



2024 ATHLETE INFORMATION GUIDE



V1

<https://www.ironman.com/im-cairns>
cairns@ironman.com
Ph: 1300 761 384

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PROUDLY SUPPORTING



RACE DIRECTOR MESSAGE



Welcome to the 2023 Cairns Airport IRONMAN 70.3 Cairns, we are excited to be delivering the 13th edition of this event in beautiful Tropical Far North QLD. All of us here at IRONMAN Oceania can't wait to share this amazing event with you this June.

First and foremost, I would like to acknowledge the Traditional Owners of the land on which this event takes place, the Yirrganydji and Gimuy Walubara Yidinji people. We pay our respects to their Elders past, present and emerging, and recognize their continuing connection to the land, waters and culture.

I would like to thank Tourism Events Queensland, Cairns Regional Council and Port Douglas Shire Council for their continued support in allowing us to hold this fantastic event again here in Cairns.

This event, known as the "Race in Paradise" boast stunning natural beauty and creates the perfect backdrop for this incredible race. With its lush rainforests, picturesque coastline, and vibrant community, this tropical paradise is truly an unforgettable experience for athletes and spectators alike. We are lucky enough to hold an event in this beautiful location and ask all athletes to please ensure that when discarding of rubbish, please do so in an appropriate manner on the course at the Aid Stations. We want to ensure that this region is kept in pristine condition post-event.

The 1.9km ROKA Swim Course will begin in Palm Cove following an anti-clockwise direction. The 90km bike course will take you up the Captain Cook Highway toward Port Douglas, turning near Thala Beach, giving you plenty of opportunity to soak in the views and returning into the heart of Cairns. The 21.1km HOKA run course remains unchanged with two laps taking in waterfront scenes, running through palm trees and soaking in the atmosphere that spills out along the beautiful Cairns Esplanade. This certainly is the Race in Paradise.

Our Festival Events again will be held this year, with the Quicksilver Green Island Reef Swim, COUCH Charity Breakfast Fun Run and IRONKIDS Cairns giving the family an opportunity to get amongst the action.

I would like to extend my thanks to our incredible volunteers, sponsors, and the local community who have been through so much over the past 6 months. The team at IRONMAN Cairns is extremely grateful for their unwavering support. Their contributions make this event possible and enrich the experience for everyone involved. This community loves this event and I hope you get to experience the love while you're in town and out on the course come Sunday.

So athletes, get ready to dive into the event, embrace the thrill of the race, embrace the spirit of competition, and embrace the bonds forged through this shared experience. Good luck to each and every one of you. May this be a race filled with personal triumphs, unforgettable moments and the joy of crossing the finish line, we can't wait to welcome you there!

Please ensure that you read the entire Athlete Information Guide before the race to ensure you have all the information you need for racing.

Don't forget to enjoy your time in Tropical North Queensland and what this region has to offer.



Jemma Baker
Race Director

IMPORTANT MEDICAL AND HEALTH INFORMATION



MEDICAL INFORMATION

• **If you have a known medical condition, we highly advise that you take the following steps:**

1. Please stop by the Help Desk at Athlete Check-In to get a special race day wristband on which you should write the details of your medical conditions(s).
2. Please also write the details of your medical conditions(s) on the back of your athlete bib, which you will receive in your race packet.

The medical information that is placed on your wristband and athlete bib will provide medical staff or emergency services with essential information. If you have any questions or concerns about providing medical information, please stop at the Help Desk at Athlete Check-In.

- Your safety is our primary concern. The medical team will be staffing the medical facilities at Cairns Esplanade. Medical resources will also be available while you are out on course.
- If you are not feeling well on race morning, we strongly advise you not to start the event. If you decide to not start the event, you must inform a race official so we can officially withdraw you from the event.
- If you start to feel unwell at any point during race day, we urge you to seek help rather than continue.

DO NOT BE AFRAID TO ASK FOR HELP

You will not receive a penalty or be disqualified for receiving a medical evaluation.

If at any time during the race you experience chest pain or discomfort, shortness of breath, lightheadedness (dizziness), numbness around the mouth or in hands, difficulty concentrating, or stop sweating please stop immediately and seek medical attention. A medical evaluation does not constitute outside assistance. You will not receive a penalty or be disqualified for receiving a medical evaluation, or for having someone help you in getting medical assistance.

- **During the swim:** raise and wave your hand, which will alert the water safety team that you need help. If able to, you can also verbalize you are in need of help by yelling “help.” You can also grab onto a kayak, paddle board or nearby boat. You will not be disqualified for grabbing onto any of these safety items during the race.
- **During the bike:** If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **During the run:** same as the bike. If you are at an aid station, let someone know you are in need of medical help. If you are not at or near an aid station – STOP – let someone know you need medical help. Anyone can help - another athlete, a volunteer, a staff vehicle, event support vehicle or event moto out on course; even a spectator. Have them alert the nearest aid station or staff member that you need medical assistance. Make sure you provide your bib number to initiate your care.
- **Helping another athlete** – if a fellow athlete needs help, please use the same steps listed above to get the athlete medical assistance. You will not be disqualified or receive a penalty for assisting a fellow athlete in medical need. On the bike and run course, make sure to provide the bib number of the athlete in need of help.
- After you have finished the race, please do not leave the post-race area until you are able to drink without vomiting, stand without dizziness and feel okay. If you are not feeling well, please come to the event medical tent to be evaluated by the medical team before leaving the recovery area.

Manage your Health and Safety on Race Day – Race Healthy, Race Smart

Please visit our [Athlete Smart](https://www.ironman.com/athlete-smart) web page for more information regarding your health pre-race and during competition:

<https://www.ironman.com/athlete-smart>

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WELCOME MESSAGE – TEQ



It is my pleasure to welcome you to the 2024 Cairns Airport IRONMAN Asia-Pacific Championship Cairns and Cairns Airport IRONMAN 70.3 Cairns.

The Cairns Region is known for its stunning natural beauty, including the Great Barrier Reef, Daintree Rainforest, and Atherton Tablelands, making it the perfect destination for this event.

The Queensland Government is proud to support the 2024 Cairns Airport IRONMAN Asia-Pacific Championship Cairns and Cairns Airport IRONMAN 70.3 Cairns through Tourism and Events Queensland's Major Event funding.

This event is a quintessential Queensland experience in Cairns and is set to contribute towards a \$850 million Queensland Events Calendar in 2024.

Queensland's growing events calendar highlights our state's reputation as a destination for great entertainment and unique visitor experiences.

If you are visiting for the event, I encourage you to make the most of your stay in this picture-perfect location by exploring the diverse and unique tourism experiences.



Minister for Tourism and Sport
The Hon. Michael Healy MP

WORLD TRIATHLON MULTISPORT CHAMPIONSHIP TOWNSVILLE,
15 - 28 AUGUST 2024

A male triathlete is captured in mid-stride, running along a paved path that runs parallel to a body of water. He is wearing a blue and white checkered triathlon jersey, black shorts with a white wavy line logo, white socks, and green and blue running shoes. He also wears a blue headband with 'SPORT' written on it and sunglasses. The background features a vast blue ocean under a clear sky, with distant mountains visible on the horizon. A small white boat is visible on the water to the right. The overall scene is bright and sunny, suggesting a clear day.

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WELCOME MESSAGE – Cairns Regional Council



On behalf of the Cairns Regional Council and the Cairns community, a friendly tropical welcome to the competitors, officials and supporters who have gathered in Tropical North Queensland for the Cairns Airport IRONMAN Asia-Pacific Championship Cairns.

For those of you who are returning to Cairns, to you I say: “It is great to have you back”. To all first-time participants and supporters, welcome to Cairns and congratulations on taking part in arguably the most picturesque IRONMAN event on the circuit.

Cairns is truly proud to host this iconic event.

From the first Cairns IRONMAN event 13 years ago, the community has watched it grow and develop into a “must-do” event for athletes locally and from across the globe.

Our reputation has continued to grow, with Cairns voted World's Best IRONMAN in the 2022 Athlete Choice Awards.

Cairns has again been awarded the status of the Asia-Pacific Championship and included this year within the IRONMAN Pro Series.

A year-long competition that spans across 18 selected IRONMAN and IRONMAN 70.3 events, athletes taking part in the IRONMAN Pro Series are vying for a season-ending bonus pool of over \$2.5 million, with the Cairns event offering an additional \$225,000 prize purse.

Our community has embraced IRONMAN and hundreds of locals are part of this event each year, either as participants, as volunteers, or as vocal supporters lining the streets to offer encouragement. It is all part of what makes this event special.

Like many in the community, I too have caught the “IRONMAN bug”, and for the past three years laced up to complete the 21.1-kilometre run leg as part of a local team.

I encourage all visiting participants, their supporters and family and friends to take the chance to explore all our region has to offer, eat our fish and tropical delights, and wish you a successful and memorable event.



Amy Eden
Mayor, Cairns Regional Council

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RACE REFEREE MESSAGE



To minimise the possibility of infringing the rules on race day and avoiding a visit to the penalty tent, please observe the following:

- Ride on the left side of the bike lane
- Crossing the Centreline – do not cross the centreline at any time during the Cycle leg
- Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- Pass on the right of the cyclist in front (never on the left)
- Complete your pass within 25-seconds
- If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A technical official's ruling is final in the case of drafting, blocking, and illegal pass infringements (judgment calls) and these are not subject to either protest or appeal.

