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# 2020 EVENT SCHEDULE

## SATURDAY, MARCH 14, 2020

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<th>EVENT</th>
<th>LOCATION</th>
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<tr>
<td>10 AM</td>
<td>4 PM</td>
<td>Athlete Check-In</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
</tr>
<tr>
<td>10 AM</td>
<td>3 PM</td>
<td>IRONMAN Village</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
</tr>
<tr>
<td>10 AM</td>
<td>3 PM</td>
<td>Bike Store &amp; Tech Service</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>10 AM</td>
<td>3 PM</td>
<td>Information Tent</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>12 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>3 PM</td>
<td></td>
<td>Athlete Briefing</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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## SUNDAY, MARCH 15, 2020 - RACE DAY

<table>
<thead>
<tr>
<th>START</th>
<th>END</th>
<th>EVENT</th>
<th>LOCATION</th>
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</thead>
<tbody>
<tr>
<td>5 AM</td>
<td>6:40 AM</td>
<td>Transition Open; Bike &amp; Gear Set-Up</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
</tr>
<tr>
<td>5 AM</td>
<td>6:40 AM</td>
<td>Body Marking</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
</tr>
<tr>
<td>6:45 AM</td>
<td></td>
<td>Sprint Race Start</td>
<td>Silver Strand State Beach</td>
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<tr>
<td>7:30 AM</td>
<td></td>
<td>Olympic Race Start</td>
<td>Silver Strand State Beach</td>
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<tr>
<td>7 AM</td>
<td></td>
<td>IRONMAN Village</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>7 AM</td>
<td></td>
<td>Information Tent</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>8 AM</td>
<td></td>
<td>Athlete Post-Race Food</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>9:45 AM</td>
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<td>Sprint Awards</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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<tr>
<td>10:30 AM</td>
<td>1:30 PM</td>
<td>Bike &amp; Gear Check-Out</td>
<td>Silver Strand State Park</td>
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<tr>
<td>11:30 AM</td>
<td></td>
<td>Olympic Awards</td>
<td>Crown Cove Aquatics Center at Silver Strand State Park</td>
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Please be prepared to pay for parking in the Silver Strand State Beach Parking lot on Saturday.
ATHLETE CHECK-IN

WHEN
- Saturday, March 14 from 10 AM to 4 PM
Athlete Check-In will not be open on race day. If you do not check in during the designated Athlete Check-In hours you will not be permitted to race. ALL RACE PACKETS MUST BE PICKED UP BY 4 PM on SATURDAY, MARCH 14.

WHERE
Crown Cove Aquatics Center at Silver Strand State Park
5000 CA-75
Coronado, CA 92118

WHAT TO BRING
- Photo Identification

ATHLETE CHECK-IN STEPS
1. Show Photo ID to volunteers to receive Bib #
2. Pick up WTC and Medical Waivers
3. Read and sign both waivers. Make edits to yellow medical waiver if necessary.
4. Drop off both signed waivers.
5. Pick up Athlete Race Packet
6. Pick up t-shirt and swag
7. Pick up timing chip- make sure name on screen matches number

EMERGENCY CONTACT
Athletes are required to check in at the venue during the dates and times listed above and on the Event Schedule. Athlete Check-In will not be available outside the posted times. Should an athlete have a legitimate, verifiable emergency that prevents them from picking up their materials, IRONMAN will try to accommodate the athlete to the best of our ability as long as the athlete informs IRONMAN.

To inform IRONMAN of any emergency during race week, athletes must call the EMERGENCY PHONE NUMBER listed below. Athletes who show up after the posted check-in dates and times will not be allowed to race unless prior arrangements were made via the emergency phone during the following times:

SUPERSEAL Athlete Services:
813-486-2113
SUPERSEAL@IRONMAN.COM
Emergency phone hours are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday, March 14</td>
<td>10 AM to 4:30 PM</td>
</tr>
<tr>
<td>Sunday, March 15</td>
<td>5 AM to 12 PM</td>
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YOUR RACE PACKET WILL INCLUDE
- Race bib- to be worn on the run
- Bike/Helmet stickers
- Swim cap
- Bike Check-Out ticket
- Athlete wristband- must be attached at time of check-in and worn until after the race is complete. All previous wristbands must be removed

*You will pick up your timing chip before leaving the Athlete Check-In area.

ATHLETE WRISTBAND
A wristband printed with your race number will be affixed to your wrist at Athlete Check-In. This band will identify you as an official athlete and must be worn during race week. The wristband is required for medical identification purposes and allows you access to both transition area and post-race athlete recovery areas. Any wristbands from previous events must be removed.

BIKE STICKERS
You will receive the following stickers in your athlete packet:
- Bike frame sticker
- Helmet sticker
- Bike stem sticker
- 5 extra gear bag stickers to label belongings (if applicable)

Make sure the frame sticker is visible on both sides of your bike. The bike frame sticker cannot be altered in any fashion and the race logo MUST be visible. The helmet sticker will be affixed to the front of your helmet, and the bike stem sticker will be placed in between handlebars. Athletes will not be permitted to have any other stickers on their bikes other than the bike frame sticker issued at Athlete Check-In. Any previous event stickers on the bike must be removed. We recommend you label your gear bags with a permanent marker in addition to using the gear bag stickers.
PRE-RACE INFO

PHYSICAL ADDRESSES
SWIM START/TRANSITION
Silver Strand State Park
5000 CA-75
Coronado, CA 92118

FINISH LINE
Silver Strand State Park
5000 CA-75
Coronado, CA 92118

PERSONAL SAFETY
There is no swimming allowed at the venue prior to race day. While training, please wear a brightly colored swim cap and ensure that your family members and/or friends know where you are. Always train with at least one other person (especially in the open water). When training, please bike and run on the shoulder without moving into the traffic lane. Please be courteous and aware that the people sharing the roads with you are people you will count on during race day to fulfill your physical and emotional needs. Please ride single file, as biking side by side is illegal.

