



# ATHLETE GUIDE 2023





## WELCOME MESSAGE FROM ESM BOARD

Eagles Sports Management (ESM) is a fully-fledged Sports organization incorporated in 2018.

At ESM we pride ourselves in being the center of excellence for local and international sports events.

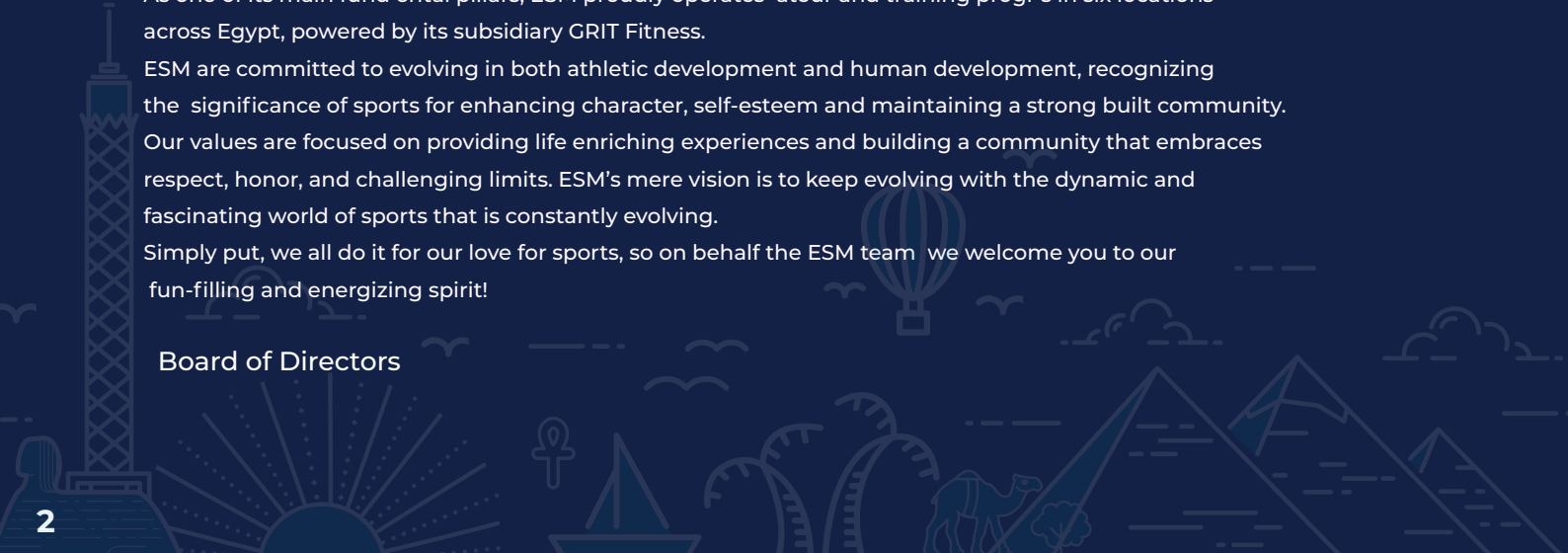
We are the leading sports event management organization in functional fitness, triathlons and corporate sports events in Egypt, Our portfolio includes the following annual events such as; Let's Tri, Ironman 70.3, Row it, Fitx400, L'Etape by Tour de France.

As one of its main fund ental pillars, ESM proudly operates ateur and training progr s in six locations across Egypt, powered by its subsidiary GRIT Fitness.

ESM are committed to evolving in both athletic development and human development, recognizing the significance of sports for enhancing character, self-esteem and maintaining a strong built community. Our values are focused on providing life enriching experiences and building a community that embraces respect, honor, and challenging limits. ESM's mere vision is to keep evolving with the dynamic and fascinating world of sports that is constantly evolving.

Simply put, we all do it for our love for sports, so on behalf the ESM team we welcome you to our fun-filling and energizing spirit!

Board of Directors





## EVENT SCHEDULE

# DAY 1

WEDNESDAY, 01 NOVEMBER 2023

| EVENT              | VENUE               | FROM     | TO       |
|--------------------|---------------------|----------|----------|
| Registration       | The Village, Piazza | 11:00 AM | 19:00 PM |
| Expo & Merchandise | The Village, Piazza | 11:00 AM | 19:00 PM |

# DAY 2

THURSDAY, 02 NOVEMBER 2023

| EVENT                 | VENUE               | FROM     | TO       |
|-----------------------|---------------------|----------|----------|
| Registration          | The Village, Piazza | 11:00 AM | 19:00 PM |
| Expo & Merchandise    | The Village, Piazza | 11:00 AM | 19:00 PM |
| Bike & Bag Check-in   | Transition Area     | 13:00 PM | 19:00 PM |
| Pre-Race Briefing: En | The Village, Piazza | 17:00 PM | 18:00 PM |
| Pre-Race Briefing: Ar | The Village, Piazza | 18:00 PM | 19:00 PM |
| Pasta Party           | The Village, Piazza | 19 00 PM | 20 30 PM |

# DAY 3

FRIDAY, 03 NOVEMBER 2023

| EVENT                | VENUE               | FROM     | TO       |
|----------------------|---------------------|----------|----------|
| Transition Area Open | Transition Area     | 05:00 AM | 06:00 AM |
| Line Up              | The Beach           | 06:00 AM | 06:30 AM |
| Rolling Start 70.3   | The Beach           | 06:30 AM | 07:00 AM |
| Rolling Start 5150   | The Beach           | 07:00 AM | 07:30 AM |
| Expo & Merchandise   | The Village, Piazza | 12:00 PM | 20:30 PM |
| Race End             | Finisher Garden     | 15:30 PM |          |
| Bike Check Out       | Transition Area     | 14:00 PM | 18:00 PM |
| Awards Ceremony      | The Village, Piazza | 19:00 PM |          |
| Slot Allocation      | The Village, Piazza | 20:00 PM |          |



## HEAD REFEREE'S MESSAGE

### MOHAMED ZAKARIA



**Blocking violation**

**Yellow card**

30 second stop and go time penalty served at the next penalty tent



**Drafting violation**

**Blue card**

five-minute time penalty served in a penalty tent on the bike course



**littering & disqualification (dsq)**

**Red card**

**\*for 5i50 times please check page 5**

Ironman enforces a series of regulations, and every athlete should ensure that they are aware of the rules for their own safety and that of athletes around them. IRONMAN 5 & 70.3i50 EGYPT will operate under the «three strikes & you're out» rule. Drafting will result in the issuance of a blue card, earning you a time penalty, to be served in the penalty tent (KM 88) on the bike course. Any penalty incurred on the run course will be served at the point of infraction. Yellow card violations generally do not fall under the 3-strikes rule, but earning an excessive amount of them, could ultimately lead to athlete disqualification, as permitted by the ironman competition rules. So that you understand the rules of the day, please take the time to read and understand the rules in the athlete guide and the 2023 IRONMAN race rules.