Following are the most common rule infringements:

Blue card 5-minute penalties include:

- Drafting – following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing - Please watch this [Drafting Video](#) for a further explanation
- Illegal pass – passing on the left
- Littering – discarding items, e.g. tyres, bottles, gel wrappers etc., this applies on any part of the course, except within designated litter zones near aid stations
- Passing more than one athlete - the athlete who is making the pass can only 'drop in' between other athletes if the distance between the athletes is more than the legal draft zone.

A technical official will advise you of any time penalty by calling your number, advising you of the nature of the infringement and showing you a blue card. It will be then your responsibility to serve the 5-minute time penalty(s) at the next penalty tent.

Yellow card penalties to be served at the next penalty tent include:

- Blocking – riding on the right side of an athlete without passing or riding on the right-hand side of the bike lane when clear of other athletes
- Helmet – failing to have your chin strap securely fastened when moving with your bike, this penalty will be served in transition

Note: that any 3 infringements across the course during the event may result in a disqualification.

Other infringements which may result in disqualification include:

- Offensive and unsportsmanlike behaviour
- Public personal toilet
- Outside assistance (from anyone other than a race official)
- Use of a device that will distract the athlete from paying full attention to their surroundings. For the avoidance of doubt mobile phones may be carried by an athlete during the race (for example, for the use of tracking apps such as Strava). However during the race the communication functions (voice calls, text messaging, email or any other form of electronic communication or messaging) of these devices may not be used. Nor may any device be used to play music, with or without the use of headphones or headsets

Disqualification Process

- A technical official will advise you of your disqualification by blowing a whistle, calling your number, advising you of the nature of the infringement and showing you a red card
- Having been disqualified you have the option to continue in the race and protest the disqualification to the Head Referee after you finish the race. Note that you must signal your intention to protest within 15 minutes of finishing and complete the protest paperwork within 30 minutes of finishing

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

We sincerely hope you have a great race, enjoy the experience, and achieve your IRONMAN goals.

Sue Fairweather
Race Referee

RACE RULES



The event is sanctioned by AusTriathlon and raced under [IRONMAN Race Rules](#).

All Athletes should read and understand the Race Rules prior to race day. Below highlights some of the Race Rules.

RACE FINISH, TIMING, AND RESULTS

Section 2.05

(e) An athlete or relay team who fails to start an Event, is disqualified from an Event, fails to finish an Event, or finishes before the course closes but outside the Event time limit, will be designated in the results as:

- (i) Did not start (“DNS”) – Enters an Event but fails to start;
- (ii) Disqualified (“DSQ”) – Starts an Event and was disqualified;
- (iii) Did not finish (“DNF”) – Starts an Event but fails to cross the finish line, or
- crosses the finish line after the course closes; and
- (iv) Not classified (“NC”) – Starts an event and crosses the finish line before the course closes but fails to meet an established course or discipline cut-off time, or the overall event course cut-off.

Swim

Section 4.01 General

(c) The use of snorkels, fins, gloves, paddles, or flotation devices of any kind (including pull buoys) is prohibited; (DSQ)

(g) Individual paddlers or escorts are prohibited; (DSQ)

Section 4.02 Wetsuit Rules

(c) A wetsuit may cover any part of the body except the face, hands, or feet;

(e) The thickness of the wetsuit may not exceed 5mm. If the wetsuit consists of two or more pieces then the combined thickness of the overlapping pieces may not exceed 5 mm; (DSQ) and

Section 4.04 Illegal Equipment

(a) Headsets or headphones are prohibited during the swim segment of the race. (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly).

BIKE

Section 5.01 General

(a) The bicycle shall be propelled solely, through a chainset, by the legs moving in a circular movement, without electric or other assistance. Other than pushing or carrying a bicycle, any propulsive action brought on by use of the hands is prohibited (except with respect to PC Open Athletes and HC Athletes in accordance with Article VIII and Article IX); (DSQ and indefinite suspension)

(c) It is the sole responsibility of each Athlete to know and follow the prescribed cycling course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course;

(h) 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; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 5.02 Equipment

Illegal Equipment

(iv) Headsets or headphones are prohibited during the bike segment of the race; (1:00 minute penalty, DSQ if not remedied promptly); and

RUN

Section 6.01 General

(a) Athletes may run, walk, or crawl;

(b) It is the sole responsibility of each Athlete to know and follow the prescribed running course. No adjustments in times or results will be made, for any reason whatsoever, for athletes who fail to follow the proper course (e.g., if the Athlete runs in the wrong direction or runs more than necessary, time will not be subtracted from the Athlete’s final race time);

(d) Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the race; (30 or 60 second time penalty (as applicable), DSQ if not remedied promptly)

Section 6.02 Illegal Equipment

(a) Headsets or headphones are prohibited during the run segment of the race. (1:00 minute penalty, DSQ if not remedied promptly)

RACE RULES



FINISH LINE

Section 6.03 Finish Line Conduct

Friends, family members, and/or other spectators are not permitted to cross the finish line or enter the finish chute with participating Athletes. (Please note: IRONMAN desires for each Athlete to be able to celebrate his/her accomplishment without risking the safety of other event participants, volunteers, and/or spectators). Athletes who choose not to respect the foregoing finish line policy will be disqualified.

PROTESTS

Section 3.06 Right of Protest or Appeal

(a) The Athlete's right to protest or appeal, if any, will be governed and handled by the event's sanctioning body and/or the Competition Rules of the relevant National Federation, provided, however, that if no formal process exists for the applicable National Federation then IRONMAN may elect to handle protests and appeals for such event in a manner that is substantially similar to the process set forth by the then-current International Triathlon Union Competition Rules.

COMPETITION AGE

All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age as of December 31 of the year of the Event.

ANTI-DOPING

Each athlete acknowledges notice of the Anti-Doping Rules (as such term is defined below), and acknowledges that he/she is bound by, confirms he/she shall comply with, and voluntarily consents to all provisions of the Anti-Doping Rules. (i) "Anti-Doping Rules" means all anti-doping rules adopted by IRONMAN including, without limitation, the World Anti-Doping Code (the "WADA Code"), all associated International Standards, including, without limitation the

List of Prohibited Substances and Prohibited Methods (the "Prohibited List") as issued by the World Anti-Doping Agency ("WADA"), and all other rules, policies, and/or procedures adopted by IRONMAN.



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 Guernsey Triathlon Club
 Hat Head Triathlon Club
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 i4 Coaching

Intraining Running And Triathlon Club
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 Ironwill Singapore
 JET Coaching
 JQ Triathlon Team
 JT Multisport
 Kempsey Runners And Triathlon Club Inc
 Knox Triathlon Club Inc.
 Koa Sports
 Lakers Triathlon Club
 Landshark Endurance
 Live2Tri
 M5 Triathlon
 Maccabi Triathlon And Cycle Club, Inc.
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 Maitland Triathlon Club Inc
 Mandurah Triathlon Club
 Maverick Athletic Club
 Melbourne Triathlon Club Inc
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 TRIBAL Triathlon Singapore
 Tribe Triathlon Club
 TriEdge Coaching
 TriMob
 TriMotivate Performance Coaching
 TriSpecify
 TRITONS Triathlon Club
 TriVelo Coaching
 Tuggeranong Vikings Triathlon Club
 University of Western Australia Tri Club (UWA)
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EVENT SCHEDULE



Event Schedule is up to date as at 16/05/2024 and is subject to change.
View the Event Schedule [online](#) and on the [IRONMAN Oceania App](#) for the most up to date.

WEDNESDAY 12 JUNE 2024

Time	Event	Location
4:00pm - 5:00pm	Check In - Quicksilver Green Island Swim	Event Information, Cairns Esplanade

THURSDAY 13 JUNE 2024

Time	Event	Location
5:45am	Check-In - Quicksilver Reef Swim Green Island	Reef Fleet Terminal, Cairns
6:15am	Board Quicksilver Charter Boat to Green Island	Quicksilver Terminal, Cairns
7:55am	Race Start - 3km Quicksilver Reef Swim Green Island	Green Island
8:00am	Race Start - 1.5km Quicksilver Reef Island Green Island	Green Island
9:00am - 5:00pm	IRONMAN Merchandise Store Open	Cairns Esplanade
9:00am - 5:00pm	Cairns Sport & Lifestyle Expo	Cairns Esplanade
9:00am - 5:00pm	Cairns Event Information Open	Cairns Esplanade
9:00am - 5:00pm	IRONKIDS Cairns Check In	Event Information, Cairns Esplanade
9:00am - 5:00pm	Athlete Check-In	Cairns Esplanade
1:00pm - 5:00pm	Massage Open - Bookings onsite	Cairns Esplanade



