*All information provided can be changed until the Athlete’s Briefing.
## SCHEDULE

### THURSDAY | MAY 23

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09 AM - 07 PM</td>
<td>Expo IRONMAN</td>
<td>P 12</td>
</tr>
<tr>
<td>09 AM - 06 PM</td>
<td>Check in</td>
<td>P 12</td>
</tr>
<tr>
<td>10 AM</td>
<td>Swim Practice</td>
<td>Ammo Beach</td>
</tr>
<tr>
<td>02 PM</td>
<td>Online Athlete Briefing*</td>
<td>Ammo Beach</td>
</tr>
<tr>
<td></td>
<td>Portuguese / English</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="https://www.youtube.com">Youtube – Unlimited Sports Brasil</a></td>
</tr>
</tbody>
</table>

### FRIDAY | MAY 24

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>09 AM - 07 PM</td>
<td>Expo IRONMAN</td>
<td>P 12</td>
</tr>
<tr>
<td>09 AM - 06 PM</td>
<td>Check in</td>
<td>P 12</td>
</tr>
<tr>
<td>11:00 AM – 12:00 PM</td>
<td>Q&amp;A Session Meeting With Race Directors</td>
<td><a href="https://www.youtube.com">Youtube – Unlimited Sports Brasil</a></td>
</tr>
<tr>
<td>04:30 PM</td>
<td>IRONKIDS</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>07 PM - 09 PM</td>
<td>Pasta Dinner</td>
<td>Clube XII de Agosto</td>
</tr>
</tbody>
</table>

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**JURERÊ INTERNACIONAL**

Clube XII de Agosto  
Rua Servidão José Cardoso de Oliveira, 668  
P12 – in front of Cluve XII

**SWIM START**

Ammo Beach - Restaurante  
Avenida das Lagostas s/n
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>**SATURDAY</td>
<td>MAY 25**</td>
<td></td>
</tr>
<tr>
<td>09 AM - 07 PM</td>
<td>Expo IRONMAN</td>
<td>P 12</td>
</tr>
<tr>
<td>09 – 11 AM</td>
<td>Check in</td>
<td>P 12</td>
</tr>
<tr>
<td>11 AM – 12 PM</td>
<td>Q&amp;A Session Meeting With Race Directors</td>
<td>Athlete’s Service Booth (EXPO – P12)</td>
</tr>
<tr>
<td>02 - 07 PM</td>
<td>Bike Check in *</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>**SUNDAY</td>
<td>MAY 26**</td>
<td></td>
</tr>
<tr>
<td>08 AM - 08 PM</td>
<td>Expo IRONMAN</td>
<td>P 12</td>
</tr>
<tr>
<td>04:30 AM - 06:30 AM</td>
<td>Transition Area opening</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>06:45 AM / 06:50 AM</td>
<td>Men PRO Start / Women PRO Start</td>
<td>Ammo Beach</td>
</tr>
<tr>
<td>07:05 AM - 07:28 AM</td>
<td>Age Groups Start (waves**)</td>
<td>Ammo Beach</td>
</tr>
<tr>
<td>06:10 PM - 01:00 AM</td>
<td>Bike Check out</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>**MONDAY</td>
<td>MAY 27**</td>
<td></td>
</tr>
<tr>
<td>09 AM - 02 PM</td>
<td>Expo IRONMAN</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>09 AM - 12 AM</td>
<td>Lost &amp; Found</td>
<td>Athlete´s Service Booth (EXPO – P12)</td>
</tr>
<tr>
<td>10 AM</td>
<td>Awards</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>11:30 AM</td>
<td>2019 IRONMAN World Championship Slots Rolldown</td>
<td>Clube XII de Agosto</td>
</tr>
<tr>
<td>03:00 PM</td>
<td>Party</td>
<td>TBD</td>
</tr>
</tbody>
</table>
1. **CLUBE XII de Agosto**
   - Changing Tent
   - Bikes
   - Convention Center
     - Medical Area
     - Awards
     - Slots Rolldown

2. **P 12**
   - Expo
   - Check in
   - Athlete’s Service Booth

A. **Swim Start (Ammo Beach)**
B. **Swim Exit**
C. **Bike Start**
D. **Run Start**
PRE RACE CHECK IN

EXPO (P 12)

May 23rd | 09 AM - 06 PM
May 24th | 09 AM - 06 PM
May 25th | 09 AM – 11 AM

WHAT TO BRING:
• official ID with photo
• registration receipt

Athlete who doesn’t get the race kit according to this schedule won’t be able to start.