**ANY COMBINATION OF THREE VIOLATIONS WILL RESULT IN RACE DISQUALIFICATION**





## DO THE FOLLOWING TO AVOID INCURRING A POSITION VIOLATION

- Always ride on the right side of your lane to avoid an illegal or blocking call.
- Keep 12 meters 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 and complete the 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.

Penalties for 5i50 race are 15 seconds for blocking and 2 minutes for drafting.

- **No disc wheels are allowed on the road due to the heavy wind**

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 allowed.



## OTHER COMMON VIOLATIONS INCLUDE

### **Helmet chinstrap**

Helmet strap should be fastened through out the bike course, in transition; until the bike is racked, unfastening the strap will lead to yellow card (30 sec) penalty. Not wearing the helmet will lead to disqualification.

### **Race number**

You must wear your bib number during the bike and run portion of the race, in addition, your bike frame sticker must be properly attached and visible from both sides and your race number on your back.

### **Litering**

Do not throw anything outside of official aid stations, litering will result in disqualification.

### **Unauthorized equipment**

No communication, MP3 players or other audio devices (including cell phones).



### Outside assistance

Athletes who receive personal aid from family members, coaches or spectators will be disqualified.

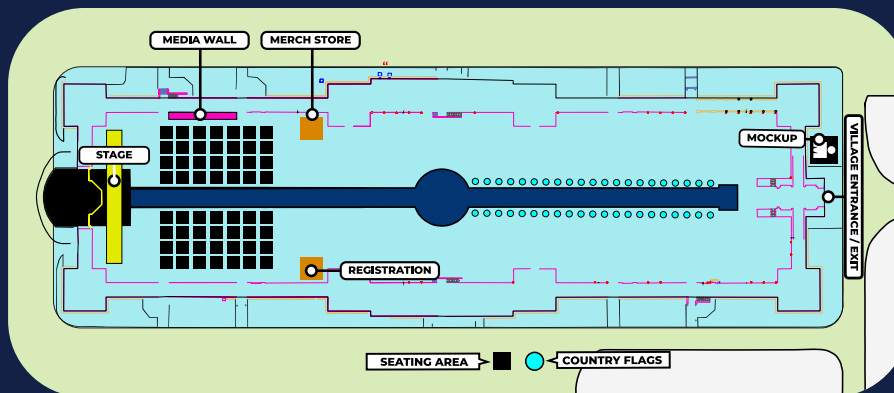
### Time penalties

There will be no penalty tent on the run. In case you are penalized, the attending referee will mark your number on the spot.

### Wet suits

Wet suit regulations will be decided based on water temperature on race day; one hour before the race start, only burkinis for hijab women are allowed.

## VILLAGE PIAZZA / THE EXPO





## PRE-RACE INFORMATION

### Registration - Race Bag Pickup

Ironman registration area at The Village, Piazza

Wednesday, November 1st, 11:00 - 19:00

Thursday, November 2nd, 11:00 - 19:00

Registration of athletes will not be open after these hours. If you do not register during the designated hours for athlete registration, you will not be able to compete.

### What you will need

1 Valid license (ITU)

2 Registration Confirmation Email with QR Code

3 Valid photo ID

A one-day license can be purchased at Registration for \$20.

### What does my pack include?

- Race BIB
- Athlete Wristband
- Tattoos
- Transition bag
- Bike / helmet Stickers
- Swim Cap

### Bib Number

Please wear your race number on your back during the bike course and in front for the run course. You can use safety pins if you wish. However, due to the need to change the position in the transition, it is strongly recommended to use a race belt to save time.



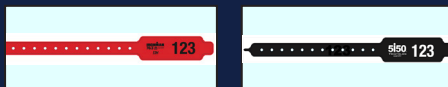
## PRE-RACE INFORMATION

### Athlete Wristband

A printed wristband with your race number will be placed on your wrist during registration.

The wristband entitles the athlete to:

- Full access to the transition area at the time of the check-in and the day of the race as well as during the race.
- Free access to the welcome banquet and award ceremony



The wristband is required as athlete identification and for medical identification throughout the event,  
**IMPORTANT!**

You will not be allowed to remove your bicycle and/or gear from the transition zone after the race without your wristband attached to your wrist.

Relay team's will receive three wristbands. Please note that all three relay members must come together to register to receive their kit.

### Tattoos

You will receive two temporary race number tattoos in your race pack, to be placed on your arm, (between your shoulder and elbow) and your leg (above ankle).

We recommend you apply both tattoos at home the night before or morning of the race. Tattoos are not mandatory.

### Swim Cap

You will be given a swim cap to wear for the race, this is compulsory to wear.

### Stickers

You will also have a sticker sheet; your bike, your helmet and bags must carry your stickers with the race number. You will find the instructions on how to place the sticker on the back of the sheet.



## BRIEFING AND CHECK-IN PROCESS

### Briefing

Athletes must attend the briefing taking place on Thursday, 2nd of November at the below timings at the village piazza:

English Briefing: 17:00

Arabic Briefing: 18:00

### Check-in

Bike, transition bags, and helmet check-in will take place on Thursday 2nd of November at the Village Piazza at the below timings:

13:00 PM - 19:00

### What will you need?

Athletes are responsible for ensuring that their bike and helmet are in a safe and functional condition.

IRONMAN is not responsible for any failure of the bicycle.

Here's what the referee will check:

- Your athlete wristband that we gave you during athlete Check-In
- Your helmet and bike are in good condition and ready for the race. (Brakes etc. )
- Your stickers are properly placed to your bike, your helmet and your bags.
- The medical and contact information on the back of your bib

Without these elements you will not be able to check-in!

When racking your bike, take your time to familiarize yourself with surroundings. Where the entries and exits are: There will be volunteers in transition to answer any question you may have



### **Pasta Party**

The pasta party will take place on Thursday, 2nd of November at 19:00 PM.

Only athletes are allowed in the pasta party area and the spectators with the entry bracelet.

Entry bracelet can be purchased from the registration tent for 25\$.

## **BIKE SERVICE**

Our bike partners are offering a premium service to help athletes through out the race, starting from the registration until the finish line.