FRIDAY 14 JUNE 2024

Time	Event	Location
6:00am - 7:15am	Check-In & New Entries- COUCH Breakfast Fun Run	Event Information, Cairns Esplanade
7:35am	Race Start - COUCH Charity Breakfast Fun Run	Cairns Esplanade
9:00am - 5:00pm	IRONMAN Merchandise Store Open	Athlete Village, Cairns Esplanade
9:00am - 5:00pm	Cairns Sport & Lifestyle Expo Open	Athlete Village, Cairns Esplanade
9:00am - 5:00pm	Cairns Event Information Open	Cairns Esplanade
9:00am - 5:00pm	IRONKIDS Cairns Check-in	Event Information, Cairns Esplanade
9:00am - 5:00pm	Athlete Check-In	Cairns Esplanade
9:00am - 5:00pm	Massage Open - Bookings onsite	Cairns Esplanade
10:00am-11:00am	Pro Series Q & A Broadcast	Salt House, Cairns
11:00am-12:00pm	Japanese Athletes Race Briefing with Sam Sakai	Salt House, Cairns
12:00pm-2:30pm	Live Music by Danny Bani	Athlete Village, Cairns Esplanade
2:00pm-2:30pm	Race Q&A hosted by Pete Murray	Athlete Village, Cairns Esplanade
3:00pm-5:00pm	Bike Transfers to Palm Cove (Must pre-book on myevents.active.com)	Transition 2, Fogarty Park Cairns
5:00pm-7:00pm	AWA Afternoon- Gold and Silver invite only	The Chambers, Cairns

EVENT SCHEDULE



SATURDAY 15 JUNE 2024		
Time	Event	Location
6.45am - 7.45am	Check In & Bike Racking IRONKIDS Cairns (all age groups)	Esplanade Lagoon
8:00am - 11:00am	Bike Transfers to Palm Cove	Transition 2, Fogarty Park Cairns
8:00am - 2:00pm	Shuttle Service to Palm Cove depart Cairns every 30 minutes.	Reef Fleet Terminal, Cairns
8:00am - 4:30pm	Palm Cove Event Information Open	Palm Cove
8:00am - 4:30pm	COMPULSORY Bike Racking - IRONMAN Competitors	Transition 1, Palm Cove
8:00am - 4:30pm	COMPULSORY Transition Bike Bag Drop off - IRONMAN Competitors	Transition 1, Palm Cove
8:00am - 4:30pm	COMPULSORY Bike Racking - 70.3 Competitors (Only if transporting bike yourself) <i>If using free bike transfer service - bike will be racked by IRONMAN on your numbered section</i>	Transition 1, Palm Cove
8:00am - 4:30pm	Optional Transition Bike Bag Drop off - 70.3 Competitors (Available Saturday & Sunday)	Transition 1, Palm Cove
8:00am - 5:00pm	Cairns Event Information Open	Cairns Esplanade
8:00am	Race Start - 10-13yrs IRONKIDS Cairns	Esplanade Lagoon
8:30am	Race Start - 7-9yrs IRONKIDS Cairns	Esplanade Lagoon
8:45am - 5:15pm	Shuttle Service to Cairns depart Palm Cove every 30 minutes.	Palm Cove Surf Club Carpark
9:00am - 12:00pm	Athlete Check-In	Cairns Esplanade
9:00am - 5:00pm	IRONMAN Merchandise Store Open	Cairns Esplanade
9:00am - 5:00pm	Cairns Sport & Lifestyle Expo Open	Cairns Esplanade
10:00am-5:00pm	Massage Open - Bookings onsite	Cairns Esplanade
10:00am - 4:00pm	COMPULSORY Transition Run Bag Drop off - IRONMAN & 70.3 COMPETITORS	Transition 2, Fogarty Park Cairns
10:00am	Transition Tour - T1	Transition 1, Palm Cove
11:00am	Transition Tour - T2	Transition 2, Fogarty Park Cairns
11:30am	Transition Tour - T1	Transition 1, Palm Cove
1:30pm	Transition Tour - T2	Transition 2, Fogarty Park Cairns
2:30pm	Transition Tour - T1	Transition 1, Palm Cove
3:00pm	Transition Tour - T2	Transition 2, Fogarty Park Cairns

EVENT SCHEDULE



SUNDAY 16 JUNE 2024

Time	Event	Location
4:00am - 4:30am	Shuttle Service to Palm Cove depart Cairns - 70.3 COMPETITORS ONLY	Reef Fleet Terminal, Cairns
4:30am - 5:10am	Shuttle Service to Palm Cove depart Cairns - IRONMAN COMPETITORS ONLY	Reef Fleet Terminal, Cairns
5:30am - 6:20am	Shuttle Service to Palm Cove depart Cairns - SPECTATORS	Reef Fleet Terminal, Cairns
5:00am - 6:35am	Cairns Airport IRONMAN 70.3 Cairns Transition 1 Open	Transition 1, Palm Cove
5:00am - 7:00am	Personal Needs and Street Gear Bag Drop off - IRONMAN COMPETITORS	Transition 1, Palm Cove
5:00am - 7:00am	Transition Bike Bag and Street Gear Bag Drop off - 70.3 COMPETITORS	Transition 1, Palm Cove
5:00am - 7:00am	Cairns Airport IRONMAN Asia-Pacific Championship Cairns Transition 1 Open	Transition 1, Palm Cove
5:00am - 11:00am	Palm Cove Event Information Open	Palm Cove
6:35am	Race Start - Cairns Airport IRONMAN 70.3 Cairns	Palm Cove
7:30am - 11:00am	Shuttle Service return from Palm Cove to Cairns departing every 30 minutes	Palm Cove Surf Club Carpark
7:40am	Race Start - Cairns Airport IRONMAN Asia-Pacific Championship Cairns	Palm Cove
9:00am - 11:30pm	Cairns Event Information Open	Event Information, Cairns Esplanade
9:00am - 12:40am (Monday)	Massage Open - No bookings required	Cairns Esplanade
10:00am (approx) - 4:00pm	Cairns Airport IRONMAN 70.3 Cairns Street Gear Bag & Transition Bike Bag Collection	Lagoon Car Park, Cairns
10:00am - 5:00pm	IRONMAN Merchandise Store Open	Cairns Esplanade
10:00am - 5:00pm	Cairns Sport & Lifestyle Expo Open	Cairns Esplanade
10:40am (approx)	First Finisher - Cairns Airport IRONMAN 70.3 Cairns	Lagoon Car Park, Cairns
2:00pm (approx) - 12:00am	Cairns Airport IRONMAN 70.3 Cairns Bike & Transition Bags and Bike Pump Collection	Transition 2, Fogarty Park Cairns
3:40pm (approx)	First Finisher - Cairns Airport IRONMAN Asia-Pacific Championship Cairns	Lagoon Car Park, Cairns
3:40pm (approx) - 12:40am	Cairns Airport IRONMAN Asia-Pacific Championship Cairns Street Gear Bag Collection	Lagoon Car Park, Cairns
5:30pm	Presentations - Cairns Airport IRONMAN 70.3 Cairns	Athlete Village, Cairns Esplanade
6:15pm	2024 VINFAST IRONMAN 70.3 World Championship Roll Down Ceremony - Cairns Airport IRONMAN 70.3 Cairns	Athlete Village, Cairns Esplanade
6:30pm (approx) - 12:00am	Cairns Airport IRONMAN Asia-Pacific Championship Cairns Bike & Transition Run Bag Collection	Transition 2, Fogarty Park Cairns

Event Schedule continued over page



EVENT SCHEDULE

MONDAY 17 JUNE 2024		
Time	Event	Location
12:40am (approx)	Last Finisher - Cairns Airport IRONMAN Cairns Asia-Pacific Championship Cairns	Lagoon Car Park, Cairns
8:00am - 11:00am	Cairns Event Information Open	Cairns Esplanade
8:00am - 2:00pm	IRONMAN Merchandise Store Open	Cairns Esplanade
9:00am - 11:00am	Cairns Airport IRONMAN Asia-Pacific Championship Cairns Bike & Transition Run Bag Collection	Transition 2, Fogarty Park Cairns
9:00am - 11:00am	Cairns Airport IRONMAN Asia-Pacific Championship Cairns Personal Needs Collection	Transition 2, Fogarty Park Cairns
9:00am - 12:00pm	Massage Open - Bookings required	Cairns Esplanade
12:00pm - 1:30pm	2024 VINFAST IRONMAN World Championship Roll Down Ceremony - Cairns Airport IRONMAN Asia-Pacific Championship Cairns	Salt House, Cairns

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- Low bib number
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- Early Access to IRONMAN store before public opening
- Dedicated morning bag drop off
- 24/7 access to a NIRVANA Athlete Manager on site
- Medal engraving
- Bike service from NIRVANA throughout Event Week (excluding parts)
- Priority Lane bike drop
- Race site familiarisation tour and Q&A with IRONMAN ambassador
- Access to dedicated NIRVANA bike mechanics in transition pre-race
- Pre-event access to dedicated Nirvana Athlete Service Manager
- Pre-event Group Video Call with Race Director
- Fast Track to Swim Start
- Convenient Drop of Street Gear at Swim
- Start Hosted bike and bag drop off
- Access to Athlete VIP Shuttle (NIRVANA transport from hotel to event site)
- Delivery of bike and bags from transition to hotel

CONTACT US

To hear more about how Nirvana can enhance your IRONMAN experience and best prepare you for your race, email the team:

contactus@nirvanasportstravel.com

nirvanasportstravel.com





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LEARN MORE

ATHLETE CHECK LIST



PRE-EVENT

- ☐ Book/confirm accommodation & flights (if applicable).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Familiarise yourself with Event Schedule (know all check- in/drop off times).
- ☐ Visit massage (see page 35).
- ☐ Pack photo ID in your luggage.
- ☐ Familiarise yourself with the course - it is your responsibility to know this on race day.
- ☐ Check Athlete List online & on event app.
Note: Web list won't be updated after 22 May 2024. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via cairns@ironman.com or 1300 761 384.