While we make reasonable efforts to inspect the swim entry and exit points for underwater hazards, the inspection does not take place until just before the swim discipline starts. Participants are advised to exercise caution and to be mindful of underwater hazards. Keep in mind that this is a natural body of water and is subject to hidden hazards including, but not limited to: currents, underwater obstructions, tides, rip currents and indigenous marine life.

As you are one of Coronado's invited guests, please respect and obey the traffic laws during your training practices. Violators will be cited. You are required to carry proper identification at all times. If you are stopped, you must present your identification to the inquiring officer. Failure to do so may result in race disqualification. Your cooperation is appreciated.

MANDATORY ATHLETE BRIEFING
Mandatory Athlete Briefings will be held during IRONMAN Village hours the day prior to the event (check the event schedule for times) and are hosted for the benefit of all athletes. The briefings will cover important information pertaining to any peculiarities of the course, rules and cut-off times for the disciplines and most importantly any last minute changes or procedures to the event that have occurred, or may potentially occur due to weather related forecasts.

BIKE & GEAR CHECK-IN
Bike and Gear Check-In will begin once transition opens at 5 AM on race morning. Please allow yourself plenty of time to set up your bike and gear on race morning. Transition closes at 6:40 AM. All athletes must be out of transition and headed to the swim start at that time.

PARKING
Parking will be available at the Silver Strand State Beach in Lots #1 and #2. This parking will be available prior to race day for Athlete Check-In and race morning. The parking lot will close on Race Day at 6:30 AM. Athletes will then be guided across Hwy 75 using Coronado Cays Blvd. under the Hwy. They can park along the service road side of the Coronado Cays on the north service road. We would like to strongly discourage athletes from parking in the Coronado Cays housing edition.

IRONMAN VILLAGE INFORMATION
The IRONMAN Village is the center of the event weekend, serving as the location for Athlete Check-In, Athlete Briefings, and the IRONMAN Merchandise Store. The village is free and open to the public, offering a great opportunity for athletes to pick up final race day essentials.
Endurance athletes take things farther. Gatorade® Endurance Formula is designed for the specific demands of endurance athletes. On course at over 300 races nationwide.


Gatorade® Endurance Formula has nearly twice the sodium (300mg) and more than triple the potassium (140mg) of regular Gatorade® to help meet endurance athletes’ needs.

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**RACE MORNING PROCEDURE**

Athletes may enter transition beginning at 5 AM - NO EARLIER! Remember to bring your timing chip, swim cap, goggles, wetsuit, bike and bike/run gear. Athlete Check-In will not be offered on race day. Bike technicians and bike pumps will be available in the transition area on race morning. Please do not wear your bib number during the swim. The bib numbers will not hold up for the duration of the race if they get wet.

Body marking will begin at 5 AM outside of transition. Do not number yourself expecting to bypass check-in. During the body marking process, athletes are responsible for ensuring the body marking volunteers mark the athlete’s age as of December 31, 2020 which corresponds with the age division the athlete will compete in on race day. You will not be permitted in the transition area on race day without your wristband, swim cap and timing chip. If you have misplaced any of these items, please see the transition director for a replacement. Do not apply sunscreen, oil, Vaseline or lotion until after you have been body marked. Transition closes at 6:40 AM. All athletes must be out of transition and headed to the swim start at that time.

**AID STATIONS**

There will be one aid station on the bike course, located after the first turnaround and prior to Rainbow Street.

There will be three aid stations approximately a mile apart on the run. The first aid station will be at Fiddlers Cove, the second will be prior to the turn around and before Tugali St., and the third will be at Leyte St. and Hwy 75 on the south side of Leyte. The general offerings are as follows:

<table>
<thead>
<tr>
<th>BIKE:</th>
<th>RUN:</th>
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<tbody>
<tr>
<td>Water</td>
<td>Water</td>
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<tr>
<td>Gatorade Endurance</td>
<td>Gatorade Endurance</td>
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<tr>
<td>Quantum Bars</td>
<td>Quantum Bars</td>
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**RACE TIMING AND CUT-OFFS**

The race will officially end at 1 PM. Aid station stops, transitions, etc., will be included in your total elapsed time. Splits will be recorded for each segment of the race. The following cut-off times apply for each segment of the race:

**SWIM CUT-OFF**

The swim course will close 1 hour and 5 minutes after last athlete enters the water, at 9 AM. Athletes who take longer than 1 hour and 5 minutes to complete the swim will receive a DNF.

**BIKE CUT-OFF**

All athletes must start the bike course by 9:15 AM, 1 hour and 20 minutes after the last athlete enters the water. The bike course will close 2 hours and 5 minutes after the last athlete enters the water. All athletes must complete the swim, T1, and the bike course by 11 AM. Athletes who don’t meet the above cut-off times will receive a DNF.

**RUN CUT-OFF**

The course will officially close at 1 PM. Aid station stops, transitions, etc., will be included in your total elapsed time.

IRONMAN reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines there is no possibility of an athlete finishing the given discipline (swim, bike, run) before the posted cut-off times based on an athlete’s location, time and average speed up to that point.

**TIMING CHIP**

Your timing chip will not be in your packet. You must stop at the timing table before leaving the Athlete Check-In area to pick up your chip. At the timing table, you will verify that your name matches your number.

Your chip must be worn on your left ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a SUPERSEAL staff member or timing team member. Failure to do so may disqualify you from participating in future IRONMAN events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for chip. If you lose your timing chip during the event, you are responsible for obtaining a replacement at one of the following locations: swim start, swim exit, bike exit or run exit. Volunteers will have extra timing chips at the timing locations above. If you lose your chip while on the run course, please notify a timing official immediately after crossing the finish line.

Failure to wear your timing chip on race day, return your chip after the event, or pay the replacement cost of your lost timing chip may disqualify you from future IRONMAN events.