### **Services:**

- Assemble and disassemble bikes
- Bike maintenance
- Selling bike accessories and spare parts
- Renting bikes
- Transportation of bike from and to Sahl Hasheesh

### **Contacts:**

3agalty

Email: sales@3agalty.com

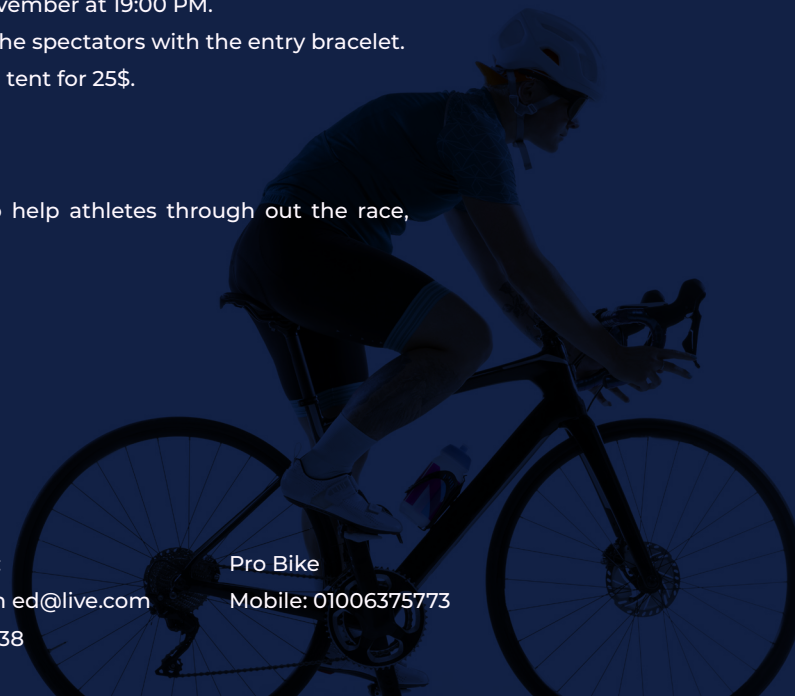
The Crank House:

Email: yasser.moh ed@live.com

Mobile: 01119603738

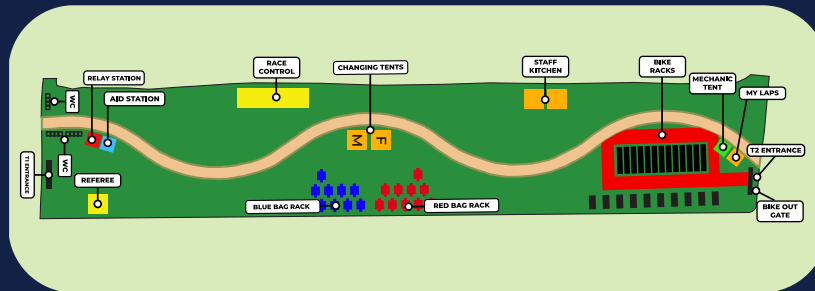
Pro Bike

Mobile: 01006375773





## TRANSITION AREA



### TIMING CHIP PICK UP

The chip is collected at the exit of the transition area with the athlete number on your wristband. You will need to carry the chip tied to your left ankle throughout the race.

The chip will record your individual start time when you cross the timing mat at the swim start and will provide you with the following:

- swimming, cycling and run time
- transition divisions general classification
- age group classification.

If you lose your timing chip during the race, you must notify a team leader who will be able to give you a replacement so you can continue the race.

Please note that you must have your timing chip on for the bike checkout. So, keep it on even if you drop out of the race.

Your timing chip is a loan. You must return the chip to the timing tent in the transition area, or you will be charged 50\$ for a replacement.

Only athletes with verifiable electronic timing data will be eligible to accept a World Championship 70.3 slot or receive an award in their age group.





## TRANSITION BAGS

You will receive three bags at registration.



### Blue bag [bike gear]

Bag should contain the items you are going to use for the bike course:

- BIB number
- Socks
- Cycling shoes
- Supplements
- Helmet
- Sunglasses

#### IMPORTANT

At the end of the swimming course, all material used, including swimsuit, should be left inside the blue bag and hung back in place before starting the cycling course. No equipment is allowed on the floor around the bike area, except for cycling shoes clipped to the bike.



### Red bag [run gear]

Bag should contain the items you are going to use for the running course

- Socks
- Running shoes
- Supplements
- Sunglasses
- Cap

#### IMPORTANT

At the end of the swimming course, all material used, including swimsuit, should be left inside the blue bag and hung back in place before starting the cycling course. No equipment is allowed on the floor around the bike area, except for cycling shoes clipped to the bike.



### White bag [street wear]

Bag should contain any additional clothing needed before the race and anything required after the race. Before the swim start, bag should be left in the athlete garden at the street bag tent and volunteers will guide you back to the swim start.

Ensure that the BIB number stickers on the bags are stuck firmly before you put your gear in them, noting that you will not be able to mark them in any other way other than with the race number sticker. Any marking will be removed by the referees and may result in a penalty.

### Important:

Do not overfill or put valuable items in the bags.

IRONMAN will not be held responsible for the contents of the bags.



## TRANSITION BAGS

### BEFORE

drop the white gear bag at the finishers garden before the race



### DURING

#### PUT IN BAG

swim cap, goggles & swim suit



helmet & bike shoes



### AFTER

collect white gear bag at finishers garden



#### TAKE OUT OF BAG

helmet, bike shoes, BIB number, socks & sunglasses

running shoes & cap

street wear

Athletes must pick up and hand their own bags during the race.  
Ensure all bags are labeled with your BIB number.

Important: It is not permitted to leave pumps inside the bag. They will be provided in the transition area by organizers



## ATHLETE CHECKLIST

### PRE - RACE

- Directions to Hotel
- Directions to Athlete
- Check-in
- Directions to race start
- Directions to race finish
- Photo I.D
- Valid Triathlon license or day pass
- Bike services/tune up
- Attend athlete check-in
- Attend athlete briefing
- Study the race courses
- plan your nutrition

### RACE DAY - SWIM

- Timing chip and strap
- Swimsuit
- Goggles (consider a spare pair as well)
- Race day swim cap (provided at registration)

### RACE DAY - RUN

- Fuel belt
- Hat/visor
- Running shoes & socks
- Sunglasses
- Water bottle

### RACE DAY - BIKE

- Extra nutrition
- Extra water bottle
- 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 belt or safety pins
- BIB Number

### MISCELLANEOUS

- Body glide
- Antibacterial gel
- Contacts or Rx Glasses
- Heart rate monitor & chest strap
- Towel
- Hair tie
- Lip balm
- Post-race clothing
- Extra swimsuit and cap for practice swim (if applicable)



## RACE-DAY INFORMATION

### WEATHER ON RACE DAY

3rd of November, 2023

Average daytime temperature : 27 Degrees Celsius

Average water temperature : 26 Degrees Celsius

\*We will monitor the weather on race day.