ONCE I ARRIVE (PRE-RACE)

- ☐ Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start, finish line, presentations & WC Roll Down).
 - Cairns
 - Athlete Check-In
 - Transition 2
 - Merchandise and Expo
 - Finish Line and Recovery
 - Palm Cove
 - Swim Start
 - Transition 1
- ☐ Familiarise yourself with road closures.
- ☐ Check-In and collect race kit and put on as diagram to the right shows.
- ☐ Rack bike or drop off for bike transport.
- ☐ Drop off transition bags (see page 39 for suggested items in your transition bags).
- ☐ Pack items for race day.
- ☐ Relay Teams – Familiarise yourself with team transition entry point.
- ☐ Relay Teams – Familiarise yourself with the teams meeting point so you can cross the finish line together as a team.

RACE DAY

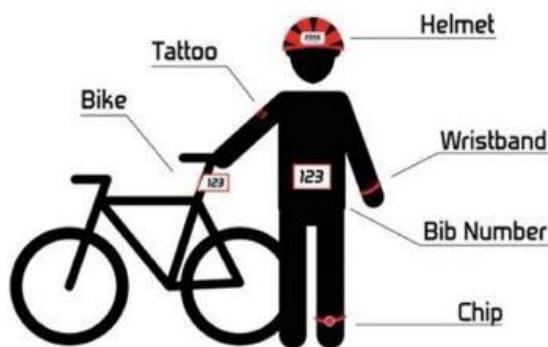
- ☐ Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.
- ☐ Enter Transition for last minute checks, drop off transition bag, set up gear & drop off bike pump (if relevant).
- ☐ Drop off street gear bag (if relevant).
- ☐ Start the race - be at the start line at least 15 minutes prior to your start time.
- ☐ Finish the race.
- ☐ Collect your medal & finisher towel
- ☐ Recover.
- ☐ Collect your items – transition bags, street gear bag, bike pump, bike.

POST RACE

- ☐ Have your medal engraved at the Official IRONMAN Merchandise Tent.
- ☐ Attend World Championship Roll Down, presentations & after party.
- ☐ Upload your #medalmonday photo on your social media.

WORLD CHAMPIONSHIP QUALIFYING ROLL DOWN

- ☐ Bring photo ID.
- ☐ Bring your physical credit card (no apple pay etc. accepted). See page 60.
- ☐ Bring friends and family to celebrate.



RACE KIT



RACE KIT COLOURS

Red– Age Group Athletes

Light Red – Relay Teams

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by Athlete) or safety pins (available at Event Information). Do not fold or alter race bib number

Note: Timing Chips are to be collected during check in. For more information see page 34.

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after Presentations. The IRONMAN Group will not allow access into Athlete restricted areas without Athletes wearing their wristband.

NO WRISTBAND = NO ACCESS.

3. TATTOOS

Category Tattoo: *No longer required*

Number Tattoo: Place on right bicep.

Application:

Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper..

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to assist by writing your number/letter on with a permanent marker.

4. SWIM CAP

Provided ROKA swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

Swim caps are latex – please contact event team if you have a latex allergy.

5. STREET GEAR BAG

Place items required for post race (collected in the recovery area). Drop off race morning. Must use bag supplied.

6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

7. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

9. STREET GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right hand corner of your street gear bag and stick securely onto the back of itself.

10. TRANSITION BAGS

Use bag supplied and attach relevant sticker. Includes equipment and items required for the race. Must be handed in on Saturday during bike racking.

11. BIKE TRANSITION BAG

Remove sticker from backing sheet and place on front of bike bag, where indicated.

12. RUN TRANSITION BAG

Remove sticker from backing sheet and place on front of run bag, where indicated.

For more information see page 27.

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RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and difference to the Individual race.

Teams you must still read the complete AIG for all relevant information but please note the team information below.

RACE KIT

Please refer to **page 29** to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – This is worn by the runner.
- Athlete Wristband – each team member will receive their own wristband during Check-In.
- Street Gear Bag- each team member will receive.
- Tattoos:
 - Number Tattoo - worn by runner
 - Category Tattoo - No longer required

CHECK IN

Each team member will be required to attend Check-In. The first team member to attend Check-In will receive the Race Kit. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, that all Relay Teams Check-In together.

TRANSITION

The change over between team members will occur within a designated area in Teams Transition. Team members will meet here and exchange the timing chip. Your timing chip is your relay baton.

It is recommended all team members attend Transition either during racking or pre-race to ensure you are aware of your position and transition flow.

During the race, team members will enter through the Relay Teams Entry and wait to meet their team member for chip change over.

Relay Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

SWIM START

Rolling Start: Team swimmers will sort themselves into the correct start group based on their swim start time. *There is no different start for team swimmer's vs individual swimmers.*

FINISH LINE

Relay Teams are permitted to cross the finish line together, if they wish. The entry point will be identified by a sign 'Relay Teams Meeting Point' at the top of the finish line chute.

If the runner only proceeds down the finish line, they will be required to collect the Team Members towel & medal.



PRE RACE INFORMATION



ATHLETE CHECK-IN

See pages 21-25 for time and location. We will be operating Check-In by appointment only. You will receive an email three weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours.

Please note that no packs will be posted out prior to the event.

What you will need to bring:

- Photo ID (drivers' licence or passport)
- QR Code

Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

How to book your Athlete Check-In and Bike Racking times:

1. Log in to MyEvents: <https://myevents.active.com/IRONMANEventsOceania>
2. Select your race: 2024 Cairns Airport IRONMAN 70.3 Cairns
3. Click 'Check-In times & Additional Purchases' and select your Check-In and Bike Racking times.

VENUES



TIMING CHIP

Pick Up: Upon exit of Athlete Check-In.

Hot Tip: Place the timing chip somewhere safe after collection. E.g., with your helmet.

Drop Off: Timing chips will be collected after the finish line, before entering Recovery.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a Drop Out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member, not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.



PRE-RACE INFORMATION



MASSAGE

Pre and post-race massage therapy will be available from Thursday race week to Monday post-race. View the Event Schedule (pages 21-25) for times. Massage will be located next to Event Information tent in Cairns Esplanade.

Cost: \$20 per 15 minutes or free on Race Day for athletes.

Bookings can be made onsite at the Massage Tent.

BIKE MECHANICS

A limited 'emergency service only' will be provided in Transition 1 – Palm Cove on Saturday June 15 from 8:00am –4:30pm and Sunday June 16 from 5:00am-7:00am. Roaming bike mechanics will be available during the race, again, providing limited services. We ask that all athletes be self-sufficient while on course.

For all pre-event mechanical needs, we recommend visiting one of the shops in town, there will be no Bike Mechanic located within Athlete Village.

Pump N Pedals, 113-117 Sheridan St, Cairns City

Trinity Cycle Works, 40 Aplin St, Cairns City

Edge Cycleworks, 69-B McLeod St, Cairns City

Cairns Mobile Bicycle Repairs, 0424 044 894

FINAL RACE DIRECTOR UPDATE

A virtual Race Director update will be available via our Facebook Page & website. This will include a high-level overview of the event.

PRE-RACE TRAINING

Ensure you are always aware of and obey the town/state road rules. We highly recommend always training with at least one other person. Roads will remain open until race day; therefore, we ask you to be cautious at all times and courteous to the local community.

Swim: The swim is an open water ocean swim. Athletes will complete one lap of the course before exiting into transition. Please take time to familiarise yourself with the new swim course prior to your race start.

Bike: Remember to obey the road rules and don't ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking). The bike course runs along the Captain Cook Highway and is a major thoroughfare from Cairns to Port Douglas. **Do NOT train on the Captain Cook Highway north of Palm Cove for safety reasons.** Please drive this section if you wish to look at it prior to racing.

Run: Run on footpaths where possible and don't run more than two abreast.

PARKING

Limited parking will be available on surrounding local streets (please ensure that you're aware of the any parking restrictions and changed traffic conditions) and parking lots.

When parking in Cairns please be aware that Lake Street car park is open 24/7 and free on Sunday's.

Parking in Palm Cove is extremely limited. Athletes and spectators driving to Palm Cove do so at their own risk We strongly advise you to book the shuttle service from Cairns to Palm Cove on Saturday and Sunday to ensure that you are on time. Down Under Tours will have athlete and spectator shuttles operating on Saturday and Sunday. Please see the Shuttle Bus information on page 35.

If you're driving your own vehicle, we asked that you follow all parking directional signage on race day and park in designated parking areas.

An Athlete Drop-Off Zone will also be available at the southern end of Williams Esplanade in Palm Cove, please follow signage and directions from staff.

Please be advised that many of the main roads in Palm Cove are closed to traffic on Sunday to accommodate the bike course. Delays are expected when returning to Cairns City.