After the race, if you realize you still have your chip, please mail it within 5 business days to:

Sportstats USA
88 54th St.
SW Suite 106
Wyoming, MI 49548

Please use package envelope and do not put any value on it for customs.
**BIKE AND GEAR CHECK-OUT**
Mandatory Bike and Gear Check-Out is from 10:30 AM to 1:30 PM. You must have your athlete wristband on in order to enter transition. If you are unable to personally claim your bicycle and gear, a family member or friend should have your Bike Check-Out ticket provided in your race packet prior to race day. If friend or family member does decide to pick these items up for you as a courtesy, please ask them to leave a message on your cell phone so we have no panicked athletes - it happens a lot!

**ATHLETE FOOD TENT**
Athlete post-race food area opens at 8 AM. The athlete post-race food area is for athletes only and your athlete wristband provides you with access. There will be a no re-entry policy once you’ve exited.

**AWARDS CEREMONY**
The SEAL Sprint Awards Ceremony will begin at 9:45 AM and the SUPERSEAL Awards Ceremony will begin at 11:30 AM, following the SEAL Sprint Awards. Don’t miss out on claiming your award! Unclaimed awards will be held for 30 days and then donated to a local charity if unclaimed.

**RACE PHOTOGRAPHY**
FinisherPix will have several photographers working at the swim exit, on the bike course, on the run course, and of course, at the finish line!

**HOW TO ORDER YOUR PIX:**
- Register your email address at www.finisherpix.com to be notified as soon as photos are online.
- Have your number visible on the FRONT of your bike helmet so you can be identified in your cycling photos.
- Keep your bib number visible on the FRONT of your body during the run and at the finish line so you can be easily identified.
- Smile and celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.
- Visit www.finisherpix.com to view, order, and share your photos from the event.

**LOST AND FOUND**
Lost and Found will be at the Information Tent during race week and on race day. Please check the schedule of events for Information Tent hours and location. After the conclusion of the event, please contact SUPERSEAL@IRONMAN.COM to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed items will be donated within 30 days.

**MEDICAL AREA**
The medical area is for athletes only and family members are not allowed. Overcrowding in the medical area prevents the medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the medical tent for updates on your athlete's condition.

**TIMING/RESULTS**
If there is an issue with your timing, please e-mail TIMING@IRONMAN.COM.
Course maps are also available at IRONMAN.COM/SUPERSEAL under the "COURSE" tab.
SWIM COURSE

SWIM COURSE RULES

• Athletes must wear cap provided by race.

• No fins, gloves, paddles, or flotation devices (including pull buoys) of any kind are allowed.

• No aqua socks (neoprene booties) unless the water temperature is 65 degrees Fahrenheit or colder.

• When the use of wetsuits is forbidden, clothing covering any part of the arms below the elbows and clothing covering any of the leg below the knee is deemed illegal equipment and is not permitted. Compression sleeves or compression calf guards/socks may NOT be worn during non-wetsuit swims, but may be worn upon completion of the swim.

• Swim goggles and facemasks may be worn. Snorkels are prohibited. Medical exceptions will not be considered.

• No individual paddlers or escorts allowed. The course will be adequately patrolled by boats, canoes and paddleboards.

• Any assistance required during the swim will result in disqualification if forward progress was made. Athletes are permitted to use kayaks and boats as aid, as long as forward progress is not made. Course officials and medical personnel reserve the right to remove athletes from the course if determined medically necessary.

SWIM TO BIKE TRANSITION

After the swim you’ll exit the swim at the boat ramp into the chute that leads you to the north part of the transition. Wetsuit peelers are located here of you wish to have assistance. Then proceed to your transition area. Public nudity is not permitted. We require you to be fully ready to race before getting on your bike.

Personal nutrients are permitted if carried on you or your bike. Sunscreen is available in transition.

Any athlete electing not to race must notify a timing official immediately. Above all, the safety of each swimmer is our prime concern. A full sweep of the course will be made directly behind the last swimmer. Visual aid will be provided by the lifeguards, divers, canoes, kayaks, buoys, and aquatic crafts that line the course.

WETSUIT RULES

Wetsuits may be worn in water temperatures up to and including 76.1 degrees Fahrenheit (24.5 degrees Celsius). Wetsuits will be prohibited in water temperatures greater than 83.8 degrees Fahrenheit (28.8 degrees Celsius).

Athletes who choose to wear a wetsuit in water temperatures between 76.2 degrees Fahrenheit (24.55 degrees Celsius) and 83.8 degrees Fahrenheit (28.8 degrees Celsius) will not be eligible for Age Group awards, including IRONMAN 70.3 World Championship slots or Rolldown slots. Prohibited Wetsuit: De Soto Water Rover Wetsuits cannot measure more than 5 mm thick.

WETSUIT PROHIBITED

Above 83.8°F/28.8°C
No age-group athletes can wear a wetsuit

WETSUIT OPTIONAL

76.1°F/24.5°C – 83.8°F/28.8°C
Athletes may wear wetsuits if the water temperature is above 76.1°F/24.5°C, but less than or equal to 83.8°F/28.8°C and participate in a separate non-competitive wetsuit wave/division, but will not be eligible for age-group awards including, IRONMAN World Championship slots or IRONMAN 70.3 World Championship slots

WETSUIT LEGAL

60.8°F/16°C – 76.1°F/24.5°C
Wetsuits may be worn in water temperatures up to and including 76.1°F/24.5°C

WETSUIT MANDATORY

Below 60.8°F/16°C
Wetsuits are mandatory in water temperatures below 60.8°F/16°C

SWIMWEAR POLICY

(Non-wetsuit legal swims only)

Swimwear must be 100% textile material, which is defined as materials consisting of natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting and/or braiding. 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.

Compression gear may be worn during non-wetsuit swims provided that it is made of 100% textile material (no rubberized material such as polyurethane or neoprene) and that material does not extend past the elbows or knees. Any compression wear that extends past the elbows or knees will not be permitted in non-wetsuit swims (this includes compression sleeves, compression socks, or compression tights).
An open-water swim in a triathlon is substantially different from swimming in a pool. To alleviate stress, it’s important that you arrive on race day healthy, fit and prepared. Here’s a top-10 checklist to help get you ready.