! Athlete who gives his/her race kit to someone else, as well as the athlete who receives it, will immediately be disqualified from the event and may be suspended for up to two years from any IRONMAN or IRONMAN 70.3 race around the world.
**Pre Race Race Packet**

- **Bib Number**: To be worn on the run
- **Swim Cap**: For swim portion
- **Athlete Wristband**: To be worn until bike check out
- **Bike Sticker**: Will be fixed bellow the saddle
- **Helmet and Extra Tickets**: Helmet sticker on the front and extra sticker to label belongings
- **Ticket Bike Check Out**: To be used after race
### PRE RACE RACE PACKET

<table>
<thead>
<tr>
<th>Bag Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WHITE BAG</strong></td>
<td>For morning clothes or items you may need at the finish line. Leave the bag in the designated drop area in Transition.</td>
</tr>
<tr>
<td><strong>BLUE BAG BIKE</strong></td>
<td>For BIKE GEAR which must be delivered during the bike check-in.</td>
</tr>
<tr>
<td><strong>RED BAG RUN</strong></td>
<td>For RUN GEAR which must be delivered during the bike check-in.</td>
</tr>
<tr>
<td><strong>SPECIAL NEEDS BIKE - orange</strong></td>
<td>For special needs on the BIKE - optional. It has to be delivered on May 26th, from 4:30 AM until 6:30 AM at the transition area.</td>
</tr>
<tr>
<td><strong>SPECIAL NEEDS CORRIDA - BLACK</strong></td>
<td>For special needs on the RUN - optional. It has to be delivered on May 26th, from 4:30 AM until 6:30 AM at the transition area.</td>
</tr>
</tbody>
</table>
Online – Youtube (Unlimited Sports Brasil)

May 23rd – 02 PM
Watching the Athlete´s Briefing is mandatory.

You Tube / UNLIMITED SPORTS BRASIL

Q&A Session Meeting
With race Directors
Athlete´s Service Booth – EXPO (P 12)

MAY 24th | 11 AM – 12 PM
MAY 25th | 11 AM – 12 PM
PRE RACE
PASTA
DINNER

Clube XII de Agosto

MAY 24th | 07 PM to 09 PM

ATHLETES – free entry
(make sure to be wearing the athlete’s wristband)

COMPANIONS – R$60,00 or US$20,00

Tickets at the OFFICIAL Store | EXPO
Clube XII Agosto

May 25th

Bike technicians and pumps available.
Timing chips on the hangers.

BIKE CHECK-IN ACCORDING TO BIB NUMBER:

<table>
<thead>
<tr>
<th>Time</th>
<th>BIB Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>02:00 - 03:00 PM</td>
<td># 1201 - 1800</td>
</tr>
<tr>
<td>03:01 - 04:00 PM</td>
<td># 0901 - 1200</td>
</tr>
<tr>
<td>04:01 - 05:00 PM</td>
<td># 0601 - 0900</td>
</tr>
<tr>
<td>05:01 - 06:00 PM</td>
<td># 0301 - 0600</td>
</tr>
<tr>
<td>06:01 - 07:00 PM</td>
<td># 0001 – 0300</td>
</tr>
</tbody>
</table>

PROs and AWA Athletes at anytime from 2 to 7 PM
It is mandatory to present:

- Helmet Number
- Tattoo
- Wristband
- Bike Number
- Official Bags
- Nothing can remain on the bike except bike shoes
COURSES
FinisherPix will be at IRONMAN Brasil to capture your race memories.

Faça seu pedido pelo site www.finisherpix.com
The swim course will close 2 hours and 20 minutes after the final athlete starts the swim. Each athlete will have 2 hours and 20 minutes to complete the 3.8km swim. Individual athletes who take longer than 2 hours and 20 minutes to complete the swim will receive a DNF. IRONMAN officials reserve the right to pull athletes off the course who exceed any established course time cut-offs.
COURSES

SWIM
3.8km
1 LAP

PERMITTED IN CASE OF TEMPERATURE UP TO:
24.5°C (Age Groups)
21.9°C (PROs)

Wetsuit peelers available at the swim exit if permitted according to race day water temperature.
PERCURSOS
CICLISMO DETALHADO
Cut-off time: 10:30 hours

The bike course will close 10 hours 30 minutes after the final scheduled Age Group starts the swim. Each athlete will have 10 hours and 30 minutes to complete the swim, T1, bike course regardless of when they start the swim. Any athlete that takes longer than 10 hours and 30 minutes to complete the swim, T1 and bike course will receive a DNF.

Intermediate cut-off time: km 146,5 at 4:10 PM

If an athlete don't reach the km 146 until 4:10 PM, regardless of when he/she started the swim, he/she will be disqualified and must leave the course.
The run course will close 17 hours after the final Age Group starts. Each individual athlete will have 17 hours to complete the entire course. Individual athletes who take longer than 17 hours to complete the entire course will receive a DNF.
RACE DAY
The use of timing chip and chip holder is mandatory for all athletes during the race. In case of chip loss during the race, please let our team know as soon as possible. The failure to return requires the payment of a fee of R$ 200.00 as a refund for the lost equipment.

Remember to bring your timing chip, swim cap, and wetsuit.