PRE RACE INFORMATION



SHUTTLE BUSES

Athletes and spectators are encouraged to use the shuttle bus service on Saturday and Sunday due to the limited amount of parking available in Palm Cove.

Shuttle buses leave from the corner of Spence Street and Pier Point Rd at the Reef Fleet Terminal Bus Stop (South of T2). Parking is available throughout the Cairns CBD, including the following locations:

- Lake Street car park. Open 24/7 – Free on Sunday's.
- Please follow local parking regulations when parking in the Cairns CBD.

Bookings for the shuttle service must be made through the online booking and payment facility [downundertours](#)

Please note: Bikes are not permitted on the shuttle bus.

Costs for the shuttle buses are as follows:

Saturday, 15 June

- **Adults \$10 AUD return**
- **Adults \$5 AUD one way** (for athletes that choose to ride to Transition 1 for Bike Check-In).
- Child Spectator (Under age 16) \$5 return.

Sunday, 16 June

- **Athletes – Free of charge** (however you must still reserve this service).
- Adult Spectator \$10 return.
- Child Spectator (under age 16) \$5 return.

Further information on times and costs will be available from Information at the event and on the [event website](#).

BIKE TRANSFERS

The unique nature of our race means there are two separate Transition areas, with Swim start and Transition 1 in Palm Cove, and Transition 2 and finish line in Cairns. These are approximately 26km apart.

We therefore offer an optional bike transfer service. Athletes are able to have their bikes transferred from Cairns to Palm Cove where they will be placed onto their respective bike rack ready for the athlete.

This service is a pre-booked service only and available to all athletes, if you haven't booked this service prior to **Thursday 3 June** you'll need to visit Event Information on Cairns Esplanade to book.

This service is provided free of charge however bookings **must be made**, please log into your ACTIVE [MyEvents](#) to purchase.

Due to the limited capacity of the trucks transporting bikes, bookings for the respective services will be allocated on a first in best dressed basis.

Please note your bike transition bag cannot be transported with your bike. You will be required to drop this off yourself in Palm Cove.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

Click [here](#) to view CTC flyers



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BAG DROP / COLLECTION

STREET GEAR BAG

Your street gear bag consists of any clothes you require post-race and is collected at recovery. You must use the IRONMAN drawstring bag provided to you during athlete check-in as your street gear bag. No other bag will be accepted.

Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle.

Examples Include:

- Warm clothing (jumper, tracksuit pants).
- Different footwear.
- *Please refrain from placing any valuables in your bag where possible.*

View page 40 for times and locations.

Bags will be transported from T1 in Palm Cove back to Cairns to be collected from the Gear Tent in Recovery.

BIKE AND RUN TRANSITION BAGS

Bike and run transition bags contain items an athlete requires during the race. Any items required for the race that cannot be attached to your bike must be placed within the relevant bag.

Your transition bags will be located at your bike rack within Transition and are able to be accessed during the Transition process. See page 43-44 for Transition process.

Drop Off/Collection: View page 40 for times and location.

Handy Tip: Remember **blue bike** (blue bike transition bag) and **red run** (red run transition bag).

Suggested Transition Bag Items Include:

Bike Transition Bag	Run Transition Bag
Bike shoes (or on bike)	Running shoes (compulsory)
Sunglasses	Race bib number (compulsory)
Socks	Sunglasses
Change of clothes	Hat/visor
Nutrition and fluids (or on bike)	Socks
Towel	Change of clothes
	Nutrition and fluids

70.3 BAG DROP / COLLECTION



BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
BIKE TRANSITION BAG <i>Swim to Bike</i>	When: Saturday 15 June 8:00am - 4:30pm Or When: Sunday 16 June 5:00am - 6:30am Location: T1 – Palm Cove	Collect your bag from your allocated bike rack space. Remove your bike gear and place all your swim gear into Bike bag. Leave at your allocated bike rack space on the ground.	When: Sunday 16 June 2:00pm – 4:30pm Location: T2 - Cairns Bike Transition Bags will be transported and collected along with your bike in T2
RUN TRANSITION BAG <i>Bike to Run</i>	When: Saturday 15 June 10:00am- 4:00pm Location: T2 – Cairns It is compulsory to hand in on Saturday . There will be no access on race morning	Collect your bag from your allocated bike rack space. Remove your run gear and place all your bike gear into Run bag. Leave at your allocated bike rack space on the ground.	When: Sunday 16 June 2:00pm – 4:30pm Location: T2 – Cairns Run Transition Bag will be collected along with your bike in T2
STREET GEAR BAG	When: Sunday 16 June 5:00am – 6:35am Location: Infront of Beach Almond, between T1 and Swim Start	No Use	When: Sunday 16 June 10:00am – 4:30pm Location: Finish Line Street Gear Bags will be transported and available for pick up within the recovery area
Bike Pumps	When: Sunday 16 June 5:00am – 6:35am Location: Large blue tubs labelled Bike Pumps, Infront of Beach Almond, between T1 and Swim Start	No Access during race.	When: Sunday 16 June 2:00pm – 4:30pm Location: Transition 2 Bike Pump Collection area Please note any bike pumps not collected post event will be donated to charity and will not be the responsibility of IRONMAN.

Note: When you collect your bike post-race, bike pumps should be collected at the same time.



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* A bold statement from the brand that wants to sell you the product, sure. But getting used to nutrition is one thing many athletes don't prioritize in training. Some even risk it all by trying new products on race day. So, use whatever you've trained with or get used to what you're getting on-course. In this case the GEL 100 and GEL 100 CAF 100.

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PRE-RACE

TRANSITION TOURS

Tours will be held by Emma Miller and Toby Coote in T1 and Tammy Barker in T2 and take approximately 30 minutes. The tour will include:

- Flow of transition.
- Change area functionality.
- Entry/exit points.
- Suggested setup.
- Opportunity for Q&A.

View the event schedule (pages 21-25) for times and location.

BIKE RACKING

View the event schedule (pages 21-25) for times and location.

Prior to Entry:

- Attend Athlete Check-In.
- Secure bike seat post sticker.

Bike Checks:

- Conducted by AusTriathlon upon entry.
- You, the athlete are responsible for your bike being in safe working order.
- Inspectors will be checking for such thing as:
 - End plugs on handlebars.
 - Tyres in reasonable condition.
 - Stripped cabling.
 - At least one water bottle cage.
 - Brakes in working order.
 - Compliance with IRONMAN Rules.

Bikes that are transported via the Bike Transfer Service, will be racked on your numbered rack space. Athletes must still attend T1 to drop-off Bike Transition Bag.

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.



RACE DAY

HELMET CHECK

AusTriathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. See IRONMAN Rules.

GEAR SET UP

All items required for your run will need to be placed in your red run bag and left within Transition 2 on Saturday. Items for your bike may be set up in Transition 1 race morning. Please note no tubs are to be used and left in transition. Please ensure all gear from T1 is left in your blue bag for transfer back to Cairns.

BIKE PUMPS

Bike pump drop off will be available on race morning within Transition and can be collected post event during bike collection. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

You will have the opportunity to make any last-minute tweaks/adjustments to your bike. Ensure all items are either attached to your bike, or transition rack. No items will be allowed on the ground next to your bike. This includes any tubs etc.

POST RACE

BIKE COLLECTION

View the event schedule on pages 21-25 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure all Transition bags and bike pumps are collected at the same time.

AID STATIONS



PRE SWIM

- Glasses drop table (collection at swim exit)

TRANSITION AID STATIONS (Swim to Bike & Bike to Run)

Will Offer:

- Water
- PURE Sports Nutrition Electrolyte - (Lemon flavour)
- Sunblock
- Toilets

BIKE AID STATIONS

In Australia we ride on the left-hand side of the road, all aid stations are on the left side.

Aid Station Locations:

The Bike Course has 4 aid stations located approximately 20km apart.