We reserve the right to cancel, modify or shorten any portion of the event for safety considerations.

### PROCEDURES

- The transition area opens at 05:00 - 06:00. After that time, athletes should come out of the transition area and head for swimming.
- Managers, family members and spectators have no access to the transition area
- The service point in the transition area provides bike support
- Remember to bring your timing chip, swim cap and swimsuit.
- Please do not wear your bib number when swimming, leave it in your blue gear bag and put it on before you go out on the bike course.

### PREPERATION AND WARM UP

- On race day we recommend you arrive in time to prepare.
- Before the start of the race, you will have access to your bike. This is the time to put your bottles and nutrition on your bike, check the pressure of your tires and verify that you are in the right gear to start the swimming stage.
- We suggest that you arrive with your swimsuit on and that you take the time to familiarize yourself with your surroundings. You cannot mark the surroundings of your bike area. Any mark will be removed by race officials and may be penalized.
- Swimming warm-up will be allowed until 06:15 in a dedicated area beside the start line, but not from the start line
- You can keep your clothes inside the white bag «White Bags — Street Wear» area that you will find in the athlete garden before the swim start.
- The athletes' sreetwear bags can be dropped off at the Athletes Garden between 05:30 and 07:00 on race morning.
- If during your preparation you realize that you have forgotten something (race BIB number, timing chip, swim cap ..) notify an IRONMAN official as soon as possible so that there is time to get a replacement.



## HOW TO FOLLOW THE EVENT



### IRONMAN TRACKER APP

IRONMAN 70.3 Egypt has real-time information while delivering live results through the IRONMAN Tracker app.

#### LIVE WEB TRACKER

See times and current pace within seconds of a participant crossing each checkpoint. Estimated times will be provided based on current pace

#### LIVE LEADERBOARD

See who is winning via the Live Leaderboard. Top runners in each category will be displayed in real-time as they lead the way through the course.

#### LIVE WEB TRACKER

Get automatic updates as progress is made on the course. As a spectator, the results of the participant you are tracking can be posted to your Facebook feed automatically allowing friends and family to share.

If you are a participant, claim your profile and enable Facebook notifications. Your stats will post live as you pass each checkpoint.

#### LIVE WEB TRACKER

Participants' locations will be plotted on the interactive course map as you progress through the race. The position of each participant is estimated based on the most recent time received from the timing chip read.

Note: participants do not need to carry their phones for this feature to work.

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### SOCIAL MEDIA

Share your experience and do not forget to mention us and use these hashtags #IM703Egypt #IM5150Egypt



[facebook.com/ironman703Egypt](https://facebook.com/ironman703Egypt)



[instagram.com/ironman703Egypt](https://instagram.com/ironman703Egypt)

Stay connected with our social media channels to be on top of all the latest news and exciting events.



# 70.3 RACE-DAY INFORMATION

**IRONMAN 70.3 EGYPT**

## SWIM COURSE

1 LOOP  
COURSE DISTANCE - 1.9KM

**CUTOFF TIME**  
**SWIM = 1H 10MIN**



# 5150 RACE-DAY INFORMATION





## RACE DAY INFORMATION

There will be 4 starting boxes, each one indicating a time to complete the swimming section. Each participant must be placed in the box that most closely matches their estimated swimming time. Relay swimmers start as last.

- When you get to the start line, look for the signage that comes closest to your estimated time.
- Every athlete has to start outside the water from the beach, in the designated area. Starting from any other area will result in a disqualification.
- Athletes must enter the starting area via the official starting area entries until 06:15. It is forbidden to swim to the area or jump over fences.
- Swimming course direction will be anti-clockwise.
- The start arch with the time measure mat is located on the shore. Every athlete will pass it while entering the water. After completing the swim course, athletes must leave the water at the official swim exit and cross the time measure mat for it to register their exit. If the athlete leaves the water from any other area, we assume that they are still in the water, and a rescue mission will be organized and bill will be issued for the cost.





## SWIMMING RULES

- Wet suit regulations will be decided based on water temperature on race day. Only girls wearing Hijab, will be allowed to wear burkinis
- 
- Wearing socks, shoes, snorkels or fins during the swim not allowed.
- 
- Athletes who wear glasses can leave them on a table at the swim start/exit. For the identification (BIB number) on the glasses, the athlete is personally responsible.
- 
- It is forbidden to wear the BIB number during the swimming segment, wearing it will result in disqualification.
- 
- It is not allowed to give your material (swimsuit, swimming cap, glasses ...) to another person while exiting from the water.
- 
- You must take off your swimsuit in the transition zone. Doing so in any other area will be penalized with a yellow card (60 seconds penalty).
- 
- if you are not an experienced open water swimmer, we strongly recommend that you:
  - Ensure that you place yourself at the back of the rolling start seeding.
  - Do a warm-up before the race to familiarize yourself with the open water.
  - Stay calm
- - If you run into trouble, lie on your back and hold an arm in the air to attract the attention of a Kayak, which will come to you, You may hold on to the kayak to catch your breath and then continue swimming, always following the kayaker's instructions, however if necessary a rescue boat will come to return you to land.



## SWIM SMART CHECKLIST

### **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 and wearing a wetsuit if needed.

### **Race in shorter events**

Proper training is the best way to reduce anxiety. It is also a good idea to race shorter distance triathlons or single-sport events, as well as join clinics and clubs activities to prepare yourself for open water conditions. For extra guidance, talk to a coach or your local triathlon club.

### **Learn about course details**

It is 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 current and surf conditions if applicable. Study the event schedule to plan for optimal arrival and preparation.

### **Do not 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 have not trained in. This is not the time to test new gear. Make sure your swim suits fits properly and that your goggles, swim cap and other accessories work properly.

### **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 to 10 minutes loosening up your muscles with arm swings and other gentle movements.

### **Check out the course**

Get comfortable with the course by checking out water conditions, swim entry, exit layouts and buoy colors and locations. Take part in official practice swim if one is offered. Identify navigation landmarks such as buildings or landscapes for sighting in every direction while swimming.



## SWIM SMART CHECKLIST

### **Ensure heart health**

As an athlete in training, you should take proper steps to assess your health with your physician.

The American Heart Association and European Society of Cardiology offer suggestions for cardiac scanning of competitive athletes. These include a physical exam as well as assessment of your family history, personal heart health and may include a recommendation of additional diagnostic studies. We recommend you consult your physician before your race.

### **Pay attention to warning signs**

While training, if you experience chest pain or discomfort, shortness of breath, light-headedness, or blacking out or have any medical concern or symptoms, consult your doctor immediately.