1. **PREPARE FOR RACE CONDITIONS**
   - Race day should not be your first open water swim. Make sure some of your training replicates real race conditions, including water temperature, proximity to other swimmers, orientation (includes water clarity, depth and distance perception), and wearing a wetsuit if needed.

2. **RACE IN SHORTER EVENTS**
   - Proper training is the best way to reduce anxiety. It’s also a good idea to race shorter distance triathlons or single-sport events (for example, an open water swim event), as well as join clinics and club activities to prepare yourself for open water conditions.
   - For extra guidance, talk to a coach or your local triathlon club.

3. **LEARN ABOUT COURSE DETAILS**
   - It’s important to prepare yourself mentally as well as physically prior to race day. Thoroughly review the race website, event athlete guide and pre-race communication to familiarize yourself with the course.
   - Keep in mind that every body of water is different—educate yourself on water currents and surf conditions, if applicable.
   - Study the event schedule to plan for optimal arrival and preparation.

4. **ENSURE HEART HEALTH**
   - As an athlete in training, you should take the proper steps to assess your health with your physician.
   - The American Heart Association and European Society of Cardiology offer suggestions for cardiac screening of competitive athletes. These include a physical exam as well as an assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. Wherever you live, we recommend you consult with your physician before you race.

5. **PAY ATTENTION TO WARNING SIGNS**
   - While training, if you experience chest pain or discomfort, shortness of breath, light-headedness (dizziness) or blacking out, or have any other medical concerns or symptoms, consult your doctor immediately.

6. **DON’T USE NEW GEAR ON RACE DAY**
   - Focus on controlling as many factors as you can on race day.
   - You should never race in equipment you haven’t trained in—this is not the time to test new gear.
   - Make sure your wetsuit fits properly and that your goggles, swim cap and other accessories work properly.
   - Prepare for the unexpected with backups of all your gear.

7. **WARM UP ON RACE DAY**
   - Arrive early enough on race day for an adequate warm-up prior to the start, preferably in the water.
   - If you aren’t able to warm up in the water, spend between 5 and 10 minutes loosening up your muscles with arm swings and other gentle movements. A light jog or brisk walk can also help increase circulation and prepare your body to race.

8. **CHECK OUT THE COURSE**
   - Get comfortable with the course by checking out water conditions, the swim entry and exit layouts, as well as turn buoy colors and locations.
   - Take part in the official practice swim if one is offered. This provides you an opportunity to get oriented with the swim course.
   - Identify navigation landmarks such as buildings or landscape features to use for sighting in every direction you’ll be swimming.

9. **START EASY – RELAX AND BREATHE**
   - Follow the race day instructions regarding the swim start format that have been provided in the event athlete guide.
   - For events with a rolling swim start, don’t overestimate your ability. Please line up in the appropriate position based on instructions provided in the event athlete guide.
   - Don’t race at maximum effort from the start - ease into your swim.
   - Relax and focus on your breathing as you settle into a sustainable pace.

10. **BE ALERT AND ASK FOR HELP**
    - In a race setting always stop at the first sign of a medical problem.
    - The IRONMAN Competition Rules allow for competitors to stop or rest at any time during the swim.
    - If you or a fellow athlete needs help, raise your hand to alert a lifeguard or safety boat.
    - Feel free to hold on to a static object like a raft, buoy, or dock. As long as you don’t use it to move forward, you won’t face disqualification.
The SUPERSEAL bike course will be a flat and fast 40K bike course that will consist of two loops on Hwy 75.

The SEAL Sprint bike course will be a flat and fast 20K bike course that will consist of one loop on Hwy 75.

Course maps are also available at IRONMAN.COM/SUPERSEAL under the “COURSE” tab.
Completing in a triathlon event requires training on a bike. To be fully prepared, it’s important that you arrive on event day healthy, fit, and equipped with the proper gear. Fitness can be built indoors, but competing with a group requires the ability to ride safely and competently outdoors. Read on for an essential checklist to get you ready for any two-wheeled challenge.

**BEFORE YOU RIDE**

1. **IT STARTS WITH YOUR BIKE**
   - Your seat and handlebars should be adjusted to the appropriate height and reach for you. Work with a fitter to find your optimal bike fit.
   - Ensure all bolts are tightened properly to avoid coming loose during the ride, and that your brakes and gears are working properly.
   - Keep your bike clean and your chain lubed.
   - Use front and rear lights when riding in low light conditions – this may be required by law in your area.
   - Tires should be inflated to the recommended pressure.

2. **LEARN THE BASICS**
   - Practice clipping in and out of your pedals, as well as starting, stopping, and emergency braking.
   - If you’re unfamiliar with shifting gears, practice doing this in a low-traffic area.
   - Practice riding a straight line, and cornering (right, left, U-turns).

3. **SUIT UP**
   - Always wear an approved helmet in training and racing. Helmets should fit properly without moving around on your head while riding, and remain buckled at all times during your ride.
   - Wear clothing that is designed to function in the weather you will encounter on the ride, and that will help maintain your core body temperature when riding in cold or wet conditions, even during a race.
   - Choose clothing that is visible in low-light conditions.

4. **BE PREPARED TO RIDE**
   - Carry the appropriate amount of water and nutrition, along with a way to purchase additional supplies if needed.
   - Know how to use a tire repair kit and appropriate tools, and be sure to carry them with you.

5. **PLAN AHEAD**
   - Select a route that limits the number interactions with vehicles – if possible factor in time of day and day of the week.
   - Always obey all traffic signals and signs.
   - Where available, ride in dedicated bike lanes and where other bikes are normally present to ensure vehicles are aware of you.
   - Select a ride distance appropriate to your fitness.