- B1 – 18km, Wangetti Road
- B2 – 35.8km, Thala Beach
- B3 – 57.2km, Ellis Beach
- B4 – 70km, Smithfield Village Dr

Will offer:

- Water
- PURE Sports Nutrition Electrolyte Hydration (Lemon flavour)
- Maurten Energy Gels 100 & 160 - caffeinated and non-caffeinated
- Vaseline
- Sunscreen
- Insect repellent
- Toilets

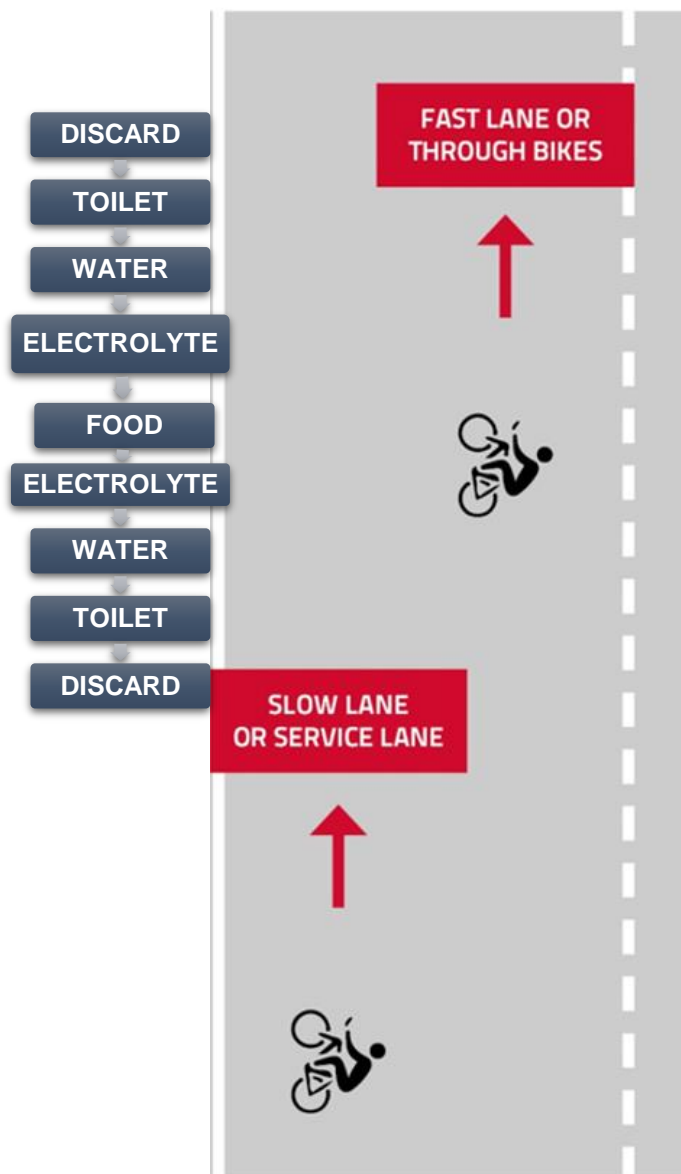
Process:

Slow down and keep left when entering a bike aid station, don't stop! If you do not require any product from a bike aid station please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the by calling out as per your needs.

Bidon/Rubbish Discard

Please ensure bidons and any rubbish are only discarded in Aid Station Rubbish Zones. Do not discard anywhere else on course. Strict time penalties will apply.

AID STATION LAYOUT



AID STATIONS



RUN AID STATIONS

The Run Course has four aid stations located approximately 2km apart.

- R1 – 0.4km / 2.8km / 10.9km / 13.3km
- R2 – 1.2km / 11.7km
- R3 – 4.3km / 9.1km / 14.8km / 19.6km
- R4 – 7.5km / 17.8km

Will offer:

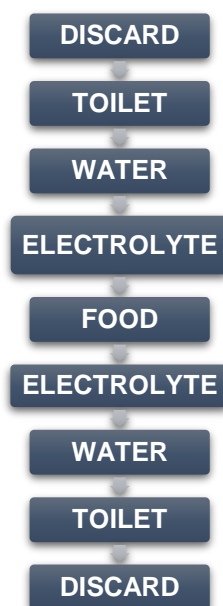
- Water
- PURE Sports Nutrition Electrolyte - (Lemon flavour)
- Cola
- Maurten Energy Gels 100 and 160 – caffeinated and non-caffeinated
- Maurten Solid 160 Bars
- Bananas – R3 Only
- Mixed Lollies – R3 only
- Vegemite – R3 only
- Cookies – R3 only
- Pretzels – R3 only
- Vaseline
- Sunscreen
- Insect Repellent
- Toilets

Process:

Keep right when approaching a run aid station, don't stop! If you do not require any product from a run aid station please stay to the left of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be also calling out what they are offering. Please politely advise the by calling out as per your needs.

DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.

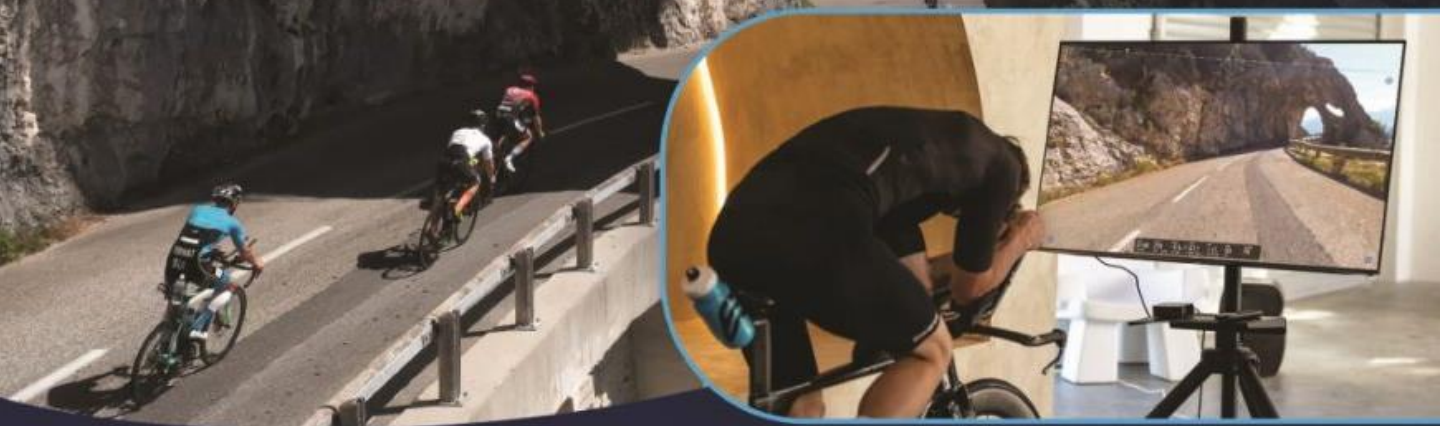


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Real roads and real results, putting you a step ahead of your competitors!



"FulGaz has revolutionized my training approach for IRONMAN bike courses. It allows me to rehearse the entire course, mentally prepare for what's ahead and feel the real course inclines and descents. I'm using the platform for motivation, to build bike strength and to know the courses I'm racing on, such as the IRONMAN World Championships in Nice."

- Nikki Bartlett, Professional Triathlete

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RACE DAY INFORMATION



CUT OFF TIMES

Both cumulative and intermediate cut off times for the swim, bike and run will be based on an individual's swim start time. Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document. These times will be adjusted and enforced per individual by the Race Director on race day.

Swim – 1 hour 10 minutes from athlete's individual start time.

- Swim Start Line timing mat to Swim Exit Timing mat

Bike – 5 hours & 30 minutes from athlete's individual start time to complete Bike Course

- Swim Start Line timing mat to Transition 2 Dismount Line timing mat

Run – 8.5 hours from athlete's individual start time to complete Run Course

- Swim Start Line timing mat to Finish Line timing mat

Total time of 8.5 hours

Should an athlete fail to meet their individual race leg cut off time, they will be listed as not classified (NC) and not be ineligible for any awards or world championship slots. Should an athlete fail to meet the course closure times (based on the final athlete in the water), they will be listed as a DNF.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and/or race rule violations.

In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator on race day.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of location, including Swim Start, Transition 1 & 2, Aid Stations, Recovery and roaming on course.

Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the Cairns event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

RACE DAY INFORMATION



Finish Line photo

Sportograf is the official event photographer.

How to Get your Best Photos:

Ensure your helmet sticker is visible on the FRONT of your bike helmet.

- Keep your race bib number visible on the FRONT of your body during the run and whilst entering the finish line.
- 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.
- Smile and have your photo taken with your finisher medal and towel at the photo wall available within recovery.

Your personal race photos will be available within 24-48hrs after the race at <https://www.sportograf.com/en/event/10372>

RECOVERY PROCESS & AREA

After passing the finish line arch, you will collect your finishers medal and towel.

You will then follow the recovery process and have the below available to you:

- Timing chip removal.
- Street gear bag collection.
- Recovery food/drink.
- Medical support (if required).
- Massage – located outside Recovery Area near Event Information Tent.

Important: Before exiting to see your family and friends, please ensure all relevant nutrition and personal items have been collected. There is a NO RE-ENTRY policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- PURE Sports Nutrition Electrolyte Hydration – Superfruits
- Watermelon
- Chips
- Chocolate
- Lolly Station
- Soft Drink
- Chocolate Milk



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



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

RACE DAY INFORMATION



POST RACE

RESULTS

Results can be viewed at the following locations:

- IRONMAN Oceania App <https://www.ironman.com/im-cairns-supporters>
- <https://www.ironman.com/im-cairns>
- Finishers Certificate – www.multisportaustralia.com.au
- No access to online services? Visit our Event Information who can assist.

MEDAL ENGRAVING

Medal engraving is available at the Official IRONMAN Merchandise store. View the event schedule (pages 21-25) for times and location. The process takes anywhere from 5 to 25 minutes. Please note all medals must be dropped off and collected to the Official IRONMAN Merchandise Store. No medals will be posted.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Please note: No responsibility or liability is taken by IRONMAN for lost items.

After the conclusion of the event, please contact cairns@ironman.com to locate any missing items and schedule returns. Shipping fees will apply. All unclaimed Lost Property items will be donated or disposed of after 30 days.

ROKA

SWIM COURSE 1.9km



Cut off – 1 hours 10mins from athlete's individuals start time.

WARM UP SWIM

Age Group Athletes: Swim warm up area is located north of swim start, next to your designated swim start zones. When asked to exit the water, please listen to IROMAN Staff at swim start area.