### **Start Easy - relax and breathe**

Follow the race instruction regarding the swim start format that have been provided in the event athlete guide.

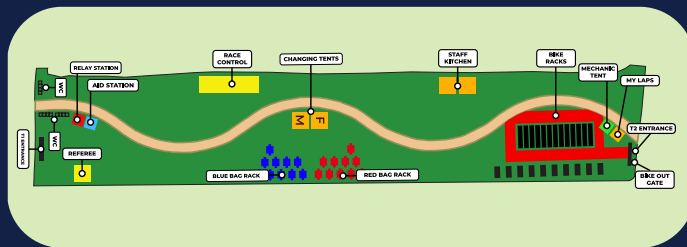
For events with rolling swim start, do not overestimate your ability. Do not race at maximum effort from the start - ease in to your swim. Relax and focus on your breathing as you settle in to suitable pace

### **Be alert and ask for help**

In a race setting always stop at the first sign of a medical issue. 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. Hold on to a static object like a raft, buoy or dock.



## TRANSITION AREA AND FINISH GARDEN



### If you do not start the race or if you withdraw before reaching the finish point, you must:

- Communicate it immediately to the Medical Staff, Organizing staff or to the officials of the race
- If you do not communicate your withdrawal, an Emergency Search Process will be initiated, which you must pay for.
- When completing the swimming course, you will need to run towards the transition zone.
- Please note that any item left at the start of swimming, including flip flops, will be removed immediately after the swimming sector has ended.



## SWIM EXIT - TRANSITION AREA

### IN TRANSITION

- After the swimming leg, the athlete must store all swimming equipment, after the swimming part in the BLUE BAG
- The athlete has to pick up the blue bag from the transition area.
- Changing clothes is only allowed in the changing tent.
- All equipment needs to be packed by the athlete independently into the blue bag and hang his bag back to his spot on the rack.
- It is the athlete responsibility to pick up his bag and return it to the rack before leaving the transition area.
- Only bike shoes (clipped on the pedals) can be stored ON the bike. The ground beneath the cycle has to stay empty!
- Leaving Transition Area Cut-Off Time 10 min after respective start to 8:26 at the latest



## 70.3 RACE-DAY INFORMATION

## 5150 RACE-DAY INFORMATION

**IRONMAN 70.3 EGYPT** BIKE COURSE  
1 LOOP  
COURSE DISTANCE - 90KM

Red Sea

Al Ahliah

ad-Dahar

Hurghada

Marina

El Sekalla

Long Beach

Sahl Hasheesh

Transition

**START**

**FINISH**

90km - 600 elevation / altitude difference

Swim course 20 Kilometer

Bike course 90 Kilometer

Run course 10 Kilometer

Aid Station

Water Station

**CUTOFF TIME**  
SWIM+BIKE = 5H 30MIN

**5150** BIKE COURSE  
2 loops  
Course Distance - 40 km

Red Sea

Al Ahliah

ad-Dahar

Hurghada

Marina

El Sekalla

Long Beach

Sahl Hasheesh

Transition

**START**

**FINISH**

40 km - 600 elevation / altitude difference

Swim course 20 Kilometer

Bike course 40 Kilometer

Run course 10 Kilometer

Aid Station

Water Station

**CUTOFF TIME**  
BIKE = 3H 15MIN



## RACE DAY INFORMATION BIKE COURSE

### AID STATIONS

The Bike course has three, fully equipped aid stations.  
The exact locations of the aid stations are described in the course map with their designated icons (**KM 18,30,48**)

At the aid station we offer:

- Water
- Isotonic drinks (Lyte speed)
- **In addition there are:**
  - Bananas (cut in half)
  - Brüz Bars (cut in half)



**TOILETS AVAILABLE AT KM 45**



## RACE DAY INFORMATION BIKE COURSE

### BIKE RULES

- Please make sure to drop used bottles in the designated bins. They are placed right in front of, and behind every aid station.
- It is mandatory to drive on the right side of the bike course.
- It is mandatory to wear the BIB number visible on the back during the bike course.
- In case a penalty is applied, the athlete must go on his own to the next penalty tent within the course direction.
- In case the athlete does not stop at the penalty tent, he will be disqualified.
- Service vans guarantee mobile bike support along the course. The official bike service provides only technical support (to spare tires). No Disc wheels are allowed due to heavy wind.
- There is a withdrawal tent after each aid station in case you do not wish to finish your race.

### The Penalty Box

- they can only be located at KM 88 on the bike course.
- While the athlete is in the Penalty Box, they can only consume the food and water they carry on.
- Athletes are prohibited from using the bathroom while completing the penalty. Using it will mean disqualification from the competition.
- It is forbidden to do adjustments or perform any type of maintenance to the bicycle while completing a penalty in the Penalty Box.

### Medical

- If you feel unwell or unable to continue the race, let an official know. If you see a fellow athlete looking unwell and struggling to continue the best thing you can do for them is to alert an official out on the route, so that medical help can be requested urgently.

If they are unable to focus or appear confused, have wobbly legs etc... you can help them to the ground safely and lift their legs in the air to help get blood back to their heart and brain.

Do not try and support them to continue the race as this can have a detrimental effect on their health.





## BIKE COURSE RULES

### POSITION RULES

- NO DRAFTING of another bike or any of other vehicle is allowed
- Athletes must keep 12 meters of clear space between bikes except when passing. Failure to do so will result in a drafting violations.
- A pass occurs when the overtaking athlete's front wheel passes the leading edge of the overtaken athlete.
- Overtaking athletes may pass on the left for up to 25 seconds but must move 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. Overtaken athletes must immediately fall back six bike lengths before attempting to regain the lead from a front running bike. Directly re-passing before falling back six bike lengths will result in an overtaken violation.
- Overtaken athletes who remain in the draft zone for more than 25 seconds or who do not make constant progress out of the drafting zone will be issued a drafting violation
- Athletes must ride single file on the far-right side of the road except when passing another rider or for safety reasons. Side-by-side riding is not allowed and will result in a position violation.
- Do not attempt to discuss the penalty with the official.
- No disc wheels allowed due to strong wind.

### THE OFFICIAL WILL

- Notify you that you have received either BLUE CARD for drafting littering or a YELLOW CARD for any other penalty. The official will show you the corresponding-colored card.
- Instruct you to report to the next Penalty Tent (PT) on the course.