6. **INFORM OTHERS**
   - In the event of an incident, someone should know where you are riding.
   - Always carry personal identification with you and emergency contact information.
   - Carry a cell phone for emergencies.

**DURING THE RIDE**

7. **STAY ALERT**
   - Leave the playlists and podcasts for indoor workouts.
   - Don’t use your phone while riding – pull off the road if you need to make a call or send a text.
   - Don’t take photos and selfies while riding.
   - Keep your head up, particularly when riding in a group. Look at the road and the riders around you, not your bike computer.
   - Be able to see and hear what is going on around you. When riding in the aerobars, do not look down at the road, look ahead.
   - When riding in a group, do not get fixated on the rider directly in front of you. Look through so you can anticipate any issues before they happen, and have an exit strategy.
   - Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels, and always come up the inside line of a peloton.
   - Pay particular attention when approaching aid stations during a race. Do not ride though aid stations in the aerobars.

8. **OBEY THE LAW**
   - Always stop at stop signs and lights—remember, cyclists have the same responsibilities as vehicles.
   - Know the traffic laws for your area, especially those regarding riding two abreast or single file.
   - Know where the vehicles are around you and anticipate that drivers may not see cyclists.
   - When passing a parked car or another cyclist, make sure there is enough space to avoid contact.

9. **COMMUNICATE**
   - Use verbal and hand signals so others know if you are stopping or turning.
   - Make eye contact with drivers and other cyclists.
   - While riding, let other athletes know you are passing through verbal communication. Watch for hazards in the road including potholes, debris, or water bottles. Point out and verbally communicate these hazards to those riding and racing with you.
   - Visually and verbally communicate with the specific volunteer in the aid station you will be taking aid from, letting them know you are taking aid directly from them.

10. **SAFETY FIRST**
    - Ride as far to the side of the road as safely possible. Some situations do require that you safely position yourself on the road so that traffic is unable to pass. This might be when making a turn or when not safe for vehicles to pass.
    - If riding with other people, make sure you are riding single file or allowing traffic to pass from behind you.
    - When riding in a group, avoid riding in the aerobars unless you are riding in front. Your hands should always be able to get to the brakes quickly.
    - Taking unnecessary risks might gain you a couple of seconds during your ride, but it could risk you losing your life. Always ride smart.
1. POSITION RULES

- Absolutely NO DRAFTING of another bike or any other vehicle is allowed.

- Athletes must keep six bike lengths of clear space between bikes except when passing. Failure to do so will result in a drafting violation.

- A pass occurs when the overtaking athlete’s front wheel passes the leading edge of the athlete being overtaken.

- Overtaking athletes may pass on the left for up to 25 seconds, but must move back to the right side of the road, after passing. Failure to complete a pass within 25 seconds will result in a drafting violation. Athletes may not back out of the draft zone once it is entered (drafting violation).

- Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Immediately re-passing prior to falling back six bike lengths will result in an overtaken violation.

- Overtaken athletes who remain in the draft zone (6 bike lengths of clear space between bikes) for more than 25 seconds, or who do not make constant rear progress out of the drafting zone, will be given a drafting violation.

- Athletes must ride single file on the far right side of the road except when passing another rider, or for reasons of safety. Side-by-side riding is not allowed and will result in a position violation.

- Athletes who impede the forward progress of other athletes will be given a blocking violation.

- Athletes committing rule violations will be notified “on the spot” by an official.

- Do not attempt to discuss the penalty with the official.

- THE OFFICIAL WILL:
  i. Notify you that you have received either a BLUE CARD for drafting and littering or a YELLOW CARD for any other penalty. The official will show you the corresponding colored card.
  ii. Instruct you to report to the next penalty tent (PT) on the course. There will be at least two PTs on the course.

- THE EXACT LOCATION OF THE PTS WILL BE STATED AT THE PRE-RACE MEETING.

- THE ATHLETE WILL:
  i. Report to the next PT and tell the PT Official whether you were shown a BLUE CARD or a YELLOW CARD. If you fail to report to the next PT, you will be disqualified.
  ii. Have race numbers marked by the PT Official with a “/”.
  iii. Register, via the sign-in sheet.
  iv. Resume the race after serving a 30 second time penalty for all non-drafting violations (YELLOW CARD).
  v. Remain in the PT for the time indicated in the table below, for each drafting and littering violation (BLUE CARD).
  vi. Be disqualified if you receive three BLUE CARD penalties. An athlete may finish the race if he or she has been issued a red card disqualification, unless otherwise instructed by the Race Referee.
  vii. Be disqualified for not reporting to the PT.

Race Distance: IRONMAN 70.3

<table>
<thead>
<tr>
<th>1st BLUE CARD Offense</th>
<th>5:00</th>
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</thead>
<tbody>
<tr>
<td>2nd BLUE CARD Offense</td>
<td>5:00</td>
</tr>
<tr>
<td>3rd BLUE CARD Offense</td>
<td>DSQ</td>
</tr>
</tbody>
</table>
BIKE COURSE RULES

2. Bicycles must be racked in a manner such that the majority of the bicycle is on the athlete’s side of the bike rack.

3. No tandems, fixed-gear bikes, recumbents, fairings, or any add-on device designed exclusively to reduce resistance are allowed. Any new, unusual, or prototype equipment will be subject to a determination of legality by the event organizer and/or Head Referee.

4. The sole responsibility of knowing and following the prescribed cycling course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.

5. Athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.

6. No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athlete or who, in the judgment of the Head Referee, appear to present a danger to any athlete may be disqualified.

7. Helmets, bike shoes, and other cycling gear must be placed in a transition bag. Shoes and shirt must be worn at all times.

8. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

9. Athletes must wear a bike helmet number on the front of their helmet.

10. A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet or chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.

11. No individual support allowed. Ample aid and food stations will be provided. Friends, family members, coaches, or supporters of any type may NOT bike, drive, or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort.

12. Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy bar wrappers, broken bike parts, or clothing items, may only be discarded in the trash drop zones at each aid station. Discarding any item outside of the trash drop zones will result in a blue card (5 minute time penalty).

13. Athletes must be individually responsible for repair and maintenance of their own bike. Athletes should be prepared to handle any possible mechanical malfunction. Assistance from official race personnel is permitted.

14. Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.

15. Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may at their own discretion make final judgment as to the soundness of the bike.

16. Headphones, headsets which are inserted in or covering the ears are not allowed during any portion of the event.

17. Helmet mirrors or mirrors attached to the bike or body are prohibited unless needed for a verifiable medical reason. Athletes granted permission to use a mirror will be ineligible for awards or World Championship entry slots. Athletes using a mirror without permission will be disqualified.

18. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or “smart” helmets, and two-way radios, in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

19. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sporttop/sports bra at all times during the cycling segment of the Race. Uniforms with a front zipper may be unzipped to any length, provided, the zipper is connected at the bottom of the uniform at all times and the top of the uniform covers the shoulders.
OFFICIAL BIKE STORE
Pulse Endurance will be the Official Bike Store of SUPERSEAL Triathlon. They will be at the Village, near Athlete Check-In and the finish line prior to race day. They will also be in transition on race morning and providing course support during the bike portion of the race.

TECH TIPS AND OTHER DETAILS
Bike inspection is not mandatory and will not be provided at Bike Check-In, although technicians will be available. Athletes are ultimately responsible for their own bikes. However, race officials may, at their discretion, make final judgment as to the soundness of the bikes.

To avoid an unexpected flat tire, wait until race morning to inflate your tires to their proper air pressure. There will be a limited number of pumps available in the transition area on race morning so we recommend you bring your own.

For security and safety reasons, bikes will not be allowed out of transition once transition closes on race morning. Once transition closes, no one will be allowed to enter transition unless accompanied by a race official. On race day, bike tech vehicles will patrol the course to aid in emergency repairs.
The SUPERSEAL run course is a 10K course on a dirt trail. The run will be composed of two loops.

The SEAL Sprint run course is a 5K course on a dirt trail. The run will be composed of one loop.

Course maps are also available at IRONMAN.COM/SUPERSEAL under the "COURSE" tab.
RUN COURSE RULES

1. Athletes may run, walk, or crawl.

2. Athletes must wear their issued bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race.

   Folding, cutting the bib number, intentional alteration of any kind, or failure to wear race number is STRICTLY PROHIBITED and may result in disqualification.

3. Headphones or headsets which are inserted to or covering the ears are not allowed during any portion of the event.

4. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera without permission will be disqualified.

5. NO INDIVIDUAL SUPPORT VEHICLES OR NON-ATHLETE ESCORT RUNNERS ARE ALLOWED.

   This is an individual endurance event. Teamwork as a result of outside assistance, which provides an advantage over single competitors, is not allowed. Individual support vehicles or non-athlete escort runners will result in disqualification. A non-athlete escort runner includes athletes who have withdrawn from the race, have been disqualified or have finished the race. Supporters of any type may NOT bike, drive, or run alongside the athlete, may not pass food or other items to athlete and should stay completely clear of all athletes to avoid the disqualification of the athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing.

6. Athletes are expected to follow the directions and instructions of all race officials and public authorities.

7. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever.


FINISH LINE POLICY
Friends and/or family members are not permitted to cross the finish line or enter the finish chute with participating athletes. This policy will allow each competitor adequate time to celebrate their accomplishment without interfering with other finishers and ensure the safety of all athletes, volunteers and fans. Athletes who choose not to respect the policy will receive an automatic disqualification (DSQ).

EVENT SANCTION AND RULES
USA Triathlon (USAT) has sanctioned the 2020 SUPERSEAL Triathlon. Our rules are published with permission from USAT. Please visit IRONMAN.COM for a complete set of IRONMAN Competition Rules.

Under our sanctioning agreement with USA Triathlon, athletes should be aware of the serious consequences of violating USAT Competitive Rule 3.5 - Unregistered Athletes, which states:

a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USAT and barred from participation in any sanctioned event for a period of up to one year.

b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.

Anyone who violates this rule may be banned for life from any IRONMAN event. Violating this rule puts insurance coverage for the event at risk.

*NOTE: ANY VERBAL ABUSE OF MARSHALS, RACE OFFICIALS, SUPERSEAL STAFF OR VOLUNTEERS IS GROUNDS FOR IMMEDIATE DISQUALIFICATION.
It is the athlete's responsibility to know all aspects of the swim, bike and run.

1. Any athlete holding current elite/professional status from their National Triathlon Federation or a current IRONMAN Professional Membership (as verified by elite/pro status of an athlete's National Triathlon Federation) is prohibited from racing as an AGENT GROUP athlete within the same calendar year, in ANY sanctioned triathlon events anywhere in the world, where there is an elite/pro wave, within the same calendar year. Disqualification and potential sanction from IRONMAN events, and forfeiture of any AGENT GROUP World Championship qualifying slots may result for any athlete that has not adhered to this policy.

2. Athletes are expected to follow directions and instructions of all course marshals and public authorities.

3. Race officials shall have authority to disqualify any athlete.

4. Medical personnel shall have ULTIMATE and FINAL authority to remove a athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death. Medical transport of any athlete will result in disqualification.

5. Fraud, theft, abusive treatment of volunteers, staff or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in any IRONMAN or IRONMAN 70.3 event in the future, depending on the severity of the rule violation.

6. As a condition of participation in each IRONMAN® and IRONMAN® 70.3® event, all registered athletes are required to acknowledge and abide by IRONMAN’s Anti-Doping Rules. In accordance with the Anti-Doping Rules, all registered athletes are subject to in and out-of-competition testing and are encouraged to learn and understand all applicable rules and obligations prior to registering for events (including, without limitation, the World Anti-Doping Agency’s anti-doping rules governing Prohibited Substances and Therapeutic Use Exemptions). When in doubt, athletes are encouraged to ask questions and to seek advice from qualified medical professionals.