PHYSICALLY CHALLENGED & INTELLECTUAL DISABILITY (PC/ID) OPEN ATHLETES

PC/IC Open Exhibition Divisions will be communicated to by the Race Director of their start time and process.

If you are a PC/IC Open and require support, please contact us at cairns@ironman.com or on 1300 761 384.

ROLLING START

View the Event Schedule for start times.

For Age Group Athletes, the race start will be a Rolling Swim Start. Athletes are to self-seed themselves into Start Zones prior to race start.

Four different Start Zones are available depending on athlete's expected swim time:

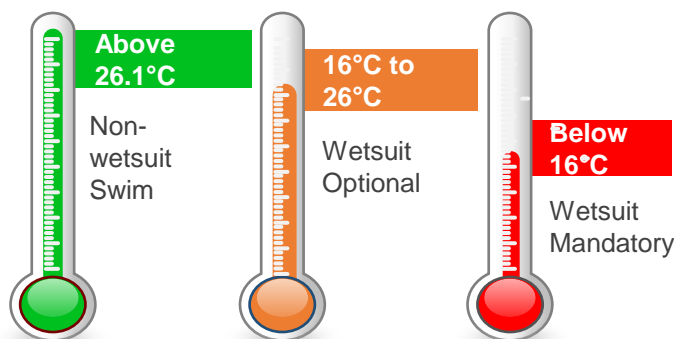
- Zone 1. Under 33 minutes
- Zone 2. Between 33 – 37 minutes
- Zone 3. Between 37 – 41 minutes
- Zone 4. Over 41 minutes

Zone signage displayed within the Swim Start area. To access the Start Zones, athletes will need to follow the directional signage and instructions of Event Staff.

At the official start time, the Rolling Start will begin with athletes being released in intervals across the start line and timing mat.

As you cross the start, your timing chip will activate, and your individual time will start. The rolling start will continue from Zone 1 to Zone 4 until all athletes have crossed the timing mat and begun the race.

WETSUIT RULING



This event is being held outside of 'stinger season' but it is strongly recommended that full wetsuits or full tri-suits be worn during the swim.

Due to the expected water temperature and the current AusTriathlon temperature cut-off for the use of wetsuits, approval has been granted by AusTriathlon to increase the temperature cut-off for athlete safety.

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

GLASSES DROP/COLLECTION

A glasses drop & collection point will be available at the swim start/swim exit. Please ensure your glasses are labeled with your race number prior to drop off. Where possible drop your glasses at the swim exit collection point. If unable to, a drop off point will be available at swim start.



ROKA

MAVERICK X2

THE WORLD'S FASTEST WETSUIT

"I genuinely have ZERO shoulder discomfort! For the first time ever I am more comfortable swimming in a wetsuit than out of it."

- Paul, Seattle, WA

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INTERNATIONAL PATENTS WITH
ADDITIONAL PATENTS PENDING

LUCY CHARLES-BARCLAY
FASTEST IRONMAN
SWIMMER ON THE PLANET

ROKA

SWIM COURSE 1.9km



SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

COURSE

The 1.9km ROKA Swim course is situated at the stunning location of Palm Cove. The course is a single lap course that goes from Swim Start off Williams Esplanade to Swim Exit which is further North towards transition. IRONMAN 70.3 athletes will start their swim by heading out and turning right at the first white turning buoy, from here on out, all other buoys will be on your left-hand side. Athletes will continue to follow the buoys turning at the pink-coloured buoy until they reach Swim Exit and leave the water into T1.

SWIM CAPS

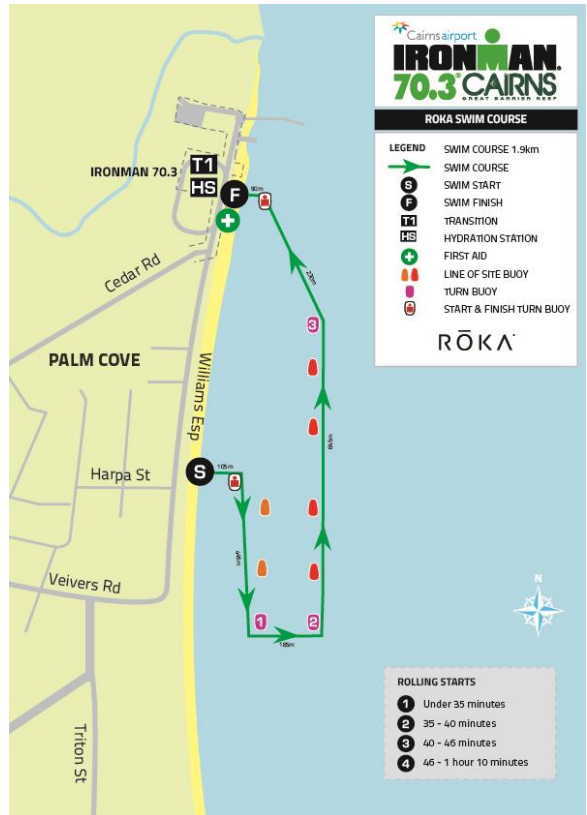
All ROKA swim caps provided will be latex based. In the case you are allergic, please contact us at cairns@ironman.com or via phone 1300 761 384.

COLOURS

Para-triathlete	Orange
AWA	Gold
Zone 1 Under 33min	Pearly Pink
Zone 2 33min-37min	Blue
Zone 3 37min-41min	Neon Green
Zone 4 Over 41min	Violet

COURSE MAP

Click [here](#) for more details



ZONE 1	ZONE 2	ZONE 3	ZONE 4
Under 33min	33min - 37min	37min - 41min	Over 41min
Under 1hr 5min	1hr 5min - 1hr 16min	1hr 16min - 1hr 25min	Over 1hr 25min



BIKE COURSE 90km

Cut off – Athletes will have 5.5 hours from athlete's individuals start time to complete the Bike Course. Swim Start Line timing mat to Transition 2 Dismount Line timing mat.

TRAFFIC

Event vehicles including police, SAG vehicles and motorbikes will be out on course during the event.

COURSE

Your 90km Fulgaz bike course will see you exit T1 at Palm Cove. Turn left onto Captain Cook Highway before making a U-turn and begin to head North onto the Captain Cook Highway towards Port Douglas. Along the way, you will venture up to the iconic Rex Lookout soaking up breathtaking views of the Pacific Ocean and seaside rainforest that Tropical North Queensland and IRONMAN Cairns is famous for. You will then turn just north of Yule Point at Thala Beach and head back towards Palm Cove.

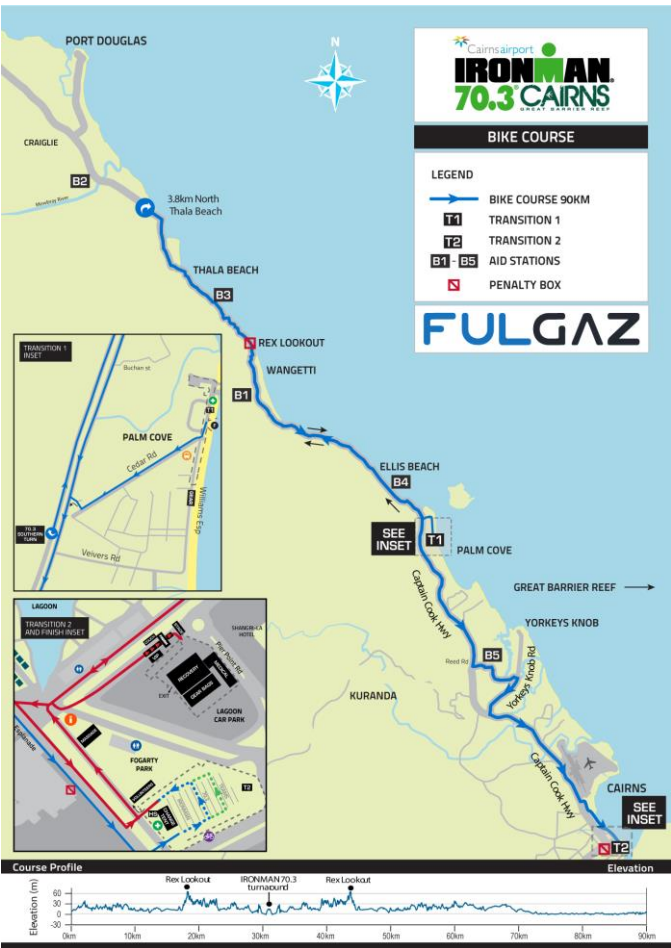
After cycling past Palm Cove and head slightly inland via Smithfield Village all while continuing south. You will then turn onto Yorkeys Knob Road and re-join the Captain Cook highway down into Cairns CBD and into T2 at Fogarty Park.

BIKE COURSE SIGNAGE

At all times, please be aware of the signage on your course. The IRONMAN Cairns course will cover a lot of the same area. Please make sure you are following the signs that refer to '70.3'.

COURSE MAP

Click [here](#) for more details



HOKA RUN COURSE 21.1km



Cut off – Athletes will have 8.5 hours from athlete's individuals start time to complete the Run Course. Swim Start Line timing mat to Finish Line timing mat.