TRANSITION AREA FROM 4:30 TO 6:30 AM

Full access to bike and gear bags. Special Needs bags (orange and black) delivery. Bike technicians and pumps available.

Port-o-lets, water, sports drink, vaseline and sunblock

The use of timing chip and chip holder is mandatory for all athletes during the race. In case of chip loss during the race, please let our team know as soon as possible. The failure to return requires the payment of a fee of R$ 200.00 as a refund for the lost equipment.
Bike bags not taken during the race will be available during Bike Check out. Run bags will only be available at the Lost & Found (05/27).
Warm up until 6:30 AM

Any athlete who starts in the incorrect wave will be disqualified.

06:45 AM
PRO Men

07:00 (Red)
M 35-39 (A-I)
M 50-54

07:07 (Pink)
Mulheres

07:14 (Blue)
M 18-24
M 25-29
M 40-44 (A-I)
M 45-49 (A-I)

06:50 AM
PRO Women

07:21 (Green)
M 35-39 (J-Z)
M 50-54

07:28 (Yellow)
M 18-24
M 25-29
M 40-44 (J-Z)
M 45-49 (J-Z)
M 55+

A-I / J-Z = First name’s initials.

The athlete that for any reason have decided not to start the race, or exit the water before finish the swim portion, must IMMEDIATELY communicate the Organization.
### RACE DAY AID STATIONS

**BIKE**

<table>
<thead>
<tr>
<th>AT EACH 15KM *</th>
<th>5 stations (12 opportunities)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water (500ml)</td>
<td></td>
</tr>
<tr>
<td>Sports Drink (500ml)</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>Port-o-lets</td>
<td></td>
</tr>
</tbody>
</table>

**RUN**

<table>
<thead>
<tr>
<th>AT EACH 2KM</th>
<th>4 stations (16 opportunities)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>Pedialyte PRO</td>
<td></td>
</tr>
<tr>
<td>Soda</td>
<td></td>
</tr>
<tr>
<td>Cake, Bread</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td></td>
</tr>
<tr>
<td>Soup (after 5:00 PM)</td>
<td></td>
</tr>
<tr>
<td>Port-o-lets</td>
<td></td>
</tr>
</tbody>
</table>

* 1st station at km 20
GENERAL RULES
GENERAL RULES

PENALTIES

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

Keep 6 bike lengths of clear space between your bike’s front wheel and the rear wheel of the cyclist in front of you to avoid a DRAFTING call.

Complete your pass within 25 seconds to avoid a DRAFTING call. Passed athletes must be seen making immediate and constant rear progress out of the drafting zone.

Do not throw ANYTHING outside of aid stations zone. Bike station – 100 m before / 300m after Run Station – 30m before / 50m after

NO communication devices, MP3 players or other audio devices. (Yes, that means NO cell phones).
Read the complete Race Rules available at the official website: ironmanbrasil.com.br.

It’s an athlete duty to have complete knowledge of the race rules.
PENALTY TENT

Each athlete is responsible for stopping at the next Penalty Box available on course

Tent #1 – Via Expressa Sul (km 53 and 143)
Tent #2 – close to toll road (km 18 and 108)
Tent #3 – close to T1/T2

ALLOWED

Consume water and food placed on athlete’s bike

NOT ALLOWED

Use the toilet and equipment adjustments
TIM DON
7:40:23
2017 IRONMAN BRASIL
FINISHER Area

After getting through the finish portal, athletes will have access to medical assistance, massage, port-o-lets, food, water, soda and sports drink.

Friends or family members are not allowed to enter the finish chute and cross the finish line with any athlete.

BIKE Check out

MAY 26TH – 06:10 PM to 01 AM

Athletes must present their bib number or a companion may withdraw only by presenting the bike check-out ticket, personal identification and athlete’s BIB number.
**Lost & Found**

**MAY 27th – 09 AM to 12 PM**
Athlete’s Service Booth – EXPO (P 12)

**Official Results**

**MAY 27th – 07 AM**
Clube XII Agosto – Convention Center

Questions derived from the application or interpretation of the race’s specific regulation will be received from 07 to 08 AM. IRONMAN Tracker1s results are non-official.

**Awards Ceremony**

**MAY 27th – 10:00 AM**
Clube XII Agosto – Convention Center

PROs (Top 6), Age Groups (Top 5) e Triclubs.
**IRONMAN WORLD CHAMPIONSHIP 2019**

**MAY 27th – 11:30 AM**
Clube XII Agosto – Convention Center

**40 Slots**

The athlete must not leave the room until the end of the Slots Allocation.

If the athlete accepts the slot, it is assumed that he won’t change his/her mind before paying it.

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**PARTY – NOMA SUSHI**

Free entrance for athletes + up to 3 friends

Starting at 7 PM

Buzios Av 1.800 – Jurerê Internacional
SEE YOU AT THE FINISH LINE!

#IMBRASIL