Please refer to IRONMAN’S COMPETITION RULES for additional guidance and information.

7. If an athlete decides to withdraw from the race at any time, it is the responsibility of the athlete to report to the timing tent located at the finish line and turn in their bib number and timing chip immediately. It is essential that race officials know where athletes are on the course at all times. Failure to comply after withdrawing from the race may result in athlete being prevented from competing in any IRONMAN event in the future.

8. IRONMAN 70.3 reserves the right to make rule changes at any time provided all athletes are notified in writing and/or at the pre-race athlete briefings. Notification of any change will be in accordance with IRONMAN Competition Rules.

9. Prize money for any sanctioned event shall be offered equally between men and women in both amount and depth. Additionally, Professional triathletes may not win Age Group awards and Age Group athletes are not eligible for prize money.

10. For additional information regarding training sites, safety procedures and general information questions regarding the race, please go to the Information Tent.

11. Athletes may not use communication devices of any type, including but not limited to cell phones, smart watches, Bluetooth enabled or “smart” helmets, and two-way radios, in any distractive manner during the Race. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, taking photographs, and mounting the device to a bike for purposes of using the device like a bike computer. Using a communication device in a distractive manner during the Race will result in disqualification.

12. Cameras, phone cameras, and video cameras are prohibited unless permission is given by IRONMAN. If permission is given by IRONMAN, it is the athlete’s responsibility to notify the Head Referee prior to race start. Athletes seen with a camera, phone camera, or video camera who were not given permission will be disqualified.

13. IRONMAN does not allow the transfer of an athlete’s registration to another person - no exceptions will be made to this rule. Any attempt to transfer a registration to another person will result in disqualification and suspension from future participation in any IRONMAN or IRONMAN 70.3 event.

14. Assistance provided by event personnel or Race Officials is allowed but is limited to drinks, nutrition, mechanical and medical assistance. Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tires, inner tubes and punctures repair kits. Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue their own race. This includes but is not restricted to shoes, complete bicycle, frame, wheels and helmet. An athlete cannot physically assist the forward progress of another athlete on any part of the course. The penalty for this will be disqualification of both athletes.

15. Athletes must cover the prescribed course in its entirety. Failure to do so will result in a disqualification. If an athlete must exit the course, he or she shall re-enter the course at the same point of departure before continuing.
PHYSICALLY CHALLENGED OPEN DIVISION
2020 SUPERSEAL IS NOT WHEELCHAIR ACCESSIBLE ON THE RUN COURSE.

Participation in the PC Open Division is available to athletes with a medically verified Visual Impairment (as such term is defined below) or a medically verified physical or neurological impairment that substantially limits one or more major life activities. Athletes with other miscellaneous medical conditions such as, but not limited to, intolerance to temperature extremes, organ transplants, joint replacements (endoprosthetics), kidney dialysis, hearing impairments, and/or cognitive impairment are not eligible to participate in the PC Open Division;

1. The term “Visual Impairment” means either:
   (a) a visual acuity of 20/200 (6/60 meters) or less in the better-seeing eye with best conventional correction (meaning with regular glasses or contact lenses)
   (b) a visual field (the total area an individual can see without moving the eyes from side to side) of 20 degrees or less (also called tunnel vision) in the better-seeing eye

2. Visually impaired athletes must:
   (a) use only one (1) Guide (Guide can be of either gender).
   (b) be tethered during the swim segment of the race
   (c) ride a tandem bicycle during the bike segment of the race
   (d) during the run segment of the race, use either an elbow lead or a tether lead

FOR MORE INFORMATION REGARDING THE PC OPEN DIVISION, PLEASE VISIT WWW.IRONMAN.COM/PHYSICALLY CHALLENGED OR E-MAIL PHYSICALLYCHALLENGED@IRONMAN.COM.

HANDCYCLE DIVISION
2020 SUPERSEAL IS NOT HANDCYCLE APPROVED.

Handcycle (HC) is a competitive division open to athletes who are paraplegic, quadriplegic or double above-the-knee amputees, and race using a hand cranked cycle on the bike, and a racing chair for the run. Handcycle athletes must use a recumbent handcycle on the bike course and a racing wheelchair on the run course. Conduct and standards for handlers of HC athletes is governed by the International Triathlon Union Rules.

The HC Division is a competitive division. Race awards with respect to the HC Division will not be based upon age-groups within the HC Division but will be given to the top female and male finishers of the HC Division.

FOR MORE INFORMATION REGARDING HANDCYCLE DIVISION, PLEASE VISIT WWW.IRONMAN.COM/HANDCYCLE OR E-MAIL HANDCYCLE@IRONMAN.COM.
IRONMAN HEAD REFEREE

Jimmy Riccitello

DRAFTING VIOLATION
BLUE CARD
five minute time penalty served in a penalty tent on the bike course

LITTERING VIOLATION
BLUE CARD
five minute time penalty served in a penalty tent on the bike course

BLOCKING VIOLATION
YELLOW CARD
thirty second time penalty served at the next penalty tent

DISQUALIFICATION (DSQ)
RED CARD

THREE BLUE CARD VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION.

IRONMAN will operate under the “three strikes and you’re out” principle with respect to BLUE CARD violations. DRAFTING AND LITTERING are the only two violations that will result in a BLUE CARD violation and an athlete will incur a 5-minute time penalty (to be served in the closest penalty tent, located along the bike course). YELLOW CARD violations (thirty second time penalty) also require an athlete to stop at the closest penalty tent location along the bike course. Any penalties incurred on the run course are to be served at the point of infraction. While YELLOW CARD violations will not count against your three strikes, IRONMAN Competition Rules still allow an athlete to be disqualified for repeated rule violations should an athlete receive excessive yellow card violations.

So that you understand the rules on race day, please take the time to read and understand the rules in the Athlete Guide and the 2019 IRONMAN Competition Rules.