## BIKE COURSE RULES

### THE ATHLETE WILL

- Report to the next penalty tent and tell the official present whether you were shown a blue card or a yellow card
- Athletes who fail to report to a PT will be disqualified
- Have your race number marked by the penalty tent official
- Register via the sign-in sheet
- Resume the race after serving 30 second time penalty for all non-drafting violations (yellow card).
- Remain in the penalty tent for the time indicated in the table below for each drafting and littersing violation (blue card)
- You will be disqualified if you receive three blue card penalties. An athlete may finish the race if they have been issued a red card. Disqualification unless otherwise instructed by the Race Referee.
- You will be disqualified for not reporting to the penalty tent.

### PENALTIES

- 1st Blue Card Offense **5:00 MIN**
- 2nd Blue Card Offense **10:00 MIN**
- 3rd Blue card Offense **DSQ (disqualified)**



## BIKE COURSE RULES

- Bikes must be racked in a manner so the majority of the bicycle is on the athlete's side of the bike rack.
- No tandems, fixed gear bikes, recumbents, fairings, or any add-on device designed specifically to reduce resistance are allowed. Any new, unusual prototype equipment will be subject to a determination of legality by the event organizer and/or head referee.
- The sole responsibility of knowing and following the prescribed cycling 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.
- Athletes must obey all traffic laws while on cycling course unless otherwise specifically directed by an official, race monitor or designee with actual authority. Failure to do so may result in disqualification.
- No athlete shall endanger himself or another athlete. Athletes who intentionally present a danger to any athletes or who - in the judgment of the Head Referee - appear to present a danger to any athlete may be disqualified.
- Only bike shoes (clipped to the bike) can be stored on the bike in transition. Shoes and shirt must be always worn at all time.
- Athletes must wear a bike helmet number on the front of their helmet.
- A CPSC-approved helmet is required during the entire bike portion including in and out of transition. Athletes riding without an approved helmet, or their chinstrap not fastened may be disqualified. Alterations to a hard-shell helmet, which affect its integrity, are not allowed.



## BIKE COURSE RULES

- Do not litter. Any item that needs to be discarded, including but not limited to water bottles, gel and 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 disqualification.
- 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.
- Athletes may walk bike, if necessary, but may not make progress on the bike course unaccompanied by their bicycle.
- 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.
- 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.
- Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top / 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.



## CYCLE SMART CHECKLIST

### IT STARTS WITH YOUR BIKE

- Your seat and handlebars should be adjusted to the appropriate height and reach for.  
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.

### LEARN THE BASICS

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

### 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.

### BE PREPARED TO RIDE

- Carry the appropriate amount of water, and nutrition
- Know how to use tire repair kit and appropriate tools, and be sure to carry them with you

### PLAN AHEAD

- Select a route that limits the number of interactions with vehicles
- 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



## CYCLE SMART CHECKLIST

### INFORM OTHERS

- In the event of an incident, someone should know where you are.
- Always carry personal identification with you and a cell phone for emergencies.

### STAY ALERT

- Leave the playlists and podcasts for indoor workouts.
- Do not use your phone while riding - pull of the road if you need to make a call or send a text.
- Do not take photos while riding.
- Keep your head up, particularly when riding in a group. Be able to see and hear what is going on around you. When riding in a group, look through the rider in front of you to anticipate an exit strategy.
- Be easy on the brakes when riding in a group. Ride smoothly, do not overlap wheels.
- Pay particular attention when approaching aid stations during a race. Do not ride through aid stations in the aerobars.

### OBEY THE LAW

- Always stop at stop signs and lights.
- Know the traffic laws for your area, especially those regarding riding two abreast or single file.
- When passing a parked car or other cyclist, make sure there is enough space to avoid contact.

### COMMUNICATE

- Use verbal and hand signals so that others know it you are stopping or returning.  
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 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

### 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.
- 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 my 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.



## BIKE EXIT - TRANSITION AREA

After finishing the cycling stage, you must leave your bike on the rack reserved for your bib number.

Then head to the bag area to prepare for the last stage. Once you have changed you must make sure to store all the cycling equipment inside the red bag and re-hang it in your designated hanger.

Once you have equipped yourself with your running equipment, head to the exit ( Run Out ) and the last part of the competition begins.



## 70.3 RACE-DAY INFORMATION

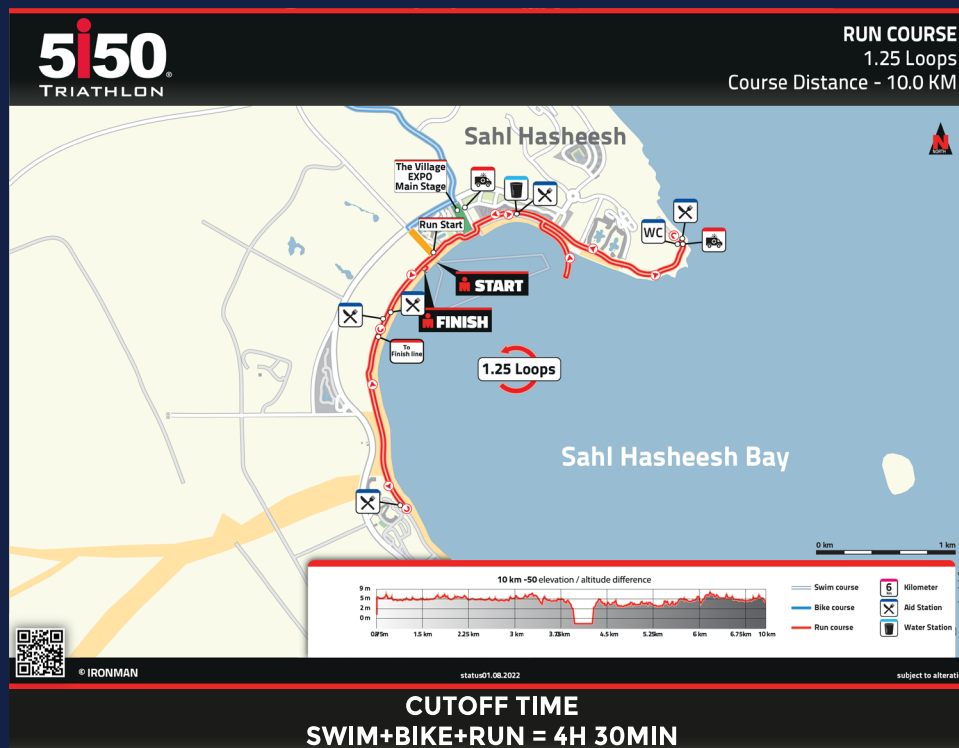


**CUTOFF TIME**  
**SWIM+BIKE+RUN = 8H 30MIN**





## 5150 RACE-DAY INFORMATION





## RACE DAY INFORMATION RUN COURSE

### AID STATIONS

The run course provides three fully equipped aid stations and three water stations per loop. All aid stations are setup in the same order.