COURSE

Your 21.1km HOKA Run Course will be a 2-lap course along the beautiful Cairns Esplanade. The course will go in an anti-clockwise direction allowing you to soak up the electric atmosphere of TriClub Village and Cairns Esplanade on each lap before hitting the finish line, giving you a crowd experience rarely seen at other IRONMAN events around the world.

Aid stations will be provided approximately every 2km. Aid stations will provide you with the hydration and nutritional support you need to get to the famous red and black carpet.

LAPS

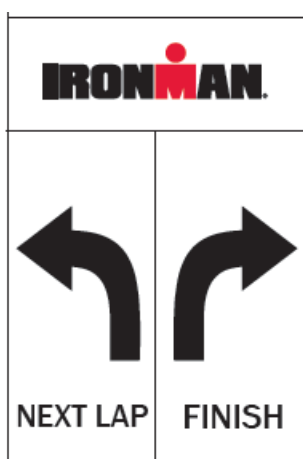
Athletes will be required to complete two laps of the run course. Lap bands will not be provided. Athletes are responsible for keeping track of their own laps while out on the run course.

LAP SIGNAGE

Please follow course directional signage and lap start signage while out on the run course.

COURSE MAP

Click [here](#) for more details



PRESENTATIONS



PRESENTATIONS

Cairns Airport IRONMAN 70.3 Cairns
Presentations will be held at 5:30pm on Sunday
16 June at Athlete Village Cairns. Please view
the Event Schedule (pages 21-25) for further
info.

View the event schedule (pages 21-25) for time
and location.

- Age Group - each age group will be awarded 1st- 3rd place trophies.
- Relay Teams - each category will be awarded 1st – 3rd place trophies.

TRICLUB AWARDS

The TriClub Podium Awards are awarded on-site to the top three clubs with the most TriClub P oints. Each winning TriClub will receive a money prize in the form of a gift card:

- 1st place - \$700 gift card
- 2nd place - \$350 gift card
- 3rd place - \$150 gift card

The club's points are calculated by adding together the top five athletes with the most Age Group Ranking points.

The Age Group Ranking points are calculated based on an athlete's race finish time behind the first finisher in their age group. Points continue to decrease as the race time increases, until the points reach a "points floor," at which time they do not drop further.

Athletes must be affiliated with their club 45 days prior to race day to earn points for their club. TriClub Podium results cannot be updated after results have been posted.



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WORLD CHAMPIONSHIP QUALIFICATION (ROLL DOWN)



View the Event Schedule (pages 21-25) for time and location.

Qualifying Slots: 65 Age Group + an additional 15 Women For Tri qualifying slots for the 2024 VinFast IRONMAN 70.3 World Championship, in Taupo, New Zealand held on December 14 2024 for Females and December 15 2024 for Males.

Qualified athletes are required to claim their IRONMAN 70.3 World Championship slot in-person on advertised time and location. Photo ID is required to be presented and payment must be made at this point in time.

Cost: USD\$780 (inclusive of all taxes and processing fees)

Payment:

- Credit card only (no Amex, Diners or cash payment).
- Physical card including full card number, expiry date and cvv must be available (no Apple Pay or digital card accepted).
- Only one card accepted (split payment will not be accepted).

How does the Age Group Slot Allocation Work?

First, a quick note to clarify what we mean below by an “Age Group.” An Age Group is a particular age group *within a particular gender*. For example, “Male 25-29” is one Age Group, and “Female 25-29” is a *different* Age Group.

The Allocation Process:

- **Before Race Day:**
 - Each Age Group with registered athletes is tentatively allocated one slot (each, an “Initially Allocated Slot”).
 - All other slots available for the race (the “Proportionally Allocated Slots”) are not allocated until race day.
- **On Race Day:**
 - If there are no starters in an Age Group, then that Age Group’s Initially

Allocated Slot is removed and pooled with the Proportionally Allocated Slot.

- The Proportionally Allocated Slots are then allocated among all Age Groups (i.e., those having at least one starter) proportionally based on the number of starters in each Age Group. This allocation is done across both the male and female categories.

• **After the Race:**

• **Before Roll Down:**

If there are no finishers in an Age Group that had one or more starters, then the Initially Allocated Slot for that Age Group is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

• **During Roll Down:**

If any slot allocated to an Age Group is unclaimed (after Roll Down for that Age Group is completed), then that unclaimed slot is re-allocated, within the same gender, to the Age Group with the highest ratio of starters to slots.

Other Information

Only Age Group Athletes are eligible to receive Age Group World Championship Qualifying Slots. Athletes holding current Professional or Elite status with any ITU Member National Triathlon Governing Body, WTC’s Pro Membership program or having raced as an elite athlete in any international events during the calendar year, are not eligible for Age Group Slots. Athletes may not at the time of the event, nor at the time of the World Championship event have they qualified for, hold Professional or Elite status.

Any change in an athlete’s status prior to any event participation or a qualified World Championship event must be disclosed to WTC immediately. Failure of the athlete to make such disclosure will be cause for disqualification from such event and may result in sanction from WTC Events.

ADDITIONAL INFORMATION



VOLUNTEERS

The 2024 Cairns Airport IRONMAN 70.3 Cairns requires the support of over 1200 Volunteers in order to deliver the event.

Our team of Volunteers at the event will contribute a combined total of around 4,000 hours to assist, support and motivate you from the start to the finish of your IRONMAN journey.

We encourage you to say THANK YOU to the Volunteers whenever possible! We'd also like to thank our amazing Community Partner James Cook University for all of their support.

We'd also like to say a massive thank our Official Volunteer partner James Cook University for all their amazing support.

OFFICIAL EVENT APP

The IRONMAN Oceania app has everything you need to know as an athlete or a spectator.

Available for both iPhone and Android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead and you can filter by age group.
- It's super easy to find and create your own list of your favourite athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Watch live video coverage throughout the day.
- Always know where you're and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the IRONMAN Oceania App now!



IRONMAN LIVE

A static camera will be available at the finish line from the first finisher to the last.

You can find IRONMAN Live on the top left-hand corner of the webpage > www.ironman.com and the event name will appear. Alternatively, you can visit Event Information onsite if you need assistance.

GET SOCIAL



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www.instagram.com/ironmanoceania

#IMCairns

WOMENFORTRI



WomenForTri's mission is simple: "To identify and diminish primary barriers to entry and mobilize triathlon advocates to encourage and engage female athletes across all distances and representing all athletic abilities." In keeping with this positive and empowering mindset Women For Tri launched [WHY], which is aimed at focusing on what triathlon adds to your life, not any perceived "barriers."

#whywetri is all about highlighting your [WHY] in hopes of getting other women thinking about how triathlon can add to their life, too.

ADDITIONAL EVENTS

- IRONKIDS Cairns
- Quicksilver Green Island Reef Swim
- COUCH Charity Fun Run

If you have any further questions, please don't hesitate to contact us at cairns@ironman.com or via 1300 761 384. Our team are here to support you along your IRONMAN journey, and we look forward to seeing you at the finish line!

See you soon,
Cairns Airport IRONMAN 70.3 Cairns Team

How will IRONMAN Group tackle waste this year?

Tangaroa Blue Foundation and the IRONMAN Group will be collaborating under the [ReefClean initiative](#) to tackle waste generated at this year's Cairns Airport IRONMAN Asia-Pacific Championship Cairns.

The project is an initiative of the ReefClean initiative and was developed to reduce the amount of event specific waste sent to landfill as well as help overcome issues such as pollution from litter on the racecourse.

We know that the vast majority of athletes do the right thing when it comes to disposing of water bottles and performance nutrition packets, but we want to make sure that nothing is left behind. Look for the following Start and End signs at each aid station, which indicate the start and end of the litter drop zones.



The initiative will also include working closely with the Cairns Airport IRONMAN volunteer team to improve education around the effective separation of rubbish at aid and transfer stations. In addition, stallholders at the event's Expo will be provided with resources on minimising waste and improving recycling, particularly with regards to single-use soft plastic packaging.

Cairns Airport IRONMAN Asia-Pacific Championship Cairns is the first multinational organisation in the Great Barrier Reef catchment to focus on their environmental footprint through collaborative projects with the [Tangaroa Blue Foundation](#). This is an exciting opportunity to showcase best practice in terms of waste management and reduction at large scale, public events.

How Can I Get Involved?

If you're an athlete...

Only discard rubbish such as water bottles and nutrition packs within the designated litter drop zones.

If you have any unwanted race gear, you can dispose of your swim cap at the end of the racecourse and any other race equipment at the exit of the Athlete Recovery Tent.

Whether you're a pro or a casual competitor, you can also be a ReefClean Ambassador and #treadlightly! We'd love to hear from you.

EVERYONE!

Follow us on social media, share the campaign and tag us!

Tangaroa Blue [Facebook](#) or Instagram

@tangaroablue

ReefClean [Facebook](#) or Instagram @reefclean

#anythingispossible #LitterHero #ReefTrust
#tangaroablue #ReefClean #IMCairns
#IM703Cairns #RaceAgainstWaste

If you'd like to volunteer as a ReefClean Litter Hero or find out more information on how to get involved, please contact info@tangaroablue.org.

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