The POSITION violations are summarized:

Always ride on the right side of your lane to avoid an ILLEGAL POSITION or BLOCKING call.

Keep six bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Always pass on the left of the cyclist in front of you; Never on the right to avoid an ILLEGAL PASS call. Complete your pass within 25 seconds to avoid a DRAFTING call.

Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Do not use any device that will distract you from paying full attention to your surroundings. Using a device in a distracting manner will result in disqualification.

Triathlon is an individual event, and it is your responsibility to fully understand the rules and avoid penalties. The referee’s ruling is final in the case of POSITION violations, and there are no protests or appeals. Other common violations include:

1. HELMET CHINSTRAP
   Your chinstrap must be securely fastened whenever you are on your bike on race day.

2. RACE NUMBER
   You must wear your bib number during the run portion of the race. In addition, your bike frame sticker must be properly attached to your bike frame and must be visible from both sides.

3. LITTERING
   Do not throw ANYTHING outside of official aid stations. Littering will result in a BLUE CARD violation, which is a five minute time penalty.

4. UNAUTHORIZED EQUIPMENT
   Sorry, absolutely NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).

5. OUTSIDE ASSISTANCE
   Non-racers may NOT ride or run alongside you.

6. TIME PENALTIES
   Remember that even though DRAFTING and LITTERING are the only violations that incur a five minute time penalty, you must go to a penalty tent for any violation to have your number marked. There will be no penalty tents on the run. If you are penalized on the run, the official will mark your number on the spot.

Please treat other athletes, all volunteers, and your referees with courtesy and consideration. Not doing so is UNSPORTSMANLIKE CONDUCT and may result in disqualification. I sincerely hope you have a great race and achieve all your goals.
MEDICAL POLICY

The athlete excess medical coverage protects each athlete for the day of the event at USAT-sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one-day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. UnitedHealthcare, Blue Cross Blue Shield, Aetna, traveler’s insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, the Race Director can provide them with a medical claim form. The medical claim form, along with all explanation of benefit documents, should be sent directly from the athlete to the insurance company as indicated on the claim form.

For a copy of the claim form, please e-mail EVENTSERVICES@USATRIATHLON.ORG

- Athletes will pay a deductible. All claimants will pay anywhere from $250 USD (two-hundred and fifty U.S. dollars) to $1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to Athletes that have purchased a USA Triathlon annual license or one-day permit and were injured through participation in a USA Triathlon sanctioned event. Please e-mail questions to EVENTSERVICES@USATRIATHLON.ORG

All medical expenses incurred are the sole responsibility of the athlete and not IRONMAN. USAT provides secondary coverage in qualified circumstances. Failure to meet financial responsibility to local medical facilities will result in suspension of participation in future IRONMAN events until accounts are settled.

Particular dangers include dehydration, hyponatremia, sunburn, exhaustion and injuries sustained from accidents. Please ask for medical help if you have the slightest hint you may need it. You will not be penalized for receiving a medical evaluation. You will be withdrawn from the race only if you require transportation, IV fluids or if medical personnel feel your continued participation could result in serious harm or death.

During events of extreme endurance, the body’s pain threshold is raised, and you may be in more trouble than you realize. The medical personnel will do all they can to keep you in the race and assure a safe finish. Also, please be attentive when taking water and sponges from volunteers when you’re on your bike to avoid the possibility of accident or injury to yourself or another.

Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes. Be especially careful to rinse your goggles of any excess defogger solutions to avoid eye irritation.

If you spend three months prior to the event in a different climate, we suggest you consider an acclimation period before the race. The chance of dehydration and electrolyte imbalance can be reduced significantly by a proper period of acclimation.

Stay with your familiar and proven routine regarding training, nutrition and equipment, especially just prior to the race. This also applies to pre-race dietary intake and medications. It is recommended you avoid an extreme elimination diet. Adequate salt intake during training and during the event is especially important.

If you are taking any medications, or have any medical problem that may influence your performance or your treatment in the event of an injury, advise us of all necessary details well in advance of race day.

At Athlete Check-In, you are required to notify the medical team, in writing, if there is any change in your medical status/condition after your application has been processed. Failure to do so will result in suspension of participation in future IRONMAN events.

You are solely responsible for avoiding medications that appear on the list of banned substances as determined from WADA.

Feedback from previous IRONMAN and IRONMAN 70.3 athletes indicates we can never over emphasize the importance of hydrating prior to and during the event. IRONMAN’s Chief Physician recommends you begin hydrating heavily several days before the race and drink enough water so your urine is clear, colorless and copious by race day.

PLEASE NOTE

Full disclosure of medical condition(s), general health and surgical procedures within the previous 12 months is required. Medical consultation/clearance may be necessary from an attending physician prior to participating in the event.

In all cases, the final decision of medical consideration is at the discretion of the IRONMAN 70.3 Medical Director.
PRE-RACE:
- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race Start
- Directions to Race Finish
- Photo I.D.
- Valid USAT Card - if member (if you paid for a one-day license online, no need to bring a card)
- Bike Services/Tune up
- Attend Athlete Check-In
- Attend Athlete Briefing
- Study the race courses and plan your nutrition

RACE DAY – SWIM:
- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)
- Throw away long sleeved shirt and shoes to wear and discard before the race or place in your Morning Clothes Bag (if provided)

RACE DAY – BIKE:
- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit
  - Bar-end plugs
  - CO2 Cartridge(s)
  - Spare Tire
  - Spare Tube
  - Tire levers
  - Valve Stem Extenders
  - Patch Kit
  - Wrench Set/Tools
- Vaseline
- Sunscreen
- Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

RACE DAY – RUN:
- Fuel Belt
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Reflective tape (if applicable)
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS:
- Body Glide
- Antibacterial
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Hair Ties
- Chapstick
- Post-Race Clothing
- Extra Swimsuit and Cap for practice swim (if applicable)
- Extra Tri Kit for practice
- Have a Great Race!