina Bay International

**Timetables:** Saturday, October 28<sup>th</sup>, from 11.00 am

**Fee:** 10€

## PRESENTATION

The IRONKIDS is a non-timed run race. Children will have the opportunity to discover this sport and the competition in the heart of the city of Tangier the White and its IRONMAN 70.3 vibes.

Children will be welcomed by our staff helpers on a securised and marked route inside the car circuit. There will be 3 race formats, all based on the same route but with different distances adapted to each age category (represented by different colors). Every child from 7 to 14 years old can participate.

At the end of the race, every child will receive a medal and enjoy a good snack in a convivial atmosphere.

## BIBS' WITHDRAWAL - PREPARATION

### Bibs' withdrawal:

**Location:** Tanja Marina Bay International

**Timetables:** : Friday, October 27<sup>th</sup> from 11.00 am to 6.30 pm, Saturday, October 28<sup>th</sup> from 9.00 am to 10.30 am.

**Document:** ID card.

### Material, provided by the organization:

race tee-shirt, the bib and pins to attach the bib to the tee-shirt or a bib holder. You must wear it to participate! Children also need to wear shoes adapted to running on the road.

**Briefing:** briefing at Tanja Marina Bay International 5 minutes before the race for each distance/age group.

## CATEGORIES

### Orange :

- Ages : 13/14 years old
- Distance: 1800 m
- Start time: 11.00 pm

### Bleu :

- Ages : 10/11/12 years old
- Distance: 1200 m
- Start time: 11.20 pm

### Vert :

- Ages : 7/8/9 years old
- Distance : 800 m
- Start time: 11.40 pm



# PRACTICAL INFORMATION

## Time shift:

Note that the time change in Europe (-1h) in the night of Saturday 28<sup>th</sup> to Sunday 29<sup>th</sup> October, will make the Moroccan and French times coincide. When it will be 6 am in Europe, it will also be 6 am in Morocco.

## A little vocabulary : Darija: Moroccan Arabic

Hello	<i>Salam Alaïkoug</i>	A lot	<i>Bezzaf</i>
Answer to a hello	<i>Salam</i>	Cheers	<i>Bessahha</i>
Yes - alright	<i>Ahe - Wakha</i>	Please	<i>Aâfak</i>
No	<i>Lla – No - Non</i>	Sir	<i>Sidi - Ssi</i>
How are you doing ?	<i>Labess</i>	Madam	<i>Lalla</i>
Goodbye	<i>Besslama</i>	It's enough good	<i>Safi</i>
Thank you	<i>Choukrane</i>	May Lord help	<i>Inchallah</i>

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#FAIREGAGNERLESPO



FAIRE GAGNER LE SPORT

**-18** JOUONS  
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# HOW TO FOLLOW THE RACE?

## With your own eyes by coming to the race site

Come and discover the atmosphere of an IRONMAN filled with athletes ready to fight. Come and encourage your friends and family and live the IRONMAN experience to the fullest.

## IRONMAN.com

Go to the IRONMAN.com website in the Live section to follow in real time the course!

## IRONMAN Tracker IOS & Android

The IRONMAN 70.3 Tangier offer you real time information and results via the IRONMAN tracker application.



- Live web tracker: See the current time and pace a few seconds after a participant has passed each checkpoint. Estimated times will be provided based on the current pace
- Live leaderboard: Follow the leaders with the live leaderboard. The top runners in each category will be displayed in real time as they lead the way on the course.
- Map Tracking: Participants' positions will be shown on the interactive course map as they progress through the course. The position of each participant is estimated based on the most recent time received from the bib reading.

# OFFICIAL PHOTO PARTNERSHIP



SPORTOGRAF.COM



**Sportograf** is proud to be the official athlete photo service at the IRONMAN 70.3 Tangier.

We will provide you with our "Foto-Flat" which includes all your amazing personal content from several top locations around the course as well as the beautiful impression shots of the scenery and the race day in general.

Order your race images here: [www.sportograf.com](http://www.sportograf.com)

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Help us take the best pictures of you:

- Please be sure to keep your bib number visible in FRONT of you to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- 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.

Stay up to date and FOLLOW Sportograf on Facebook and Instagram.



**ALWAYS REMEMBER YOUR RACE**  
 get your personal pictures on **SPORTOGRAF.COM**



**F O T O**  
**S P O R T O G R A F . C O M**  
**F L A T**



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