At the aid station we offer:

Water

Lytespeed (ISO)

Bars (Brüz Bars)

Cola (diluted)

Bannana

Redbull (diluted with water mixing 2:3 ratio)

Sponges

Ice

At the run water station, we offer:

Water

Lytespeed (ISO)





## RACE DAY INFORMATION RUN COURSE

### RUN RULES

- Athletes may run, walk, or crawl.
- Athletes must wear their IRONMAN 70.3 issued BIB number and have it clearly visible at the front all times on the course.
- Folding, cutting, any intentional alteration or failure to wear the Bib number is strictly prohibited and may result in disqualification.
- Athletes are expected to follow the directions and instructions of all race officials and public authorities
- 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.
- Running with a bare torso is prohibited. athletes must wear a shirt, jersey, or sport top/ sports bra at all times during the whole 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. The uniform should be fully zipped when crossing the finish line.
- The run course will officially close 8 hours and 30 minutes after the last athlete enters the water.

### 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).



## RACE DAY INFORMATION RUN COURSE

### WITHDRAWALS

#### PRE-RACE

- If you wish to withdraw from the race prior to race start (after you have registered) please inform the help desk at registration and email [egypt70.3@ironman.com](mailto:egypt70.3@ironman.com) and return your timing chip. It is important that you let us know if you are not racing so all athletes are accounted for and we know you are safe.

#### DURING THE RACE

- To comply with the health and safety plan any athlete withdrawing from the race at any time must report it to a staff member, please ask for the team leader of the area you are in. They will take your details and report them to the race officials. Any athlete who fails to report their withdrawal may result in suspension from future IRONMAN 70.3 EGYPT, events. Athletes who receive medical assistance from our medical team are exempt from this rule.

#### MEDICAL SUPPORT

- The Medical Team of the IRONMAN 70.3 EGYPT guarantees an optimum level of medical support at any time. During the race doctors and first aid personnel will attend the swim course at the piazza, each aid station along the bike course and the run course. When crossing the finish line every athlete is taken care of by the finish area team. A doctor will check the physical condition.
- Please always obey the orders of the medical staff.
- Every competitor must have his own individual health insurance which covers medical treatment in case of serious injury or illness as well as the treatment in a hospital.

#### LOST AND FOUND

- During race week, Lost & Found will be available at the IRONMAN STORE in the village once the event is over, please contact

**[egypt70.3@ironman.com](mailto:egypt70.3@ironman.com)**

to locate any missing items and schedule returns. Shipping fees will apply.

- **\*All unclaimed items will be donated within 30 days.**



## RACE DAY INFORMATION RUN COURSE

### CUT-OFF TIMES

The following cut-off times apply for the different race portions beginning at the start time and for the entire race:

Swim 1 H 10 MINS after respective start. Latest: 08:10 am.

Bike 6 H 10 MINS after respective start. Latest: 01:10 pm.

Run 8 H 30 MINS after respective start. Latest: 03:30 pm at the Finish Line.

If you do not finish the different portions within these times you have to stop racing. The race is over at 15:30. Athletes crossing the Finish Line after 15:30 will not be listed in the official results.

Road closures, Safety - and Security precautions will end at 15:30

Every Athlete has 8 hours and 30minutes to cross the Finish Line after their respective start, exceeding this time limit due to an early start, you will be listed as DNF in the list of results.

If an athlete doesn't make the cut-off, the staff in the golf car will let the athlete know. The athlete has the opportunity to get on the sweep vehicle to return to the transition zone or continue to ride on the street in accordance with the regulations of the traffic code and at his own risk. The transition will be closed, and the athlete won't be able to run.



## RELAY TEAMS

Most of the information in the Athlete Guide applies to relay teams, with regards to timings and requirements to register and rack. Where there are variations due to team logistics, we have provided the information below.

### REGISTRATION

Registration for all athletes will take place on Wednesday & Thursday. It is compulsory that all relay team members register and collect the team's race pack within the times stated on the Schedule of Events. Each team member will need their ID Teams will confirm their details at registration.

To make any changes, please refer to the Help Desk.

Please note, you will not be able to change team members at registration, you will only be able to change their details

All team members must be present to receive their registration package.

Please note, any team changes must be made no later than 10 days before race day. Any changes after this date will not be accepted.

### RACE PACK

As a relay team you will receive 3 athlete backpacks and an envelope, containing:

2 × Race BIBs - one for the bike, one for the run

3 × ID Wristbands - one for each team member

1 × Swim cap (white)

3 × Tattoos - one for the bike, one for the run & one for the swim

1 × Sticker Sheet - for the bike and transition bags

For relay teams, bikes and helmets are checked in on Thursday between 15:00 to 20:00

You must also bring your race number with you

Relays have a designated area for the relay handover in the transition zone!

On race morning, the cyclist has access to the bike from 6:00 am. Until the first relay change, the cyclist can stay in the relay area or leave the transition area via the exit to the swim start or the relay access point to the transition area.

The athletes' streetwear bags can be dropped off at the Athletes Garden between 5:30h and 7:00h on race morning.

**Relay rolling starts 6:55**



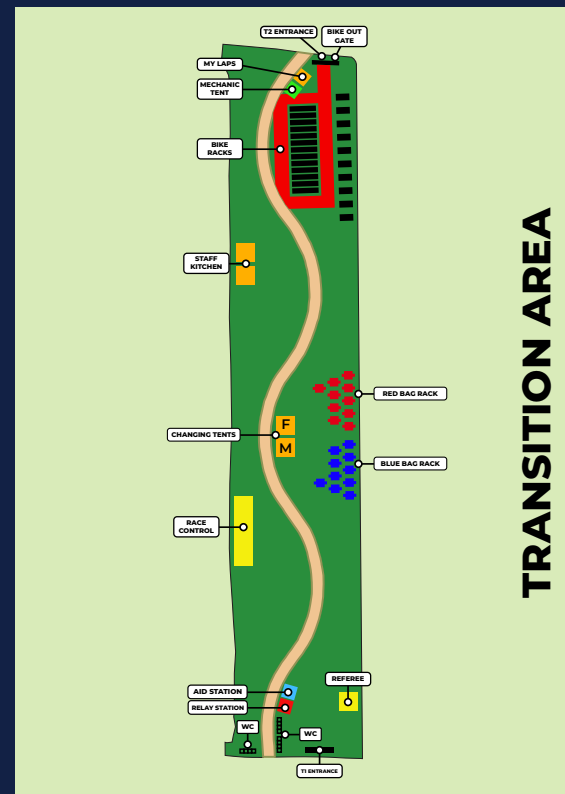
## RELAY TEAMS

### TRANSITION POINT

In Transition there will be signages marked «RELAY TENT». This is the area where you may exchange your timing chip. Please make sure all team members are aware of these areas when racking on Thursday.

### RULES & REGULATIONS

Please make sure that you are familiar with the general rules for IRONMAN and the specific rules that relate to each discipline for the relevant athlete. These are outlined in this document. It is the responsibility of each team member to understand the course they must complete, and what time they must be in place for the swim start, changeovers and the finish. To reunite with your Run leg team member, make sure to have your team waiting at the relay meeting point before the finish line





## POST - RACE INFORMATION

### ATHLETES GARDEN

The Athletes Garden is the regeneration and rest area of IRONMAN 70.3 EGYPT. It is located directly behind the Finish Line. It offers changing rooms and refreshment zones, as well as rest and relaxation areas and care by competent medical staff. Only athletes, medical staff and the management team of the IRONMAN 70.3 EGYPT have access to the Athletes Garden.

### FINISHER-SHIRTS AND MEDALS

Finisher shirts and medals will be handed out in the athletes finish garden. Please bring your race number!

Certificates will be also be available for download after the event. Engraving of the medals will be offered in the athletes finish garden on race day till 16:00 PM

### RACE PHOTOGRAPHY

Several photographers will be at the swim exit, on the bike course, on the run course, and of course, at the finish line!

### HOW TO ORDER YOUR PIX:

To be notified as soon as photos are online, register your email address at [event@sportograf.com](mailto:event@sportograf.com) 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 stopping your watch, the timing company will ensure an accurate record of your achievement.

Visit [event@sportograf.com](mailto:event@sportograf.com) to view, order, and share your photos from the event.

### MEDAL ENGRAVING

GET YOUR RACE TIME RECORDED ON THE MEDAL DIRECTLY AFTER THE RACE!

Make this an unforgettable experience by booking this service from your Active profile, in the Official Store or at the medal engraving point at the Finish Line Area. Please note that medal engraving will only be made at the venue of the event until 16:00h. If you have selected this option, it is your responsibility to ensure that it is completed after the race.





## POST RACE INFORMATION

### BIKE CHECK-OUT AT TRANSITION AREA

The bike check-out operating hours on race day, from 14:00h till 18:00h

The organizer's supervision for bikes ends at 18:00 (NOVEMBER 3rd).

Bikes are returned in exchange for the race-chip.

Bikes won't be returned if the athlete is not able to show the race-chip and/or a valid identity card/passport, if the chip got lost.

Personal belongings that have been left in the transition areas can be picked up separately by showing the race-number and a valid picture-ID/passport, if the athlete is not going to pick up the equipment himself.

Once the athlete has left the bike check-out, claims of damage or loss of material won't be accepted any more.

### CHECK OUT PROCEDURE IRONMAN 70.3 EGYPT - 5i50 TRIATHALON

The entrance to the check-out is located at the entrance of the transition from the beach side. [ T1 Entrance ]

Please follow this order for the check out

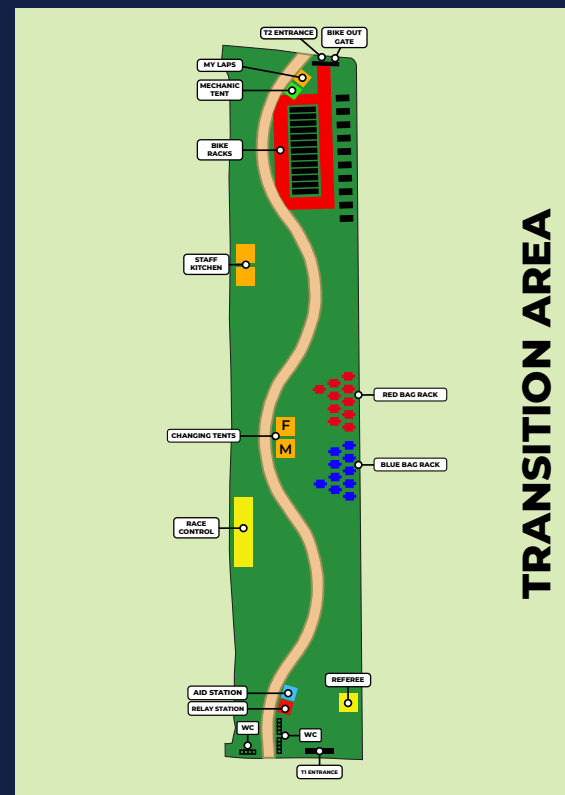
Get your blue bag

Get your red bag

Get your bike

Head to the security check area and timing chip deposit tent

It is necessary to show your athletes wristband, BiB number, timing chip, both bags and your bike at the security check!





## POST RACE INFORMATION

### AWARDS CEREMONY

The award ceremony takes place at the village piazza to celebrate the winners for all age groups and relay teams for IRONMAN 70.3 Egypt and 5i50 TRIATHALON.

The award ceremony is open for all the athletes. To invite your friends or family, you can purchase a ticket through your account on Active or pay a \$25 fees at the award ceremony entrance or at registration tent.

### SLOT ALLOCATION FOR THE IRONMAN 70.3 WORLD CHAMPIONSHIP

IRONMAN 70.3 EGYPT allocates 30 slots for the IRONMAN 70.3 World Championship **2024** in Taupo, New Zealand on December 14 & 15 2024.

If you qualify in the IRONMAN 70.3 EGYPT 2023 then you are only eligible to take part at the IRONMAN 70.3 World Championship 2024 in Taupo, New Zealand. All competitors who wish to make use of their qualification slots must be present at the slot allocation. Slots will be moved up according to a specific allocation key of the WTC until every slot is allocated.

IRONMAN 70.3 has the last decision to this allocation of slots the qualification fee for the IRONMAN 70.3 World Championship 2024 is **780\$** (+ %9,25 Active fee) and must be paid by credit card on site. No EC-cards, checks and no cash will be accepted.

The athlete must show a valid ID and athlete wristband displaying BIB number.

Please ensure that you have all the visa and entry requirements to travel to the IRONMAN 70.3 World Championships in Taupo, New Zealand. It is your responsibility to ensure that you are able to provide all the correct documents to enable you to travel before accepting your slot.

**2024**  
IRONMAN 70.3  
WORLD CHAMPIONSHIP

Taupo,  
New Zealand  
December 14 & 15 ,2024





**IRONMAN**  
70.3 EGYPT

**5150**  
TRIATHLON

# SEE YOU AT THE FINISH LINE

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[instagram.com/ironman703Egypt](https://instagram.com/ironman703Egypt)



# ATHLETE GUIDE 2023

